

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
3 Third Floor AR Activity room B Bistro BG Back Garden C Community DP Dog Park DR Dining room F Foyer GR Garden Room HS Hair Salon OF Out front P Parlor PDR Private Dining Room RR Residents Rooms		9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 10:00 Music Therapy with Steve The Piano Man (3) 10:15 Banner Making for Braintree Field Hockey (B) 11:00 Free "Challenge" Bingo (B) 1:15 Chaboom Fitness Class (B) 2:15 Tuesday's with Tippy (AR) 3:30 Tuesday Trivia Social 6:30 10 Minute Evening Guided Meditation (HS)	<b>1</b> 9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 10:15 Exercise Essentials Hand Workout (B) 10:30 Intergenerational Program with BASE (B) 1:30 Mid-Week Musical Matinee 2:00 Catholic Mass (AR) 3:30 Worldly Wednesdays Social (B) 6:15 Poker Club (AR) 6:30 10 Minute Evening Guided Meditation (HS)	<b>2</b> 9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 9:30 Go4Life® Walking Club (C) 10:15 Whoga Seated Yoga (AR) 11:15 Culinary Club (B) 1:45 BINGO (B) 2:00 Soul Cycle Class (AR) 3:30 House Social (B) 6:30 10 Minute Evening Guided Meditation (HS)	<b>3</b> 9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 10:15 Floor Hockey Fitness (GR) 10:30 Fall Prevention Class 10:30 Intergenerational Art Club (B) 1:30 Manicures (HS) 1:30 Afternoon Movie (AR) 3:30 Happy Hour Social with a Sing Along (B) 6:15 Classical Music Appreciation (B)	<b>4</b> 9:00 College GameDay LIVE (P) 9:00 Book Club (GR) 9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 10:15 Exercise Essentials Noodle Workout (B) 11:00 Current Events (B) 1:00 College Football Games (AR) 1:30 Eversound Silent Music Party (B) 2:00 Live With Anticipation Club (B) 3:30 Chef Special Social with a group game (B) 6:15 Evening News (P)	<b>5</b>
9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 10:00 Watch Catholic Mass on Television (AR) 10:15 Exercise Essentials Hand Workout (B) 11:00 Fill in the Blanks (B) 12:00 Lunch & a Show at the Paris Cabaret 2:00 Show and Tell with David! (B) 3:30 Sunday Fun-Day Social (B) 6:30 Sunday Night at the Movies! (AR)	<b>6</b> 9:00 Coffee Club (B) 9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 10:15 Whoga Seated Yoga 11:00 Group Crossword Puzzle (B) 1:45 BINGO (B) 2:00 Mystery Monday: The Unshakable Alibi (AR) 2:00 Chris Waters Entertains! (3) 2:30 News Currents Sr. (AR) 3:30 SingFit Sing Along Social (B) 6:30 NBC Nightly News (P)	<b>7</b> 9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 10:00 Music Therapy with Steve The Piano Man (3) 10:30 Chaboom Fitness Class (B) 11:30 Twenty Minute Trivia (B) 2:15 Tuesday's with Tippy (AR) 3:30 Tuesday Trivia Social 6:30 10 Minute Evening Guided Meditation (HS)	<b>8</b> 9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 10:15 Exercise Essentials Hand Workout (B) 10:30 Intergenerational Program with BASE (B) 1:30 Outing to TJ Maxx 1:30 Mid-Week Musical Matinee 2:00 Meet Me At MoMA with Tippy 3:30 Worldly Wednesdays Social (B) 6:15 Poker Club (AR) 6:30 10 Minute Evening Guided Meditation (HS)	<b>9</b> 9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 9:30 Go4Life® Walking Club (C) 10:30 Gentle Yoga and Tai Chi with Maria Sestina (B) 11:15 Culinary Club (B) 1:45 BINGO (B) 2:00 Soul Cycle Class (AR) 3:30 House Social (B) 6:30 10 Minute Evening Guided Meditation (HS)	<b>10</b> 9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 10:15 Floor Hockey Fitness (GR) 10:30 Fall Prevention Class 10:30 Intergenerational Art Club (B) 1:30 Manicures (HS) 1:30 Afternoon Movie (AR) 3:30 Happy Hour Social with a Sing Along (B) 6:15 Classical Music Appreciation (B)	<b>11</b> 9:00 College GameDay LIVE (P) 9:00 Book Club (GR) 9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 10:15 Exercise Essentials Noodle Workout (B) 11:00 Current Events (B) 1:00 College Football Games (AR) 1:30 Eversound Silent Music Party (B) 2:00 Live With Anticipation Club (B) 3:30 Chef Special Social with a group game (B) 6:15 Evening News (P)	<b>12</b>
9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 10:00 Scenic Ride 10:00 Watch Catholic Mass on Television (AR) 10:15 Exercise Essentials Hand Workout (B) 11:00 Fill in the Blanks (B) 2:00 Show and Tell with David! (B) 3:30 Sunday Fun-Day Social (B) 6:30 Sunday Night at the Movies! (AR)	<b>13</b> 9:00 Coffee Club (B) 9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 10:00 Gentle Yoga and Tai Chi with Maria (3) 10:15 Whoga Seated Yoga 11:00 Group Crossword Puzzle (B) 1:45 BINGO (B) 2:30 News Currents Sr. (AR) 3:30 SingFit Sing Along Social (B) 6:30 NBC Nightly News (P)	<b>14</b> 9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 10:00 Music Therapy with Steve The Piano Man (3) 10:15 Banner Making for Braintree Field Hockey 11:00 Free "Challenge" Bingo (B) 11:30 Noon Mass at Bethany Chapel 1:15 Chaboom Fitness Class (B) 2:15 Tuesday's with Tippy (AR) 3:30 Tuesday Trivia Social 6:30 10 Minute Evening Guided Meditation (HS)	<b>15</b> 9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 10:15 Exercise Essentials Hand Workout (B) 10:30 Intergenerational Program with BASE (B) 1:30 Mid-Week Musical Matinee 3:30 Worldly Wednesdays Social (B) 6:15 Poker Club (AR) 6:30 10 Minute Evening Guided Meditation (HS)	<b>16</b> 9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 9:30 Go4Life® Walking Club (C) 10:15 Whoga Seated Yoga (AR) 10:45 Outing to Lunch with a Matinee Show at the Common Market 11:00 BINGO (B) 2:00 Soul Cycle Class (AR) 3:30 House Social (B) 6:30 10 Minute Evening Guided Meditation (HS)	<b>17</b> 9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 10:15 Floor Hockey Fitness (GR) 10:30 Fall Prevention Class 10:30 Intergenerational Art Club (B) 1:30 Manicures (HS) 1:30 Afternoon Movie (AR) 3:30 Happy Hour Social with a Sing Along (B) 6:15 Classical Music Appreciation (B)	<b>18</b> 9:00 College GameDay LIVE (P) 9:00 Book Club (GR) 9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 10:15 Exercise Essentials Noodle Workout (B) 11:00 Current Events (B) 1:00 College Football Games (AR) 1:30 Eversound Silent Music Party (B) 2:00 Live With Anticipation Club (B) 3:30 Chef Special Social with a group game (B) 6:15 Evening News (P)	<b>19</b>
9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 10:00 Watch Catholic Mass on Television (AR) 10:15 Exercise Essentials Hand Workout (B) 11:00 Fill in the Blanks (B) 1:00 Outing to the Audubon Museum of Bird Art 2:00 Show and Tell with David! (B) 3:30 Sunday Fun-Day Social (B) 6:30 Sunday Night at the Movies! (AR)	<b>20</b> 9:00 Coffee Club (B) 9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 10:15 Whoga Seated Yoga 11:00 Group Crossword Puzzle (B) 11:30 Men's Club Luncheon (GR) 1:45 BINGO (B) 2:00 Mystery Monday: Coyote Waits (AR) 2:30 News Currents Sr. (AR) 3:30 SingFit Sing Along Social (B) 6:30 NBC Nightly News (P)	<b>21</b> 9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 10:00 Music Therapy with Steve The Piano Man (3) 10:30 Chaboom Fitness Class (B) 11:30 Lunch at Chung's Asian Cuisine (Chinese Lunch Buffet) 11:30 Twenty Minute Trivia (B) 2:15 Tuesday's with Tippy (AR) 3:30 Tuesday Trivia Social 6:30 10 Minute Evening Guided Meditation (HS)	<b>22</b> 9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 10:15 Exercise Essentials Hand Workout (B) 10:30 Intergenerational Program with BASE (B) 1:30 Mid-Week Musical Matinee 2:00 Meet Me At MoMA with Tippy 3:30 Worldly Wednesdays Social (B) 6:15 Poker Club (AR) 6:30 10 Minute Evening Guided Meditation (HS)	<b>23</b> 9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 9:30 Go4Life® Walking Club (C) 10:15 Whoga Fitness (AR) 10:30 Gentle Yoga and Tai Chi with Maria Sestina (B) 11:15 Culinary Club (B) 1:45 BINGO (B) 2:00 Soul Cycle Class (AR) 3:30 House Social (B) 6:30 10 Minute Evening Guided Meditation (HS)	<b>24</b> 9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 10:15 Floor Hockey Fitness (GR) 10:30 Fall Prevention Class 10:30 Intergenerational Art Club (B) 1:30 Manicures (HS) 1:30 Afternoon Movie (AR) 3:30 Happy Hour Social with a Sing Along (B) 3:45 Trunk or Treat at the Stoughton YMCA 6:15 Classical Music Appreciation (B)	<b>25</b> 9:00 College GameDay LIVE (P) 9:00 Book Club (GR) 9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 10:15 Exercise Essentials Noodle Workout (B) 11:00 Current Events (B) 1:00 College Football Games (AR) 1:30 Eversound Silent Music Party (B) 2:00 Live With Anticipation Club (B) 3:30 Chef Special Social with a group game (B) 6:15 Evening News (P)	<b>26</b>
9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 10:00 Scary Scenic Tour of Boston 10:00 Watch Catholic Mass on Television (AR) 10:15 Exercise Essentials Hand Workout (B) 11:00 Fill in the Blanks (B) 2:00 Show and Tell with David! (B) 3:30 Sunday Fun-Day Social (B) 6:30 Sunday Night at the Movies! (AR)	<b>27</b> 9:00 Coffee Club (B) 9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 10:15 Whoga Seated Yoga 11:00 Group Crossword Puzzle (B) 1:45 BINGO (B) 2:30 News Currents Sr. (AR) 3:30 SingFit Sing Along Social (B) 6:30 NBC Nightly News (P)	<b>28</b> 9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 10:00 Music Therapy with Steve The Piano Man (3) 10:30 Outing to CVS 11:00 Free "Challenge" Bingo (B) 1:15 Chaboom Fitness Class (B) 2:15 Tuesday's with Tippy (AR) 3:30 Tuesday Trivia Social 6:30 10 Minute Evening Guided Meditation (HS)	<b>29</b> 9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 10:15 Exercise Essentials Hand Workout (B) 10:30 Intergenerational Program with BASE (B) 1:30 Mid-Week Musical Matinee 3:30 Resident Council Meeting (GR) 6:15 Poker Club (AR) 6:30 10 Minute Evening Guided Meditation (HS)	<b>30</b> 9:30 Rosary Club (AR) 9:30 Go4Life® Walking Club (C) 11:15 Culinary Club (B) 1:45 BINGO (B) 2:00 Ride to Daddy's Dairy for Ice Cream 2:00 Soul Cycle Class (AR) 3:30 House Social (B) 6:30 10 Minute Evening Guided Meditation (HS)	<b>31</b>		

**OCTOBER 2019**  
**Assisted Living**  
**Sunrise of Braintree**  
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**LIVE WITH PURPOSE**

