

Heritage at Framingham

October, 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;"><i>In addition:</i></p> <ul style="list-style-type: none"> • Bank of America, Monday/Thursday am, 9:00-10:15 • Heritage Hair Salon – Tuesdays • Manicures – Every other Friday • Geriatric M.D., V. Perrelli – Weekly • Excella Wellness Clinic – Every other Wednesday • Podiatrist, Dr. T.D. John - Every other Month • Dentist, Dr. Atkins – Every 6 Weeks • Excella Healthcare –Rehabilitation daily plus bi-monthly classes • Transport to Doctors – Tuesdays & Thursdays by appointment 			1	2	3	4
			<p>9:00 Excella Wellness w/ Cindy</p> <p>9:30 Music Series</p> <p>10:45 Exercise</p> <p>12:00 TV News</p> <p>2:00 Trivia Time</p> <p>3:00 Special Program</p> <p>5:15 The Mitten Tree w/Linda</p> <p>6:30 Evening DVD</p> <p>10:00 ALDS/Game 1</p>	<p>10:00 Octoberfest with Accordionist Eddie Miranda</p>  <p>1:30 Shopping at CVS; 2:15 Sudbury Farms</p> <p>3:30 NewsCurrents</p> <p>6:30 Evening DVD</p>	<p>Manicures</p> <p>9:30 Crosswords</p> <p>10:45 Exercise</p> <p>12:00 October Birthdays - Special</p> <p>Lunch </p> <p>2:00 Mass with Father Ben</p> <p>4:00 Shabbat with Cantor Jeff Stock</p> <p>6:30 P.M. music</p> <p>9:30 ALDS Game 2</p> 	<p>9:30 Crosswords</p> <p>10:45 Exercise</p> <p>1:30 “Sit ‘n’ Knit” and Puzzles in the Club Room</p> <p>2:00 Saturday Matinee</p> 
5	6	7	8	9	10	11
<p>9:00 TV Mass</p> <p>10:00 Coffee and Crossword Puzzles</p> <p>3:00 Classical Music Concert – Fram.Library</p> <p>Game 3 ALDS Baseball Playoffs?</p> <p>7:00 “Sixty Minutes”</p> 	<p>9:30 Crosswords</p> <p>9:30 – 10:30 Voter Registration</p>  <p>10:45 Exercise</p> <p>12:00 TV News</p> <p>2:00 Word Game</p> <p>3:15 Sing-A-Long</p> <p>6:30 Bingo w/Gail</p> <p>7:00 ALDS Game 4</p>	<p>9:45 Rosary with Jean</p>  <p>10:45 Exercise</p> <p>1:45 Shopping Trip to Route 9!</p> <p>6:30 Bingo with Lynne & Lorraine</p> 	<p>9:30 Crosswords</p> <p>10:15 Resident’s Council</p> <p>10:45 Exercise</p> <p>12:00 TV News</p> <p><u>Shopping Trips</u></p> <p>2:00 CVS; 2:45 Sudbury Farms</p> <p>5:15 Mitten Tree w/Linda</p> <p>7:00 ALDS Game 5</p> <p>Yom Kippur begins at Sundown</p>	<p>Yom Kippur</p> <p>9:30 Bible Study with Rev. Chris</p> <p>10:45 Chair Yoga with Karen</p> <p>12:00 TV News</p> <p>2:00 Spelling Bee</p>  <p>3:15 NewsCurrents</p> <p>5:15 Puppy ½ hour</p> <p>6:30 Movie Time!</p>	<p>9:30 Word Power Vocabulary Game</p> <p>10:45 Exercise</p> <p>3:30 Al Gould performs</p> <p>4:00 Shabbat Service with Elliot/Al</p>  <p>6:30 Game 1 ALCS Baseball</p>	<p>9:30 Crosswords</p> <p>10:45 Exercise</p> <p>12:20 Word Search</p> <p>2:00 Saturday Matinee</p>  <p>7:00 Game 2 ALCS Baseball</p>
12	13	14	15	16	17	18
<p>9:00 TV Mass</p>  <p>10:00 Coffee & Sunday Paper</p> <p>2:00 Sunday Matinee</p> <p>7:00 “60 Minutes”</p>	<p style="text-align: center;">Columbus Day</p> <p>9:30 Monday Morning Catch-Up over Coffee & Crosswords</p> <p>10:45 Exercise</p> <p>12:00 TV News</p> <p>2:00 Afternoon Matinee</p> <p>7:00 Game 3 ALCS Game</p>	<p>9:45 Communion with Rose</p> <p>10:45 Exercise</p> <p>12:00 TV News</p> <p>12:30 Out-to-Lunch Bunch</p> <p>3:30 Poetry Time</p> <p>6:30 Bingo</p> <p>7:00 Game 4 ALCS Baseball</p>	<p>9:00 Excella Wellness w/Cindy</p> <p>9:30 Crosswords</p> <p>10:45 Exercise</p> <p>12:00 TV News</p> <p><u>Shopping Trips</u></p> <p>2:00 - CVS</p> <p>3:00 - Sudbury Farms</p> <p>5:15 The Mitten Tree w/Linda</p> <p>6:30 Movie Night</p>	<p>9:30 NewsCurrents</p> <p>10:45 Exercise</p> <p>12:00 TV News</p> <p>2:00 Trivia Fun</p> <p>3:00 October Birthday Party!</p>  <p>6:30 Bingo w/Gail</p> <p>7:00 Game 5 ALCS Baseball</p>	<p>Manicures</p> <p>9:45 Crosswords</p> <p>10:45 Exercise</p> <p>12:00 TV News</p> <p>2:15pm The Jewels of Our Lives</p>  <p>4:00 Shabbat Svc. w / Sue & Daniel</p> <p>6:30 Evening Music Series</p>	<p>9:30 Scrabble/ Crosswords</p> <p>10:45 Exercise with The Gang</p> <p>12:15 Word Search</p> <p>2:00 Saturday Matinee</p>  <p>7:00 ALCS Game 6 Baseball Play-offs</p>
19	20	21	22	23	24	25
<p>9:00 TV Mass</p> <p>10:00 Sunday paper & coffee</p> <p>10:00 Crossword Puzzle</p> <p>2:00 Sunday Matinee</p>  <p>Game 7 ALCS Baseball Playoffs</p> <p>7:00 “60 Minutes”</p>	<p>9:45 Coffee & Crosswords</p> <p>10:45 Strengthen and Stretch Exercise</p> <p>12:00 TV News</p> <p>2:15 Word Game</p> <p>3:15 VioLynne Music Time</p> <p>6:30 Bingo with Gail</p>	<p>9:45 Rosary with Jean</p> <p>10:45 Exercise</p> <p>1:30 Fall Foliage Trip</p>  <p>3:30 Word Game</p> <p>6:30 Bingo</p>	<p>9:30 Crosswords</p> <p>10:15 Art Matters Art Awareness Program Post- Impressionism</p> <p>12:00 TV News</p> <p><u>Shopping Trips</u></p> <p>2:00 – CVS; 3:00 Sudbury Farms</p> <p>5:15 The Mitten Tree w/Linda</p> <p>7:00 Game 1 World Series</p>	<p>9:30 Bible Study with Rev. Chris</p> <p>9:30 to 11:30 Flu Clinic in Nobscot Room</p> <p>12:00 TV News</p> <p>2:00 Pianist – Sonja Maneri</p> <p>3:30 NewsCurrents</p> <p>6:30 Evening DVD</p> <p>7:00 Game 2 World Series</p>	<p style="text-align: center;">\$Foxwoods Trip \$</p>  <p>9:30 Crosswords</p> <p>10:30 Craft Shop with Louise</p> <p>12:00 TV News</p> <p>2:00 Movie/DVD</p> <p>4:00 Shabbat Service with Daniel</p> <p>6:30 Music Series</p>	<p>9:30 Word Search and Crosswords in the Kitchen</p> <p>10:45 Exercise with The Gang</p> <p>1:00 Cards and Puzzles/Club Room</p> <p>2:00 Saturday Matinee</p> <p>7:00 Game 3 World Series</p>
26	27	28	29	30	31	
<p>9:00 TV Mass</p> <p>10:00 Sunday paper & coffee</p>  <p>1:00 Cards and Puzzles/Club Room</p> <p>2:00 Game 4 World Series</p> <p>7:00 “60 Minutes”</p>	<p>9:45 Crosswords</p> <p>10:45 Exercise</p> <p>12:00 TV News</p> <p>2:15 Biography Program w/ Lynne</p> <p>3:15 Sing A Long</p>  <p>6:30 Evening DVD</p> <p>7:00 Game 5 World Series</p>	<p>9:45 Communion</p> <p>10:30 Book Club with Janet</p> <p>10:45 Exercise</p> <p>12:00 TV News</p> <p>1:30 Bus Trip with Lynne and John</p>  <p>3:30 Brainstorming w/Lynne/Kitchen</p> <p>6:30 Bingo</p>	<p>9:00 Excella Wellness</p> <p>9:45 Crosswords</p> <p>10:45 Exercise</p> <p>12:00 TV News</p> <p>3:00 Gert Kagan Performs on Piano in Living Room!</p> <p>5:15 Mitten Tree w/Linda</p> <p>7:00 Game 6 World Series</p>	<p>9:30 Crosswords</p> <p>10:45 Chair Yoga</p> <p>12:00 TV News</p> <p>1:30 Shopping Trip to Sudbury Farms</p> <p>3:00 September Birthday Party!</p>  <p>6:30 Bingo w/Gail</p> <p>7:00 Game 7 World Series – if needed</p>	<p> Happy Halloween!</p> <p>a.m. – Hemenway Kindergardeners in Costume!</p> <p>Manicures a.m.</p> <p>1:45 NewsCurrents</p> <p>2:45 Trivia/Jokes!</p> <p>4:00 Shabbat Service with Daniel</p> <p>5:00-7:30 Halloween Party</p>	<p style="text-align: center;">Questions, suggestions, comments for the activity department? Contact Lynne Canavan: lcanavan@heritageassistedliving.com or 508-788-6050 x107</p>