

# Heritage at Framingham

## June 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
 <b>10:00</b> Country Kitchen Coffee Klatch and Crossword Puzzle <b>1:00</b> Red Sox Baseball, 2 <sup>nd</sup> Floor <b>2:00</b> Sunday Matinee 	<b>9:45</b> Crossword Challenge with Lynne <b>10:45</b> Exercise <b>12:00</b> TV News <b>1:30</b> Mah jongg <b>2:00</b> Monday Matinee <b>6:30</b> Bingo with Gail 	<b>9:45</b> Rosary/Jean <b>10:45</b> Exercise <b>2:15</b> Word Game with Mary <b>3:30</b> Book Group Discussion with Janet <b>6:30</b> Bingo with Lynne & Lorraine 	<b>9:30</b> Program with Lynne <b>9:45</b> Final visit to Blocks Preschool <b>10:45</b> Exercise <b>12:00</b> TV News <b>12:30</b> Bridge Group <u>Shopping Trips</u> <b>2:00</b> CVS <b>3:00</b> Sudbury Farms	<b>9:45</b> NewsCurrents for Seniors, TV <b>10:45</b> Chair Yoga with Karen <b>12:20</b> News, Etc. <b>2:00</b> "Sit, Knit, & Kibitz" <b>2:15</b> Solve Sudoku with Mary <b>3:00</b> Visit Venice with Derek Mann <b>7:00</b> Red Sox vs Tampa Bay	<b>10:45</b> Exercise  <b>12:20</b> News, Etc. <b>1:30</b> Mah jongg <b>3:30</b> Al Gould Entertains <b>4:00</b> Shabbat Service w/ Al & Daniel <b>7:00</b> TV Red Sox vs Seattle	<b>9:30</b> Crosswords with Anita <b>10:45</b> Exercise with Mildred & Dave <b>12:15</b> Word Search <b>3:00</b> TV Red Sox vs Seattle  <b>6:30</b> Saturday Nite at the Movies
8	9	10	11	12	13	14
 <b>10:00</b> Country Kitchen Coffee Klatch and Crossword Puzzle <b>1:00</b> Red Sox Baseball, 2 <sup>nd</sup> Floor  <b>2:00</b> Sunday Matinee 	<b>9:30</b> Quickie Crossword puzzle <b>10:00</b> Construction Up-date <b>10:45</b> Exercise <b>12:20</b> News, Etc. <b>1:30</b> Mah jongg <b>2:00</b> Mass with Fr. O'Brien  <b>3:15</b> Team Wheel of Fortune <b>6:30</b> Bingo with Gail	<b>9:45</b> Communion with Rose <b>10:45</b> Exercise <b>12:20</b> News, Etc <b>2:15</b> Solve Sudoku w/Mary <b>3:15</b> Word Game with Mary <b>6:30</b> Bingo with Lynne & Lorraine 	<b>9:30</b> Program with Lynne <b>10:00</b> Wellness with Cindy <b>10:45</b> Exercise <b>12:00</b> TV News <b>12:30</b> Bridge Grp. <u>Shopping Trips</u> <b>2:00</b> CVS <b>3:00</b> Sudbury Farms  <b>5:00</b> Men's Pub Night	<b>9:30</b> Bible Study Class with Chris <b>10:45</b> Chair Yoga with Karen <b>12:20</b> News, Etc. <b>2:15</b> NewsCurrents for Seniors <b>3:00</b> "Sit, Knit, & Kibitz" <b>3:00</b> Red Sox vs. Oakland <b>6:30</b> Thursday Evening DVD	<b>9:30</b> Crossword Challenge <b>10:45</b> Exercise <b>12:15</b> Special Luncheon for June Birthday Residents <b>1:30</b> Mah jongg <b>3:15</b> Girl Scouts with musical instruments <b>4:00</b> Shabbat Service with Elliott 	<p style="text-align: center;"><b>Flag Day</b></p> <b>9:45</b> Exercise with Lynne  <b>10:45</b> Program" with Lynne <b>6:30</b> Saturday Night DVD 
15	16	17	18	19	20	21
<p style="text-align: center;"><b>Father's Day</b></p>  <b>10:00</b> Country Kitchen Coffee Klatch and Crossword Puzzle <b>1:00</b> Red Sox, 2 <sup>nd</sup> Floor <b>2:00</b> Sunday Matinee 	<b>9:45</b> Crosswords <b>10:45</b> Exercise <b>12:20</b> News, Etc. <b>1:30</b> Mah jongg <b>2:00</b> Ambassador's Club Mtng. <b>3:15</b> Resident Team "Wheel of Fortune" <b>6:30</b> Bingo with Gail 	<b>9:45</b> Rosary with Jean <b>10:45</b> Exercise <b>12:20</b> News, Etc. <b>2:15</b> Solve Sudoku" <b>3:15</b> Word Game with Mary <b>6:30</b> Bingo with Lynne & Lorraine 	<b>9:30</b> Crossword Challenge <b>10:15</b> Resident's Council <b>10:45</b> Exercise <b>12:00</b> "Out for Lunch Bunch" <i>The Dolphin</i> <b>12:30</b> Bridge Grp. <b>1:00</b> Red Sox Baseball <u>Shopping Trips</u> <b>2:00</b> CVS <b>3:00</b> Sudbury Farms	<b>9:45</b> NewsCurrents for Seniors, TV <b>10:45</b> Chair Yoga with Karen <b>12:20</b> News, Etc. <b>2:00</b> Pianist Ethan Stone <b>3:00</b> "Sit, Knit, & Kibitz"  <b>3:15</b> Front Porch Lemonade Stand <b>7:10</b> Red Sox	<b>9:30</b> Crosswords <b>10:15</b> Exercise <b>12:20</b> News, Etc. <b>1:30</b> Mah jongg <b>2:15</b> "Name That Tune" <b>3:30</b> Shabbat Service with Cantor Jeff Stock <b>7:00</b> Red Sox Baseball 	<p style="text-align: center;"><b>Summer Begins</b></p>  <b>9:45</b> Exercise with Lynne <b>10:45</b> "Musical Program" with Lynne <b>12:00</b> TV News. <b>2:00</b> Saturday Matinee 
22	23	24	25	26	27	28
<b>10:00</b> Coffee & Sunday Paper <b>10:00</b> Crossword Puzzle <b>1:00</b> Red Sox Baseball, 2 <sup>nd</sup> Floor  <b>2:00</b> Sunday Musical Matinee 	<b>9:45</b> Crosswords <b>10:45</b> Exercise <b>12:20</b> News, Etc. <b>1:30</b> Mah jongg <b>2:15</b> Trivia on the Porch <b>3:15</b> Team Wheel of Fortune <b>6:30</b> Bingo with Gail <b>7:00</b> Red Sox Baseball	<b>9:45</b> Communion with Rose <b>10:45</b> Exercise <b>12:20</b> News, Etc. <b>2:15</b> Solve Sudoku <b>3:15</b> Word Game with Mary <b>6:30</b> Bingo with Lynne & Lorraine <b>7:00</b> Red Sox Baseball	<b>9:45</b> Crossword <b>10:00</b> Excella Wellness with Cindy <b>10:45</b> Exercise <b>12:00</b> TV News <b>12:30</b> Bridge Grp. <u>Shopping Trips</u> <b>2:00</b> CVS <b>3:00</b> Sudbury Farms 	<b>9:30</b> Bible Study Class with Chris <b>10:45</b> Chair Yoga with Karen <b>12:20</b> News, Etc. <b>2:00</b> Neil Perry Duo <b>3:15</b> June Birthday Party! 	<b>10:45</b> Exercise <b>12:20</b> News, Etc. <b>1:30</b> Mah jongg <b>2:00</b> Craft Shop with Louise  <b>4:00</b> Shabbat Service with Daniel <b>6:30</b> Friday Night at the Movies	<b>9:30</b> Crosswords with Anita <b>10:45</b> Exercise with Mildred & Dave <b>12:00</b> TV News, <b>2:00</b> Saturday Matinee 
29	30	    				
<b>10:00</b> Sunday paper & coffee <b>10:00</b> Crossword Puzzle <b>2:00</b> Sunday Matinee  <b>2:00</b> Red Sox Baseball, 2 <sup>nd</sup> Floorl	<b>9:30</b> Crossword Challenge <b>10:45</b> Exercise <b>12:20</b> News, Etc. <b>1:30</b> Mah jongg <b>2:15</b> Cookie of the Month  <b>3:15</b> Cookie Tasting!	<p><b>In addition:</b></p> <ul style="list-style-type: none"> <li>• <b>Bank of America – Mondays &amp; Thursdays 9:00 – 10:15 a.m.</b></li> <li>• <b>Heritage Hair Salon – Tuesdays</b></li> <li>• <b>Manicures – Every other Friday</b></li> <li>• <b>Geriatric M.D., V. Perrelli – Weekly</b></li> <li>• <b>Excella Wellness Clinic – Every other Wednesday</b></li> <li>• <b>Podiatrist - Every other Month</b></li> <li>• <b>Dentist, Dr. Atkins – Every 6 Weeks</b></li> <li>• <b>Excella Healthcare –Rehabilitation daily plus bi-monthly classes</b></li> <li>• <b>Transport to Doctors – Tuesdays &amp; Thursdays by appointment</b></li> </ul>				