Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Locations: P- Pub FL- Floor L-Livingroom FD-Front Desk CL- Classroom M- Media Room CK- Country Kitchen CONF- Conference Room	7:30am Hot Breakfast CK 9:30am Table Topics & Coffee 10:30am DVD Guided Stretches 1:30pm Exercise w/Specialist M 2:30pm Trivia Questions P 3:30pm Social Hour P 6:30pm Film: Gravity M	2 10:30am Moving to Music M 1:30pm Poetry Group CL 2:30pm Chair Yoga M 3:30pm Social Hour P 6:15pm Family Feud M	7:30am Hot Breakfast CK 9:30am Table Topics & Coffee 10:30am Morning DVD Exercise 12:00pm Summer Theme Barbecue P 1:30pm Ted Talk and Discussion 2:30pm Bingo 2 nd FL CK 3:30pm Social Hour P 6:30pm Film: Free Willy M	4 10:30am Tai Chi w/ Marcos M 1:30pm Christopher Heights Songbird M 2:30pm Creative Writing CL 2:30pm Board Games P 3:30pm Social Hour w/ Tech Help P 6:15pm Night Bingo 2 nd FL CK 6:30pm TV: Life after Death M	9:30am Dunkin Donuts w/ Marcos P 10:30am Morning Stretches M 1:30pm Meditation Class M 2:30pm Big Money Bingo 2 nd FL 3:30pm Social Hour P 6:30pm Film: Life to afterlife Death and Back M	7:30am Hot Breakfast CK 10:30am Exercise Video 1:30pm Canasta & Rummikub P 2:30pm Large Crossword Puzzle P 3:30pm Social Hour P 6:00pm When Calls the Heart M
7 10:00am "Chalice of Salvation" 10:30am Self-Serve Coffee Social Hour P 1:30pm Craft Hour 3 rd FL CK 2:30pm Bingo 2 nd FL CK 3:30pm Wine and Appetizers P 6:00pm Rizzoli & Isles VDA	7:30am Hot Breakfast CK 9:30am Table Topics & Coffee 10:30am DVD Guided Stretches 1:15pm Trip to Walmart & Big Y 1:30pm Exercise w/Specialist M 2:30pm Trivia Questions P 3:30pm Social Hour P 6:30pm Baking with Bob 2 nd FL 6:30pm Film: Sleepless in Seattle M	9 10:30am Exercise w/ Marcos M 1:15pm Health Talk from Encompass Walker Tune Up. 1:15pm Farmers Market & Downtown Northampton Trip 2:30pm Chair Yoga M 3:30pm Social Hour with Crystal P 6:15pm Family Feud M	7:30am Hot Breakfast CK 9:30am Table Topics & Coffee 10:30am Morning DVD Exercise 12:00pm Summer Theme Barbecue P 1:15pm Resident Floor Representative Meeting 2:30pm Bingo 2 nd FL CK 3:30pm Social Hour P 6:30pm Film: The Great Budapest Hotel M	11 10:30am Tai Chi w/ Marcos M 1:30pm Christopher Heights Songbird M 2:30pm Creative Writing CL 2:30pm Board Games P 3:30pm Social Hour w/ Tech Help P 6:15pm Poetry Circle w/ David 6:30pm TV: Life after Death M 6:30pm Night Bingo 2 nd FL CK	9:30am Dunkin Donuts w/ Karen 10:30am Morning Stretches M 1:30pm Classical Piano with Adam Bergeron M 2:30pm Big Money Bingo 2 nd FL 3:30pm Social Hour P 3:45pm Parkinson's Support Group CL 6:30pm Film: My Week with Marilyn M	7:30am Hot Breakfast CK 10:30am Exercise Video 1:30pm Canasta & Rummikub P 2:30pm Matinee w/ Popcorn: The Bookseller M 3:30pm Social Hour P 6:00pm When Calls the Heart M
14 10:00am "Chalice of Salvation" 10:30am Self-Serve Coffee Social Hour P 1:30pm Craft Hour 3 rd FL CK 2:30pm Bingo 2 nd FL CK 3:30pm Sarah The Fidler M 6:00pm Rizzoli & Isles VDA	7:30am Hot Breakfast CK 9:30am Table Topics & Coffee 10:30am DVD Guided Stretches 1:30pm Exercise w/ Marcos M 2:30pm Trivia Questions P 3:30pm Ice Cream Social P 6:30pm Film: Little Miss Sunshine M (VDA)	16 10:30am Moving to Music M 1:30pm Poetry Group CL 2:30pm Chair Yoga M 3:30pm Social Hour P 6:15pm Family Feud M	8:20am Hearing Aid Clinic FD 9:30am Table Topics & Coffee 10:30am Morning DVD Exercise 12:00pm Birthday Meals P 1:15pm Health Talk with Louis and Clark M 2:30pm Bingo 2 nd FL CK 3:30pm Social Hour P 6:30pm Film: This is Elvis M	18 10:30am Tai Chi w/ Marcos M 1:30pm Christopher Heights Songbird M 2:30pm Creative Writing CL 2:30pm Board Games P 3:30pm Social Hour w/ Tech Help P 6:15pm Night Bingo 2 nd FL CK 6:30pm TV: Life after Death M	9:30am Dunkin Donuts w/ Marcos P 10:30am 1:30pm Tibetan Singing Bowl Experience with Brya M 2:30pm Big Money Bingo 2 nd FL 3:30pm Social Hour 6:30pm Film: Beauty and the Beast M	7:30am Hot Breakfast CK 10:30am Exercise Video 1:30pm Canasta & Rummikub P 2:30pm Large Crossword Puzzle P 3:30pm Social Hour 6:00pm When Calls the Heart M
21 10:00am "Chalice of Salvation" 10:30am Self-Serve Coffee Social Hour P 1:30pm Compact Duo Musical Performance M 2:30pm Bingo 2 nd FL CK 3:30pm Social Hour P 6:00pm Rizzoli & Isles VDA	9:30am Table Topics & Coffee M 10:30am DVD Guided Stretches 1:15pm Trip to Walmart & Big Y 1:30pm Exercise w/Specialist M 2:30pm Trivia Questions P 3:30pm Notable Neighbors: Irene Whitman M 6:30pm Baking with Bob 2 nd FL 6:30pm Film: Delores Claiborne	23 10:30am Exercise w/ Marcos M 1:15pm Farmers Market & Downtown Northampton Trip 1:30pm Blackjack w/ John P 2:30pm Chair Yoga M 3:30pm Social Hour P 6:15pm Family Feud M	7:30am Hot Breakfast CK 9:30am Table Topics & Coffee 10:30am Morning DVD Exercise 12:00pm Summer Barbecue P 1:30pm Niko the Therapy Dog M 2:30pm Bingo 2 nd FL CK 3:30pm Social Hour P 6:30pm Film: Bigg Business M	25 10:30am Tai Chi w/ Marcos M 1:30pm Songbird M 2:30pm Creative Writing CL 2:30pm Board Games P 3:30pm Social Hour w/ Tech Help P 6:15pm Night Bingo 2 nd FL CK 6:30pm Poetry Circle w/ David 6:30pm TV: Life after Death M	9:30am Dunkin Donuts w/ Marcos P 10:30 am 1:30pm Meditation Class M 2:30pm Big Money Bingo 2 nd FL 3:30pm Fresh Fruit Snacks P 3:45pm Parkinson's Support Group CL 6:30pm Film: Place in my Heart	7:30am Hot Breakfast CK 10:30am Exercise Video 1:15pm Van Trip to Smith College Museum 1:30pm Canasta & Rummikub P 2:30pm Matinee w/ Popcorn: Fidler on the Roof M 3:30pm Social Hour 6:00pm When Calls the Heart M
28 10:00am "Chalice of Salvation" 10:30am Self-Serve Coffee Social Hour P 1:30pm Craft Hour 3 rd FL CK 2:30pm Exercise with Peter M 3:30pm Wine and Appetizers P 6:00pm Rizzoli & Isles VDA	7:30am Hot Breakfast CK 9:30am Table Topics & Coffee 10:30am DVD Guided Stretches 1:30pm Exercise w/ Marcos M 2:30pm Trivia Questions P 3:30pm Social Hour P 6:30pm Baking with Bob 2nd FL 6:30pm Film: Moonrise Kingdom M	30 10:30am Moving to Music M 1:15pm Blood pressure Clinic M 2:30pm Food Forum M 3:30pm Social Hour P 6:15pm Family Feud M	7:30am Hot Breakfast CK 9:30am Table Topics & Coffee 11:00am Hearing Aid Specialist Meet and Greet M 12:00pm Summer Theme Barbecue P 2:00pm Community Meeting M 3:30pm Social Hour P 6:30pm Film: Birth of a Nation	Craft Hour will be held in the 3rd Floor Country Kitchen Movies and TV Series with A (VDA) symbol means "Viewer Discretion Advised"	Jan E. 1 st Rita L. 2 nd Bill D. 13 th Lyuba S. 14 th	Marlene N. 25 th Doris F. 27 th Tim T. 29 th

u

9

u

0