



Heritage at Framingham Classic - Activity Calendar September, 2011



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Questions or suggestions for activities? Suggestion box in lobby or contact: Lynne Canavan, Activity Director; lcavan@heritageassistedliving.com; 508-665-5307 Calendar Information subject to change. See Daily Activity Sheets for the up-to-date schedule. Join our e-mail blast mailing list. Send your email address to Lynne if you'd like to be notified of special events via email. We're on the web. Visit www.heritageassistedliving.com to view the calendar on-line.</p> <ul style="list-style-type: none"> - Heritage Hair Salon – Every Tuesday - Manicures with Mary – E/O Friday - Geriatric M.D., V. Perrelli – per appointment only - Excella Wellness Clinic – E/O Wed., 9-10:30 am by appointment with reception - Podiatrist - every other month - Dentist, Dr. Atkins – per appointment only - Transport to Doctors, by appointment – Tuesdays and Thursdays (see reception desk for scheduling) 				<p>1 9:00 Peabody Essex Museum trip 9:45 Rosary 10:45 Exercise 2:00 Afternoon Movie & Popcorn</p>  <p>3:30 Entertainment with Bob Pilsbury, pianist for the New Black Eagle Jazz Band!!</p>	<p>2 9:30 Exercise Class</p>  <p>10:00 Balance Clinic with Chad 1:30 Bridge Group 1:45 Trivia & Joke Time with Dee 2:30 Bingo w/Dee 4:00 Shabbat 7:10 Red Sox vs. Texas at Fenway</p>	<p>3 8:00 Indoor Walking 10:45 Exercise 2:00 Movie Time!</p>  <p>2:30 Wii with Ron 4:30 Card Games with Dee until 6pm 6:30 Bingo PLUS 7:10 Red Sox vs. Texas at Fenway</p>
<p>4 9:00 Coffee Social Sunday Paper</p>  <p>10:45 Exercise 1:35 Red Sox vs. Texas at Fenway 2:00 Charades and Trivia with Dee 3:00 Bingo with Dee 6:30 I Love Lucy</p>	<p>5 Happy Labor Day 9:00 Coffee Social 10:45 Exercise 1:07 Red Sox vs. Toronto – away</p>  <p>2:30 Piano & Violin Concert with John Emery & Paula Giles 6:30 Seinfeld</p>	<p>6 9:00 Headline News 10:45 Exercise 1:45 CVS Shopping 2:15 Smoothies with Classic Care Aides 2:30 Shopping Sudbury Farms 3:30 ViOLynne Music 3:30 Wii Bowling 6:30 Evening Movie 7:07 Red Sox vs. Toronto</p>	<p>7 8:00 Wellness Clinic until 11 am 8:30 Mass trip 9:30 Library Trip 10:45 Exercise 10:15 Resident's Council Meeting 11:15 Out for Lunch Bunch visits Chez Siam Thai Restaurant 5:15 Knitting Group 6:30 Bingo 7:07 Red Sox vs. Toronto</p>	<p>8 9:45 Discussion Gorup 10:45 Exercise</p>  <p>1:45 Shopping Trip to Steinmart Store 3:30 Wii Bowling 5:15 Puppy Pet Time in Lobby, Woof, Woof!</p>	<p>9 9:00 Manicures 10:00 Chair Yoga Class with Stacia 10:45 Exercise 1:30 Bridge Group 2:45 New Resident Party & Birthday Party</p>  <p>3:30 Al Gould Entertains 4:00 Shabbat</p>	<p>10 8:00 Indoor Walking Group/Peloquin Rm 9:00 Coffee Social & Crosswords 10:00 Table Décor for Assisted Living Week 10:45 Exercise 2:00 Afternoon Movie on big screen 3:30 Card Games in the Club Room</p>
<p>11 National Grandparent Day 9:00 Sunday paper, coffee klatch 9:00 Crosswords 10:45 Exercise 1:40 Red Sox vs. Tampa Bay 2:00 Intro. To Asst'd Living Week & National Grandparents Day 3:00 Wine & Cheese Social 6:30 I Love Lucy</p>	<p>12 National Assisted Living Week/Start Heritage Day 10:00 What's Your Heritage at Heritage? program 10:45 Movement is Medicine 2:30 Make Your Own Sundaes 3:00 History of Heritage & Mary Ann Morse Healthcare 3:15 Heritage Video 3:30 Awards Ceremony</p>	<p>13 New England Day 11:15 Beautiful New England – a colorful photo trip</p>  <p>12:30 Lobster Fest 1:45 CVS shopping 3:00 Bingo Extravaganza 2:30 Sudbury Farms 6:30 Seinfeld 7:10 Red Sox vs. Toronto</p>	<p>14 Sports Day 8:30 Mass trip 10:45 Exercise 12:35 Baseball Lunch Bunch 1:35 Red Sox vs. Toronto at Fenway 5:15 Knitting Group 6:30 Root Beer Floats Served 7:00 1 hr. Special Entertainment with the Singing State Trooper and his wife, vocalist Mary</p>	<p>15 Military Recognition Day 9:45 Rosary</p>  <p>10:00 Special Flag Program 2:30 Patriotic Snack and Service to honor veterans 3:30 Wii Bowling 6:15 Happy Hour 7:00 New Sound Assembly Barbershop Ensemble Performance, 1 hour</p>	<p>16 National Assisted Living Week/End American History Day 9:15 Early Morning Exercise Class 10:00 Special History Program 2:30 Abigail by Gail: Colonial Life for the 18th Century Family starring Gail Hamel 4:00 Shabbat</p> 	<p>17 8:00 Indoor Walking 9:00 Coffee Social 10:45 Exercise 2:00 Movie Time!</p>  <p>4:30 Card Games with Dee until 6pm 6:30 Bingo PLUS 6:30 Seinfeld 7:10 Red Sox vs. Tampa Bay</p>
<p>18  9:00 Sunday paper, coffee, crosswords 10:45 Exercise 1:35 Red Sox vs. Tampa Bay 2:00 Dee's Word Game 3:00 Bingo 6:00 Evening News 6:30 I Love Lucy</p>	<p>19 9:15 Coffee Social 10:00 Bake Shop 10:45 Exercise</p>  <p>1:45 Dollar Store Shopping Trip 2:00 This N' That Trivia Program 3:00 Sing-A-Long 3:30 Wii Bowling 6:30 Seinfeld</p>	<p>20 9:45 Wheel of Fortune with John 10:45 Exercise 1:45 CVS 2:00 Afternoon DVD</p>  <p>2:15 Smoothies with Classic Care Aides 2:30 Sudbury Farms 3:30 Wii Bowling 6:00 Evening News 6:30 Movie Time</p>	<p>21 8:00 Wellness Clinic until 11 am 8:30 Mass trip 9:30 Exercise 9:30 Library Trip 10:00 Minuteman Model A Club Visit 2:00 Ladder Golf 3:00 Cards in the Club Room 3:30 Wii Bowling 5:15 Knitting Group 6:30 Bingo</p>	<p>22 8:00 Walking Group 10:00 News Currents Program</p>  <p>10:45 Exercise 2:00 Bingo 3:30 Music Appreciation 6:30 Evening Movie</p>	<p>23 First Day of Autumn 8:00 Walking Group 9:00 Manicures 10:00 Chair Yoga with Stacia! 10:45 Exercise 1:30 Bridge Group 2:30 Jazz Duo Neil & Rosie Entertain 4:00 Shabbat 6:30 Seinfeld 7:05 Red Sox vs. New York Yankees</p>	<p>24 8:00 Walking Group</p>  <p>10:00 Bake Shop Pumpkin Muffins 10:45 Exercise 2:30 Afternoon Social with Noreen Cold Drinks on the Front Porch 3:00 Card Games 6:30 Evening DVD</p>
<p>25 9:00 Sunday Morning Social 10:45 Exercise 1:05 Red Sox vs. New York Yankees, away</p>  <p>2:00 Travelogue U.S. Vineyards with Noreen 3:15 Wine & Cheese Social 6:30 I Love Lucy</p>	<p>26 Dr. John the Podiatrist is here today. 9:15 Coffee Social 10:00 Bake Shop 10:45 Exercise 1:30 Red Hat Tea Party in Milford 2:00 Afternoon Matinee 2:30 Drop the Needle Music Program 3:30 Wii Bowling 6:30 Evening DVD 7:05 Red Sox vs. Baltimore, away</p>	<p>27 9:45 Word Game 10:45 Exercise</p>  <p>12:00 September Birthday Luncheon 1:45 CVS 2:00 Afternoon DVD 2:30 Rootbeer Floats with Classic Care Aides 2:30 Sudbury Farms 3:30 Wii Bowling 6:30 Seinfeld 7:05 Red Sox vs. Baltimore, away</p>	<p>28 8:00 Walking Group 8:30 Mass trip 9:45 Bake Shop 10:00 Minuteman Model A Car Club (rain date) 10:45 Exercise 1:45 Mystery Ride to see a 4 legged friend! Return 4pm 3:00 Snack & Social 5:15 Knitting Group 6:30 Bingo 6:30 Seinfeld 7:10 Red Sox vs. New York Yankees</p>	<p>29 8:00 Walking Group 9:30 Bible Study with Rev. Chris 9:45 Rosary 10:00 Communion 2:00 NewsCurrents News Program 3:00 Stand-up Gardening – dividing our African Violets! 3:30 Wii Bowling 6:30 Evening Movie</p>	<p>30 8:00 Walking Group 9:30 Headline News Discussion 10:45 Exercise 1:30 Bridge Group</p>  <p>2:00 Po-ke-no with Gabi 3:00 Old Fashioned Card Games 4:00 Shabbat</p>	<p>1 October! Fall Bazaar/Fair 10:00 am To 2:00 pm</p> 