

Heritage at Framingham

October, 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>In addition:</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 			<p>1</p> <p>9:00 Excella Wellness w/ Cindy 9:30 Music Series 10:45 Exercise 12:00 TV News 2:00 Trivia Time 3:00 Special Program 5:15 The Mitten Tree w/Linda 6:30 Evening DVD 10:00 ALDS/Game 1</p>	<p>2</p> <p>10:00 Octoberfest with Accordionist Eddie Miranda</p>  <p>1:30 Shopping at CVS; 2:15 Sudbury Farms 3:30 Newscurrents 6:30 Evening DVD</p>	<p>3</p> <p>Manicures 9:30 Crosswords 10:45 Exercise 12:00 October Birthdays - Special Lunch  2:00 Mass with Father Ben 4:00 Shabbat with Cantor Jeff Stock 6:30 P.M. music 9:30 ALDS Game 2</p>	<p>4</p> <p>9:30 Crosswords 10:45 Exercise 1:30 “Sit ‘n’ Knit” and Puzzles in the Club Room 2:00 Saturday Matinee</p> 
<p>5</p> <p>9:00 TV Mass 10:00 Coffee and Crossword Puzzles 3:00 Classical Music Concert – Fram.Library Game 3 ALDS Baseball Playoffs? 7:00 “Sixty Minutes”</p> 	<p>6</p> <p>9:30 Crosswords 9:30 – 10:30 Voter Registration</p>  <p>10:45 Exercise 12:00 TV News 2:00 Word Game 3:15 Sing-A-Long 6:30 Bingo w/Gail 7:00 ALDS Game 4</p>	<p>7</p> <p>9:45 Rosary with Jean</p>  <p>10:45 Exercise 1:45 Shopping Trip to Route 9! 6:30 Bingo with Lynne & Lorraine</p> 	<p>8</p> <p>9:30 Crosswords 10:15 Resident’s Council 10:45 Exercise 12:00 TV News <u>Shopping Trips</u> 2:00 CVS; 2:45 Sudbury Farms 5:15 Mitten Tree w/Linda 7:00 ALDS Game 5 Yom Kippur begins at Sundown</p>	<p>9</p> <p>Yom Kippur 9:30 Bible Study with Rev. Chris 10:45 Chair Yoga with Karen 12:00 TV News 2:00 Spelling Bee</p>  <p>3:15 NewsCurrents 5:15 Puppy ½ hour 6:30 Movie Time!</p>	<p>10</p> <p>9:30 Word Power Vocabulary Game 10:45 Exercise 3:30 Al Gould performs 4:00 Shabbat Service with Elliot/Al</p>  <p>6:30 Game 1 ALCS Baseball</p>	<p>11</p> <p>9:30 Crosswords 10:45 Exercise 12:20 Word Search 2:00 Saturday Matinee</p>  <p>7:00 Game 2 ALCS Baseball</p>
<p>12</p> <p>9:00 TV Mass</p>  <p>10:00 Coffee & Sunday Paper 2:00 Sunday Matinee 7:00 “60 Minutes”</p>	<p>13</p> <p>Columbus Day</p> <p>9:30 Monday Morning Catch-Up over Coffee & Crosswords 10:45 Exercise 12:00 TV News 2:00 Afternoon Matinee 7:00 Game 3 ALCS Game</p>	<p>14</p> <p>9:45 Communion with Rose 10:45 Exercise 12:00 TV News 12:30 Out-to-Lunch Bunch 3:30 Poetry Time 6:30 Bingo 7:00 Game 4 ALCS Baseball</p>	<p>15</p> <p>9:00 Excella Wellness w/Cindy 9:30 Crosswords 10:45 Exercise 12:00 TV News <u>Shopping Trips</u> 2:00 - CVS 3:00 - Sudbury Farms 5:15 The Mitten Tree w/Linda 6:30 Movie Night</p>	<p>16</p> <p>9:30 NewsCurrents 10:45 Exercise 12:00 TV News 2:00 Trivia Fun 3:00 October Birthday Party!</p>  <p>6:30 Bingo w/Gail 7:00 Game 5 ALCS Baseball</p>	<p>17</p> <p>Manicures 9:45 Crosswords 10:45 Exercise 12:00 TV News 2:15pm The Jewels of Our Lives</p>  <p>4:00 Shabbat Svc. w / Sue & Daniel 6:30 Evening Music Series</p>	<p>18</p> <p>9:30 Scrabble/ Crosswords 10:45 Exercise with The Gang 12:15 Word Search 2:00 Saturday Matinee</p>  <p>7:00 ALCS Game 6 Baseball Play-offs</p>
<p>19</p> <p>9:00 TV Mass 10:00 Sunday paper & coffee 10:00 Crossword Puzzle 2:00 Sunday Matinee</p>  <p>Game 7 ALCS Baseball Playoffs 7:00 “60 Minutes”</p>	<p>20</p> <p>9:45 Coffee & Crosswords 10:45 Strengthen and Stretch Exercise 12:00 TV News 2:15 Word Game 3:15 VioLynne Music Time 6:30 Bingo with Gail</p>	<p>21</p> <p>9:45 Rosary with Jean 10:45 Exercise 1:30 Fall Foliage Trip</p>  <p>3:30 Word Game 6:30 Bingo</p>	<p>22</p> <p>9:30 Crosswords 10:15 Art Matters Art Awareness Program Post- Impressionism</p> <p>12:00 TV News <u>Shopping Trips</u> 2:00 – CVS; 3:00 Sudbury Farms 5:15 The Mitten Tree w/Linda 7:00 Game 1 World Series</p>	<p>23</p> <p>9:30 Bible Study with Rev. Chris 9:30 to 11:30 Flu Clinic in Nobscot Room 12:00 TV News 2:00 Pianist – Sonja Maneri 3:30 NewsCurrents 6:30 Evening DVD 7:00 Game 2 World Series</p>	<p>24</p> <p>\$Foxwoods Trip \$</p>  <p>9:30 Crosswords 10:30 Craft Shop with Louise 12:00 TV News 2:00 Movie/DVD 4:00 Shabbat Service with Daniel 6:30 Music Series</p>	<p>25</p> <p>9:30 Word Search and Crosswords in the Kitchen 10:45 Exercise with The Gang 1:00 Cards and Puzzles/Club Room 2:00 Saturday Matinee 7:00 Game 3 World Series</p>
<p>26</p> <p>9:00 TV Mass 10:00 Sunday paper & coffee</p>  <p>1:00 Cards and Puzzles/Club Room 2:00 Game 4 World Series 7:00 “60 Minutes”</p>	<p>27</p> <p>9:45 Crosswords 10:45 Exercise 12:00 TV News 2:15 Biography Program w/ Lynne 3:15 Sing A Long</p>  <p>6:30 Evening DVD 7:00 Game 5 World Series</p>	<p>28</p> <p>9:45 Communion 10:30 Book Club with Janet 10:45 Exercise 12:00 TV News 1:30 Bus Trip with Lynne and John</p>  <p>3:30 Brainstorming w/Lynne/Kitchen 6:30 Bingo</p>	<p>29</p> <p>9:00 Excella Wellness 9:45 Crosswords 10:45 Exercise 12:00 TV News 3:00 Gert Kagan Performs on Piano in Living Room! 5:15 Mitten Tree w/Linda 7:00 Game 6 World Series</p>	<p>30</p> <p>9:30 Crosswords 10:45 Chair Yoga 12:00 TV News 1:30 Shopping Trip to Sudbury Farms 3:00 September Birthday Party!</p>  <p>6:30 Bingo w/Gail 7:00 Game 7 World Series – if needed</p>	<p>31</p> <p>Happy Halloween! a.m. – Hemenway Kindergardeners in Costume! Manicures a.m. 1:45 NewsCurrents 2:45 Trivia/Jokes! 4:00 Shabbat Service with Daniel 5:00-7:30 Halloween Party</p> 	<p>Questions, suggestions, comments for the activity department? Contact Lynne Canavan: lcanavan@heritageassistedliving.com or 508-788-6050 x107</p>