














Heritage at Framingham

September 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>7</p> <p>National Assisted Living Week</p> <p>9:00 TV Mass 10:00 Coffee Klatch and Crossword Puzzle 2:00 Sunday Matinee 7:00 "Sixty Minutes"</p> 	<p>1</p> <p>Labor Day</p> <p>9:30 Crossword Challenge 10:45 Exercise w/ the Gang 12:15 "Labor Day" Word Search. 2:00 Monday Matinee</p> <p>6:30 Bingo with Gail</p> 	<p>2</p> <p>9:45 Communion with Rose 10:45 Exercise w/ Mary 12:00 TV News 2:30 Word Game with Mary 6:30 Bingo with Lynne & Lorraine</p> 	<p>3</p> <p>9:00 Excella Wellness w/ Cindy 9:30 Music Listening Series 10:45 Exercise 12:00 TV News 12:30 Bridge Tables <u>Shopping Trips</u> 2:00 – CVS 3:00 - Sudbury Farms 5:15 The Mitten Tree w/Linda</p>	<p>4</p> <p>9:45 NewsCurrents for Seniors on TV 10:45 Chair Yoga 12:00 TV News</p> <p>2:00 Skye Hurlburt & her Harp 3:15 Team Wheel of Fortune 6:30 Evening DVD</p> 	<p>5</p> <p>10:45 Exercise 12:00 September Birthdays' Special Luncheon 2:00 Mass with Fr. O'Brien</p> <p>4:00 Shabbat Service with Daniel 6:30 Evening Music Series</p> 	<p>6</p> <p>10:00 Scrabble/ Crosswords 10:00 "Sit 'n' Knit" 12:20 Word Search 2:00 Saturday Matinee</p> 
<p>7</p> <p>9:00 TV Mass 10:00 Coffee Klatch and Crossword Puzzle 2:00 Sunday Matinee 7:00 "Sixty Minutes"</p>	<p>8</p> <p>9:30 Crossword Challenge w Lynne 10:00 Presentation with Dietician Carolyn Barry 11:00 Exercise with Lynne 12:00 TV News</p> <p>2:00 – 3:00 Ice Cream Social"</p> <p>3:30 Word Game with Mary</p>	<p>9</p> <p>9:45 Rosary with Jean 10:45 Exercise with Mary</p> <p>Theme Lunch Catered Chinese Food</p> <p>6:30 Bingo with Lynne & Lorraine</p> 	<p>10</p> <p>9:30 Crosswords 10:15 Resident's Council 10:45 Exercise 12:00 TV News 12:30 Bridge 2:00 – 3:30 Bingo Extravaganza Shopping Trip 3:30 – CVS 5:15 The Mitten Tree w/Linda</p>	<p>11</p> <p>9:30 Bible Study with Rev. Chris 10:45 Chair Yoga with Karen</p> <p>Beach Theme Picnic Lunch</p> <p>3:00 Program w/ Lynne 6:30 Bingo with Gail</p> 	<p>12</p> <p>9:30 Program with Lynne 10:45 Exercise Theme Lunch Traditional American BBQ 4:00 Shabbat Service with Elliot</p> <p>6:30 Evening Music Series</p> 	<p>13</p> <p>9:30 Personality profile with Lynne 10:45 Exercise with Lynne 12:20 Word Search</p> <p>2:00 Live stage Play "Educating Rita"</p> 
<p>14</p> <p>9:00 TV Mass 10:00 Coffee & Sunday Paper</p> <p>10:00 Crossword Puzzle 2:00 Sunday Matinee</p> <p>7:00 "Sixty Minutes"</p> 	<p>15</p> <p>9:45 Coffee & Crosswords with Lynne 10:45 Exercise w/Lynne 12:00 TV News 2:30 Word Game with Lynne 6:30 Bingo with Gail</p> 	<p>16</p> <p>9:45 Communion with Rose 10:45 Exercise 12:00 TV News 1:30 Ambassadors' Meeting 2:00 Out for Ice Cream w/John</p> <p>6:30 Bingo with Lynne & Lorraine</p> 	<p>17</p> <p>9:00 Excella Wellness with Cindy 9:30 Crossword 10:45 Exercise 12:00 TV News 12:30 Bridge Tables <u>Shopping Trips</u> 2:00 - CVS 3:00 - Sudbury Farms 5:15 The Mitten Tree w/Linda</p>	<p>18</p> <p>9:30 NewsCurrents for Seniors on TV 10:45 Chair Yoga 12:00 TV News 2:00 Trivia Fun with Lynne 3:00 September Birthday Party!</p> <p>6:30 Thursday Night at the Movies</p> 	<p>19</p> <p>9:45 Morning Program w/Lynne 10:45 Exercise 12:00 TV News 2:30 Penny Wise 4:00 Shabbat Service with Sue & Daniel 6:30 Evening Music Series</p> 	<p>20</p> <p>Yom Kippur</p> <p>9:30 Scrabble/ Crosswords 10:45 Exercise with The Gang</p> <p>12:15 Word Search 2:00 Saturday Matinee</p> 
<p>21</p> <p>9:00 TV Mass 10:00 Sunday paper & coffee 10:00 Crossword Puzzle 2:00 Sunday Matinee</p> <p>7:00 "Sixty Minutes"</p> 	<p>22</p> <p>Autumn begins</p> <p>9:45 Coffee & Crosswords 10:45 Exercise 12:00 TV News 2:15 Program w/ Lynne 6:30 Bingo with Gail</p> 	<p>23</p> <p>9:45 Rosary with Jean 10:45 Exercise 12:30 Out for Lunch Bunch at Barber Brothers</p> <p>3:30 Word Game 6:30 Bingo with Lynne & Lorraine</p> 	<p>24</p> <p>9:30 Crosswords 10:15 Art Matters, Art Awareness Program "Impressionism"</p> <p>12:00 TV News 12:30 Bridge <u>Shopping Trips</u> 2:00 – CVS 3:00 – Sudbury Farms 5:15 The Mitten Tree w/Linda</p> 	<p>25</p> <p>9:30 Bible Study with Rev. Chris 10:45 Chair Yoga 12:00 TV News 3:15 Front Porch "Laughter, the Best Medicine" & Cider Social 6:45 Silent Movie with live music! Richard Hughes at the keyboard</p> 	<p>26</p> <p>10:45 Exercise 12:00 TV News 2:00 Craft Shop with Louise 4:00 Shabbat Service with Daniel</p> 	<p>27</p> <p>9:30 Word Search 10:45 Exercise with The Gang 12:20 Word Search 2:00 Saturday Matinee</p> 
<p>28</p> <p>9:00 TV Mass 10:00 Sunday paper & coffee 10:00 Crossword Puzzle 1:00 Bingo with Lynne 2:30 Word Game with Lynne 7:00 "Sixty Minutes"</p>	<p>29</p> <p>Rosh Hashanah</p> <p>9:45 Coffee & Crosswords 10:45 Exercise 12:00 TV News 2:15 Program w/ Lynne 6:30 Bingo with Gail</p> 	<p>30</p> <p>9:45 Communion with Rose 10:45 Exercise 12:00 TV News</p>	<p>In addition:</p> <ul style="list-style-type: none"> • Bank of America – Mondays & Thursdays 9:00 – 10:15 a.m. • 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 