

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1TVTV Area 1st Floor 3FI 3rd Floor Act Activity room B Bistro CA Common Area 2nd Floor Fp Fireplace 1st Floor</p>		<p>9:30 Exercise Essentials to Music with Mary (B) 1 10:00 FLU SHOTS TODAY (Act) 10:00 Exercise Essentials for Arthritis w/ putty (B) 11:00 Relaxing Art Therapy (B) 1:15 Poker Bridge and Card Games (B) 1:30 Music Therapy with Angela (3FI) 2:00 Art through the Ages (Act) 3:00 Bible Study (3FI) 3:30 SingFit® (Act) 6:00 World & Local News (1TV) 6:30 Night time Meditation (Act) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>	<p>9:30 Exercise Essentials to Music with Mary (B) 2 10:00 Exercise Essentials for Arthritis w/ putty (B) 11:00 Resident Council Meeting (B) 1:15 Resident Pool Game 1:30 The Knitting Circle (Fp) 3:30 Oktoberfest cooking Chef John & Mary (B) 6:00 World & Local News (1TV) 6:30 Bingo in the Bistro (B) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>	<p>9:30 Exercise Essentials to Music with Mary (B) 3 10:00 Exercise Essentials for Arthritis w/ putty (B) 11:00 Van shopping outing Waltham Mall (B) 11:00 Relaxing Art Therapy (B) 1:30 Scrabble, Backgammon & Board Games (B) 2:30 Pool Game Competition (CA) 3:30 Oktoberfest Celebration w/ Tom Madden (B) 6:00 World & Local News (1TV) 6:30 Night time Meditation (Act) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>	<p>10:00 Rosary & Communion (Act) 4 11:00 Hand Massage & Nails (B) 11:15 Reminisce the music of your life with Mary (Rem) 1:00 Refreshing the Dining Room Flowers Club (B) 2:00 Ecumenical Communion Service with Rev. Wendy Page (Act) 2:00 Card Games (B) 2:15 Resident Pool Game Competition (CA) 3:30 Piano Bar Cocktail Dean Martin Variety Hour Social (B) 6:00 World & Local News (1TV) 6:30 Night time Meditation (Act) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>	<p>10:15 Exercise Essentials to Music with Mary (Act) 5 11:00 Experiencing Hubble: Understanding the Greatest Images of the Universe (Act) 1:15 Sunrise Monopoly Game 2:00 Saturday Movie Matinee: "Singing In The Rain" Gene Kelly (Act) 3:15 Van outing to Catholic Mass (B) 6:00 World & Local News (1TV) 6:30 Bingo in the Bistro (B) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>
<p>9:30 Exercise Essentials with Resistance Bands (B) 6 10:00 Catholic Mass (Act) 10:00 Piano & Poetry (3FI) 10:15 Coffee & Good Newscast with Laura (B) 11:00 Bingo (B) 1:15 News Currents Sr. (Act) 1:15 Clipping Coupons for Charity (B) 2:00 Sunday Movie Matinee: "Witness" Harrison Ford (Act) 2:15 Horseshoes (B) 3:00 Golf Putting (B) 4:15 Talk About your Dreams & Wishes with Laura (B) 6:00 World & Local News (1TV) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>	<p>9:30 Exercise Essentials with Resistance Bands (B) 7 10:15 Darts (B) 11:00 Hand Massage & Nails (B) 11:15 GO4LIFE WALK (Backyard) 1:15 Wheel of Fortune (B) 1:30 Painting & Crafts for Charity/Jewelry (Act) 2:00 Dart Competition with Katie (CA) 2:15 Read aloud (4th Floor) 3:15 Trivia (B) 4:00 Poetry for All Reasons & Seasons (Act) 4:00 Sing Fit (B) 6:00 World & Local News (1TV) 6:30 Bingo in the Bistro (B) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>	<p>9:30 Exercise Essentials to Music with Mary (B) 8 10:00 Exercise Essentials for Arthritis w/ putty (B) 11:00 Lunch outing Polcar's in Woburn (B) 11:00 Relaxing Art Therapy (B) 1:15 Poker Bridge and Card Games (B) 2:00 Meet Me At MOMA (Act) 3:00 Bible Study (3FI) 3:30 SingFit® (Act) 6:00 World & Local News (1TV) 6:30 Night time Meditation (Act) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>	<p>9:30 Exercise Essentials to Music with Mary (B) 9 10:00 Exercise Essentials for Arthritis w/ putty (B) 11:15 Cooking your favorite recipes with Mary (Act) 1:15 Corn Hole Toss 1:30 Covenant School Resident Biography Group Meets (Act) 1:30 The Knitting Circle (Fp) 3:30 Bocce Ball Social (Act) 6:00 World & Local News (1TV) 6:30 Bingo in the Bistro (B) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>	<p>9:30 Exercise Essentials to Music with Mary (B) 10 10:00 Exercise Essentials for Arthritis w/ putty (B) 11:00 Van outing to X-Mas Tree Shop (B) 11:00 Relaxing Art Therapy (B) 1:30 Scrabble, Backgammon & Board Games (B) 2:30 Pool Game Competition (CA) 3:30 Table Tennis Social w/ Mary (B) 6:00 World & Local News (1TV) 6:30 Night time Meditation (Act) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>	<p>10:00 Rosary & Communion (Act) 11 11:00 Hand Massage & Nails (B) 11:15 Exercise with Resistance Bands with Laura (Act) 1:00 Refreshing the Dining Room Flowers Club (B) 2:00 Card Games (B) 2:15 Resident Pool Game Competition (CA) 3:30 Sing Fit Cocktail Hour Social (B) 6:00 World & Local News (1TV) 6:30 Night time Meditation (Act) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>	<p>10:15 Exercise Essentials to Music with Mary (Act) 12 10:30 Yoga with Rhomey & Sonoko (3FI) 11:00 Experiencing Hubble: Understanding the Greatest Images of the Universe (Act) 1:15 Sunrise Monopoly Game 2:00 Saturday Movie Matinee: "Pope John Paul II" (Act) 3:15 Van outing to Catholic Mass (B) 6:00 World & Local News (1TV) 6:30 Bingo in the Bistro (B) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>
<p>10:00 Catholic Mass (Act) 13 10:00 Piano & Poetry (3FI) 11:00 Exercise To Music with Mary (Act) 1:15 Memorial Service for Velma Collyer (Act) 3:00 Sunday Movie Matinee: "Million Dollar Baby" Clint Eastwood & Morgan Freeman (Act) 4:15 Resident Pool Games (CA) 6:00 World & Local News (1TV) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>	<p>9:30 Exercise Essentials with Resistance Bands (B) 14 10:15 Darts (B) 11:00 Hand Massage & Nails (B) 11:15 GO4LIFE WALK (Backyard) 1:15 Wheel of Fortune (B) 1:30 Painting & Crafts for Charity/Jewelry (Act) 2:00 Dart Competition with Katie (CA) 2:15 Read aloud (4th Floor) 3:15 Trivia (B) 4:00 Poetry for All Reasons & Seasons (Act) 4:00 Sing Fit (B) 6:00 World & Local News (1TV) 6:30 Bingo in the Bistro (B) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>	<p>9:30 Exercise Essentials to Music with Mary (B) 15 10:00 Exercise Essentials for Arthritis w/ putty (B) 11:00 Lunch outing Sal's Pizza Woburn (B) 11:00 Relaxing Art Therapy (B) 1:15 Poker Bridge and Card Games (B) 1:30 Music Therapy with Angela (3FI) 2:00 Art through the Ages (Act) 3:00 Bible Study (3FI) 3:30 Chili Cookoff with All the Managers (B) 6:00 World & Local News (1TV) 6:30 Night time Meditation (Act) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>	<p>9:30 Exercise Essentials to Music with Mary (B) 16 10:00 Exercise Essentials for Arthritis w/ putty (B) 10:30 Infant Toddler Center Visits (B) 1:15 Corn Hole Toss 1:30 The Knitting Circle (Fp) 3:30 SingFit® (Act) 6:00 World & Local News (1TV) 6:30 Bingo in the Bistro (B) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>	<p>9:30 Exercise Essentials to Music with Mary (B) 17 10:00 Exercise Essentials for Arthritis w/ putty (B) 11:00 Men's outing: Not Your Average Joe's (B) 11:00 Relaxing Art Therapy (B) 1:30 Scrabble, Backgammon & Board Games (B) 2:30 Pool Game Competition (CA) 3:30 Music with vocalist Sharon DiFronzo (B) 6:00 World & Local News (1TV) 6:30 Night time Meditation (Act) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>	<p>10:00 Rosary & Communion (Act) 18 11:00 Hand Massage & Nails (B) 11:00 Roman Catholic Mass with Fr. Robert 1:00 Refreshing the Dining Room Flowers Club (B) 1:15 Zelia DeSouza Educational lecture on Nutritional Health (Act) 2:00 Card Games (B) 2:15 Resident Pool Game Competition (CA) 3:30 Piano Bar Cocktail Hour Social with Mary (B) 6:00 World & Local News (1TV) 6:30 Night time Meditation (Act) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>	<p>10:15 Exercise Essentials to Music with Mary (Act) 19 11:00 Experiencing Hubble: Understanding the Greatest Images of the Universe (Act) 1:15 Sunrise Monopoly Game 2:00 Saturday Movie Matinee: "The Queen" Helen Mirren (Act) 3:15 Van outing to Catholic Mass (B) 6:00 World & Local News (1TV) 6:30 Bingo in the Bistro (B) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>
<p>9:30 Exercise Essentials with Resistance Bands (B) 20 10:00 Catholic Mass (Act) 10:00 Piano & Poetry (3FI) 10:15 Coffee & Good Newscast with Laura (B) 11:00 Bingo (B) 1:15 News Currents Sr. (Act) 1:15 Clipping Coupons for Charity (B) 2:00 Sunday Movie Matinee: "Double Jeopardy" Tommy Lee Jones & Ashley Judd (Act) 2:15 Horseshoes (B) 3:00 Golf Putting (B) 4:15 Talk About your Dreams & Wishes with Laura (B) 6:00 World & Local News (1TV) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>	<p>9:30 Exercise Essentials with Resistance Bands (B) 21 10:15 Darts (B) 11:00 Hand Massage & Nails (B) 11:15 GO4LIFE WALK (Backyard) 1:15 Wheel of Fortune (B) 1:30 Painting & Crafts for Charity/Jewelry (Act) 2:00 Dart Competition with Katie (CA) 2:15 Read aloud (4th Floor) 3:15 Trivia (B) 4:00 Poetry for All Reasons & Seasons (Act) 4:00 Sing Fit (B) 6:00 World & Local News (1TV) 6:30 Bingo in the Bistro (B) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>	<p>9:30 Exercise Essentials to Music with Mary (B) 22 10:00 Exercise Essentials for Arthritis w/ putty (B) 11:00 Lunch outing Kelly's Roast Beef & Seafood (B) 11:00 Relaxing Art Therapy (B) 1:15 Poker Bridge and Card Games (B) 2:00 Food Committee Meeting 2:00 Art through the Ages (Act) 2:00 Meet Me At MOMA (Act) 3:00 Bible Study (3FI) 3:30 SingFit® (Act) 6:00 World & Local News (1TV) 6:30 Night time Meditation (Act) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>	<p>9:30 Exercise Essentials to Music with Mary (B) 23 10:00 Exercise Essentials for Arthritis w/ putty (B) 10:15 Lesly Ellis School Visits (B) 1:15 Corn Hole Toss 1:30 The Knitting Circle (Fp) 3:30 Pumpkin Carving with Mary (B) 6:00 World & Local News (1TV) 6:30 Bingo in the Bistro (B) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>	<p>9:30 Exercise Essentials to Music with Mary (B) 24 10:00 Exercise Essentials for Arthritis w/ putty (B) 11:00 Van outing to \$1 Store (B) 11:00 Relaxing Art Therapy (B) 1:30 Scrabble, Backgammon & Board Games (B) 2:30 Pool Game Competition (CA) 3:30 20 Questions Social w/Mary (B) 6:00 World & Local News (1TV) 6:30 Night time Meditation (Act) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>	<p>10:00 Rosary & Communion (Act) 25 11:00 Hand Massage & Nails (B) 11:15 Reminisce the music of your life with Mary (Rem) 1:00 Refreshing the Dining Room Flowers Club (B) 2:00 Card Games (B) 2:15 Resident Pool Game Competition (CA) 3:30 Piano Bar Cocktail Hour Social with Mary (B) 6:00 World & Local News (1TV) 6:30 Night time Meditation (Act) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>	<p>10:15 Exercise Essentials to Music with Mary (Act) 26 10:30 Yoga with Rhomey & Sonoko (3FI) 11:00 Experiencing Hubble: Understanding the Greatest Images of the Universe (Act) 1:15 Sunrise Monopoly Game 2:00 Saturday Movie Matinee: "Young Frankenstein" Mel Brooks, Gene Wilder (Act) 3:15 Van outing to Catholic Mass (B) 6:00 World & Local News (1TV) 6:30 Bingo in the Bistro (B) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>
<p>9:30 Exercise Essentials with Resistance Bands (B) 27 10:00 Catholic Mass (Act) 10:00 Piano & Poetry (3FI) 10:15 Coffee & Good Newscast with Laura (B) 11:00 Bingo (B) 1:15 News Currents Sr. (Act) 1:15 Clipping Coupons for Charity (B) 2:00 Sunday Movie Matinee: "The Road to Perdition" Tom Hanks & Paul Newman (Act) 2:15 Horseshoes (B) 3:00 Golf Putting (B) 4:15 Talk About your Dreams & Wishes with Laura (B) 6:00 World & Local News (1TV) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>	<p>9:30 Exercise Essentials with Resistance Bands (B) 28 10:15 Darts (B) 11:00 Hand Massage & Nails (B) 11:15 GO4LIFE WALK (Backyard) 1:15 Wheel of Fortune (B) 1:30 Painting & Crafts for Charity/Jewelry (Act) 2:00 Dart Competition with Katie (CA) 2:15 Read aloud (4th Floor) 3:15 Trivia (B) 4:00 Poetry for All Reasons & Seasons (Act) 4:00 Sing Fit (B) 6:00 World & Local News (1TV) 6:30 Bingo in the Bistro (B) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>	<p>9:30 Exercise Essentials to Music with Mary (B) 29 10:00 Exercise Essentials for Arthritis w/ putty (B) 11:00 Shopping outing K-Mart (B) 11:00 Relaxing Art Therapy (B) 1:15 Poker Bridge and Card Games (B) 2:00 Art through the Ages (Act) 3:00 Bible Study (3FI) 3:30 SingFit® (Act) 6:00 World & Local News (1TV) 6:30 Night time Meditation (Act) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>	<p>9:30 Exercise Essentials to Music with Mary (B) 30 10:00 Exercise Essentials for Arthritis w/ putty (B) 1:15 Corn Hole Toss 1:30 Covenant School Resident Biography Group Meets (Act) 1:30 The Knitting Circle (Fp) 3:30 Resident Birthday Social (B) 6:00 World & Local News (1TV) 6:30 Bingo in the Bistro (B) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>	<p>9:30 Exercise Essentials to Music with Mary (B) 31 10:00 Exercise Essentials for Arthritis w/ putty (B) 11:00 Scenic Foliage Van Ride (B) 11:00 Relaxing Art Therapy (B) 1:30 Scrabble, Backgammon & Board Games (B) 2:30 Pool Game Competition (CA) 3:30 Halloween Party w/ Peter O'Malley music & magic (B) 6:00 World & Local News (1TV) 6:30 Night time Meditation (Act) 7:00 Catholic TV Programming for reflection (Act) 8:00 Movie or Programs of your choice (Act)</p>		

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Assisted Living
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LIVE WITH PURPOSE

