

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR Activity Room B Bistro DW Dining room west F Foyer K Kitchen LL Life Enrichment Lounge LR Living Room PDR Private Dining Room		9:00 Watch Live with Kelly (LR) 1 9:30 Rosary (AR) 10:00 Steve Lanzillotta the Piano Man! (DW) 11:00 Exercise Essentials Noodle Workout (DW) 1:15 Chaboom Fitness Class (B) 1:30 Group Game with Jean (AR) 2:00 Table Time Activity (AR) 3:00 Sing Along (DW) 3:30 Cheese Curls & Coke (DW) 4:00 Brain Game-Finishing Lines, Words, Lyrics (DW) 4:00 Go4Life® Walking Club (F) 6:15 Evening Meditation (LL) 7:30 Hand Spa (LL)	9:00 Watch Live with Kelly (LR) 2 9:30 Rosary (AR) 10:00 Bowling (DW) 10:30 Intergenerational Program with BASE (B) 10:30 Baking Club (K) 1:00 Live with Generosity 1:30 Movie Matinee! (LR) 1:30 Creative Expressions with Jean (AR) 3:30 Healthy Snack Social (DW) 4:00 Go4Life® Walking Club (F) 4:00 Group Game Time-Scattergories (DW)	9:00 Watch Live with Kelly (LR) 3 9:30 Rosary (AR) 10:00 Sweatn' to the Oldies! (DW) 10:30 Gentle Yoga and Tai Chi with Maria Sestina 11:00 Creative Cooking (DW) 1:30 Table Games with Jean (AR) 2:30 Music & Memories (AR) 3:30 Chips & Dip Social (DW) 4:00 Group Game-Everyday Photos (DW) 4:00 Go4Life® Walking Club (F) 6:15 Evening Meditation (LL) 7:30 Hand Spa (LL)	9:00 Watch Live with Kelly (LR) 4 9:30 Rosary (AR) 10:00 Floor Hockey (DW) 10:30 Intergenerational Art Club 11:00 Classical Music Appreciation (AR) 12:00 Private Dining Room Luncheon (PDR) 1:30 Movie Matinee! (LR) 1:30 Story Reading & Discussion (AR) 3:30 Happy Hour with hors d'ouvres (DW) 4:00 Brain Game Time-The Common Factor (DW) 4:00 Go4Life® Walking Club (F) 6:15 Fun with Karaoke! (DW)	9:00 Book Club 5 9:30 Rosary (AR) 10:00 Whoga DVD Fitness (DW) 11:00 Group Game Time-The Alphabet Game (DW) 1:30 Table Games with Jean (AR) 2:30 Music & Memories (AR) 3:30 Fruity Fun Social (DW) 4:00 Group Game-Trivia (DW) 4:00 Go4Life® Walking Club (F) 7:30 Classical Music Appreciation (AR)
9:30 Rosary (AR) 6 10:00 Whoga Seated Yoga (DW) 11:00 Creative Expressions (AR) 12:00 Lunch & a Show at the Paris Cabaret 1:30 Sunday Afternoon Movie (LR) 1:30 Snack Time with Our LEM (DW) 2:00 Table Time Activity (AR) 3:30 Sunday Social 4:00 Brain Game Time-Scattergory Categories (DW) 4:00 Go4Life® Walking Club (F) 6:15 Evening Meditation (LL) 7:30 Classical Music Appreciation (AR)	9:00 Watch Live with Kelly (LR) 7 9:30 Rosary (AR) 10:00 Parachute Fitness (DW) 10:30 Baking Club (K) 1:00 Live with Generosity (DW) 1:30 Bingo with Jean (AR) 2:00 Chris Waters Entertains! (DW) 3:00 Classical Music Appreciation (AR) 3:30 Cheese & Crackers Social (DW) 4:00 Go4Life® Walking Club (F) 6:15 Hand Spa (LL) 6:30 Exercise Essentials Hand Workout (AR)	9:00 Watch Live with Kelly (LR) 8 9:30 Rosary (AR) 10:00 Steve Lanzillotta the Piano Man! (DW) 10:30 Chaboom Fitness Class (B) 11:00 Exercise Essentials Noodle Workout (DW) 1:30 Group Game with Jean (AR) 2:00 Table Time Activity (AR) 3:00 Sing Along (DW) 3:30 Cheese Curls & Coke (DW) 4:00 Brain Game-Finishing Lines, Words, Lyrics (DW) 4:00 Go4Life® Walking Club (F) 6:15 Evening Meditation (LL) 7:30 Hand Spa (LL)	9:00 Watch Live with Kelly (LR) 9 9:30 Rosary (AR) 10:00 Bowling (DW) 10:30 Intergenerational Program with BASE (B) 10:30 Baking Club (K) 1:00 Live with Generosity 1:30 Outing to TJ Maxx 1:30 Movie Matinee! (LR) 1:30 Creative Expressions with Jean (AR) 2:00 Meet Me At MoMA with Tippy 3:30 Healthy Snack Social (DW) 4:00 Go4Life® Walking Club (F) 4:00 Group Game Time-Scattergories (DW)	9:00 Watch Live with Kelly (LR) 10 9:30 Rosary (AR) 10:00 Sweatn' to the Oldies! (DW) 11:00 Creative Cooking (DW) 1:30 Table Games with Jean (AR) 2:30 Music & Memories (AR) 3:00 Meet Me At MOMA (B) 3:30 Chips & Dip Social (DW) 4:00 Group Game-Everyday Photos (DW) 4:00 Go4Life® Walking Club (F) 6:15 Evening Meditation (LL) 7:30 Hand Spa (LL)	9:00 Watch Live with Kelly (LR) 11 9:30 Rosary (AR) 10:00 Floor Hockey (DW) 10:30 Intergenerational Art Club 11:00 Classical Music Appreciation (AR) 12:00 Private Dining Room Luncheon (PDR) 1:30 Movie Matinee! (LR) 1:30 Story Reading & Discussion (AR) 3:30 Happy Hour with hors d'ouvres (DW) 4:00 Brain Game Time-The Common Factor (DW) 4:00 Go4Life® Walking Club (F) 6:15 Fun with Karaoke! (DW)	9:00 Book Club 12 9:30 Rosary (AR) 10:00 Whoga DVD Fitness (DW) 11:00 Group Game Time-The Alphabet Game (DW) 1:30 Table Games with Jean (AR) 2:30 Music & Memories (AR) 3:30 Fruity Fun Social (DW) 4:00 Group Game-Trivia (DW) 4:00 Go4Life® Walking Club (F) 7:30 Classical Music Appreciation (AR)
9:30 Rosary (AR) 13 10:00 Scenic Ride 10:00 Whoga Seated Yoga (DW) 11:00 Creative Expressions (AR) 1:30 Sunday Afternoon Movie (LR) 1:30 Snack Time with Our LEM (DW) 2:00 Table Time Activity (AR) 3:30 Sunday Social 4:00 Brain Game Time-Scattergory Categories (DW) 4:00 Go4Life® Walking Club (F) 6:15 Evening Meditation (LL) 7:30 Classical Music Appreciation (AR)	9:00 Watch Live with Kelly (LR) 14 9:30 Rosary (AR) 10:00 Gentle Yoga and Tai Chi with Maria (AR) 10:30 Baking Club (K) 1:00 Live with Generosity (DW) 1:30 Bingo with Jean (AR) 3:00 Classical Music Appreciation (AR) 3:30 Cheese & Crackers Social (DW) 4:00 Go4Life® Walking Club (F) 6:15 Hand Spa (LL) 6:30 Exercise Essentials Hand Workout (AR)	9:00 Watch Live with Kelly (LR) 15 9:30 Rosary (AR) 10:00 Steve Lanzillotta the Piano Man! (DW) 11:00 Exercise Essentials Noodle Workout (DW) 11:30 Noon Mass at Bethany Chapel 1:15 Chaboom Fitness Class (B) 1:30 Group Game with Jean (AR) 2:00 Table Time Activity (AR) 3:00 Sing Along (DW) 3:30 Cheese Curls & Coke (DW) 4:00 Brain Game-Finishing Lines, Words, Lyrics (DW) 4:00 Go4Life® Walking Club (F) 6:15 Evening Meditation (LL) 7:30 Hand Spa (LL)	9:00 Watch Live with Kelly (LR) 16 9:30 Rosary (AR) 10:00 Bowling (DW) 10:30 Intergenerational Program with BASE (B) 10:30 Baking Club (K) 1:00 Live with Generosity 1:30 Movie Matinee! (LR) 1:30 Creative Expressions with Jean (AR) 3:30 Healthy Snack Social (DW) 4:00 Go4Life® Walking Club (F) 4:00 Group Game Time-Scattergories (DW)	9:00 Watch Live with Kelly (LR) 17 9:30 Rosary (AR) 10:00 Sweatn' to the Oldies! (DW) 10:30 Gentle Yoga and Tai Chi with Maria Sestina 10:45 Outing to Lunch with a Matinee Show at the Common Market 11:00 Creative Cooking (DW) 1:30 Table Games with Jean (AR) 2:30 Music & Memories (AR) 3:30 Chips & Dip Social (DW) 4:00 Group Game-Everyday Photos (DW) 4:00 Go4Life® Walking Club (F) 6:15 Evening Meditation (LL) 7:30 Hand Spa (LL)	9:00 Watch Live with Kelly (LR) 18 9:30 Rosary (AR) 10:00 Floor Hockey (DW) 10:30 Intergenerational Art Club 11:00 Classical Music Appreciation (AR) 12:00 Private Dining Room Luncheon (PDR) 1:30 Movie Matinee! (LR) 1:30 Story Reading & Discussion (AR) 3:30 Happy Hour with hors d'ouvres (DW) 4:00 Brain Game Time-The Common Factor (DW) 4:00 Go4Life® Walking Club (F) 6:15 Fun with Karaoke! (DW)	9:00 Book Club 19 9:30 Rosary (AR) 10:00 Whoga DVD Fitness (DW) 11:00 Group Game Time-The Alphabet Game (DW) 1:30 Table Games with Jean (AR) 2:30 Music & Memories (AR) 3:30 Fruity Fun Social (DW) 4:00 Group Game-Trivia (DW) 4:00 Go4Life® Walking Club (F) 7:30 Classical Music Appreciation (AR)
9:30 Rosary (AR) 20 10:00 Catholic Communion 10:00 Whoga Seated Yoga (DW) 11:00 Creative Expressions (AR) 1:00 Outing to the Audubon Museum of Bird Art 1:30 Sunday Afternoon Movie (LR) 1:30 Snack Time with Our LEM (DW) 2:00 Table Time Activity (AR) 3:30 Sunday Social 4:00 Brain Game Time-Scattergory Categories (DW) 4:00 Go4Life® Walking Club (F) 6:15 Evening Meditation (LL) 7:30 Classical Music Appreciation (AR)	9:00 Watch Live with Kelly (LR) 21 9:30 Rosary (AR) 10:00 Parachute Fitness (DW) 10:30 Baking Club (K) 11:30 Men's Club Luncheon 1:00 Live with Generosity (DW) 1:30 Bingo with Jean (AR) 3:00 Classical Music Appreciation (AR) 3:30 Cheese & Crackers Social (DW) 4:00 Go4Life® Walking Club (F) 6:15 Hand Spa (LL) 6:30 Exercise Essentials Hand Workout (AR)	9:00 Watch Live with Kelly (LR) 22 9:30 Rosary (AR) 10:00 Steve Lanzillotta the Piano Man! (DW) 10:30 Chaboom Fitness Class (B) 11:00 Exercise Essentials Noodle Workout (DW) 11:30 Lunch at Chung's Asian Cuisine (Chinese Lunch Buffet) 1:30 Group Game with Jean (AR) 2:00 Table Time Activity (AR) 3:00 Sing Along (DW) 3:30 Cheese Curls & Coke (DW) 4:00 Brain Game-Finishing Lines, Words, Lyrics (DW) 4:00 Go4Life® Walking Club (F) 6:15 Evening Meditation (LL) 7:30 Hand Spa (LL)	9:00 Watch Live with Kelly (LR) 23 9:30 Rosary (AR) 10:00 Bowling (DW) 10:30 Intergenerational Program with BASE (B) 10:30 Baking Club (K) 1:00 Live with Generosity 1:30 Movie Matinee! (LR) 1:30 Creative Expressions with Jean (AR) 2:00 Meet Me At MoMA with Tippy 3:30 Healthy Snack Social (DW) 4:00 Go4Life® Walking Club (F) 4:00 Group Game Time-Scattergories (DW)	9:00 Watch Live with Kelly (LR) 24 9:30 Rosary (AR) 10:00 Sweatn' to the Oldies! (DW) 11:00 Creative Cooking (DW) 1:30 Table Games with Jean (AR) 2:30 Music & Memories (AR) 3:00 Meet Me At MOMA (B) 3:30 Chips & Dip Social (DW) 4:00 Group Game-Everyday Photos (DW) 4:00 Go4Life® Walking Club (F) 6:15 Evening Meditation (LL) 7:30 Hand Spa (LL)	9:00 Watch Live with Kelly (LR) 25 9:30 Rosary (AR) 10:00 Floor Hockey (DW) 10:30 Intergenerational Art Club 11:00 Classical Music Appreciation (AR) 12:00 Private Dining Room Luncheon (PDR) 1:30 Movie Matinee! (LR) 1:30 Story Reading & Discussion (AR) 3:30 Happy Hour with hors d'ouvres (DW) 3:45 Trunk or Treat at the Stoughton YMCA 4:00 Brain Game Time-The Common Factor (DW) 4:00 Go4Life® Walking Club (F) 6:15 Fun with Karaoke! (DW)	9:00 Book Club 26 9:30 Rosary (AR) 10:00 Whoga DVD Fitness (DW) 11:00 Group Game Time-The Alphabet Game (DW) 1:30 Table Games with Jean (AR) 2:30 Music & Memories (AR) 3:30 Fruity Fun Social (DW) 4:00 Group Game-Trivia (DW) 4:00 Go4Life® Walking Club (F) 7:30 Classical Music Appreciation (AR)
9:30 Rosary (AR) 27 10:00 Scary Scenic Tour of Boston 10:00 Whoga Seated Yoga (DW) 11:00 Creative Expressions (AR) 1:30 Sunday Afternoon Movie (LR) 1:30 Snack Time with Our LEM (DW) 2:00 Table Time Activity (AR) 3:30 Sunday Social 4:00 Brain Game Time-Scattergory Categories (DW) 4:00 Go4Life® Walking Club (F) 6:15 Evening Meditation (LL) 7:30 Classical Music Appreciation (AR)	9:00 Watch Live with Kelly (LR) 28 9:30 Rosary (AR) 10:30 Baking Club (K) 1:00 Live with Generosity (DW) 1:30 Bingo with Jean (AR) 3:00 Classical Music Appreciation (AR) 3:30 Cheese & Crackers Social (DW) 4:00 Go4Life® Walking Club (F) 6:15 Hand Spa (LL) 6:30 Exercise Essentials Hand Workout (AR)	9:00 Watch Live with Kelly (LR) 29 9:30 Rosary (AR) 10:00 Steve Lanzillotta the Piano Man! (DW) 10:30 Outing to CVS 11:00 Exercise Essentials Noodle Workout (DW) 1:15 Chaboom Fitness Class (B) 1:30 Group Game with Jean (AR) 2:00 Table Time Activity (AR) 3:00 Sing Along (DW) 3:30 Cheese Curls & Coke (DW) 4:00 Brain Game-Finishing Lines, Words, Lyrics (DW) 4:00 Go4Life® Walking Club (F) 6:15 Evening Meditation (LL) 7:30 Hand Spa (LL)	9:00 Watch Live with Kelly (LR) 30 9:30 Rosary (AR) 10:00 Bowling (DW) 10:30 Intergenerational Program with BASE (B) 10:30 Baking Club (K) 1:00 Live with Generosity 1:30 Movie Matinee! (LR) 1:30 Creative Expressions with Jean (AR) 3:30 Healthy Snack Social (DW) 4:00 Go4Life® Walking Club (F) 4:00 Group Game Time-Scattergories (DW)	9:00 Watch Live with Kelly (LR) 31 9:30 Rosary (AR) 10:00 Sweatn' to the Oldies! (DW) 11:00 Creative Cooking (DW) 1:30 Table Games with Jean (AR) 2:00 Ride to Daddy's Dairy for Ice Cream 2:30 Music & Memories (AR) 3:30 Chips & Dip Social (DW) 4:00 Group Game-Everyday Photos (DW) 4:00 Go4Life® Walking Club (F) 6:15 Evening Meditation (LL) 7:30 Hand Spa (LL)		

OCTOBER 2019
Reminiscence
Sunrise of Braintree
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LIVE WITH PURPOSE

