

Goddard House Assisted Living

October 2018

Olmsted Programs 1st Floor

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|--|---|--|
| <p><i>Birthdays</i></p> <p><i>Barbara M. - 22nd</i></p> | 1 9:30 MUSIC with ANGEL! 10:45 Energy Break 11:00 Matter of Balance 1:00 Name Ten 2:00 ART CLASS 3:00 Energy Break 3:15 Exposa Travel: Singapore 4:00 A Matter of Balance 4:30 Travel the World 6:15 Mind Stretchers 7:00 Evening Movie 8:00 Energy Break | 2 <i>Hair Salon Open</i> 9:30 A Matter of Balance 10:15 Energy Break 10:00 Green City Growers 10:45 Reminiscing w/Natalia 1:30 Reconnections: Origins of Superstitions w/Natalia 2:15Dance with Natalia! 3:00 Energy Break 3:15 Creative Arts & Healing 4:00 Mu sic with Deb 6:00 Name Ten 7:15 Evening Movie 8:00 Energy Break | 3 9:30 A Matter of Balance 10:15 Energy Break 10:30 Reconnections: Tope Ten Superstitions 10:40 Small Groups w/Natalia 1:15 City Tour 1:15Music Program 1:45 Dancing w/ Natalia 2:45 Energy Break 3:15 Art History 4:00 CHOIR with Deb 2 nd fl. 4:15 Healing Hearts YOGA 6:00 Words in a Word 7:15 Evening Movie 8:00 Energy Break | 4 9:30 A Matter of Balance 10:15 Energy Break 10:30 Reconnections Strangest Superstitions Around the World 10:45 Name that Tune! 11:15 A to Z Trivia: 1:00 Travel the World 1:30 Music with ANGEL 2:45 Energy Break 3:00 Reconnections:: Old Wives' Tales! 3:30 Mind Stretchers 4:15 YOGA 6:00 Words in a Word 7:15 Evening Movie | 5 9:30 A Matter of Balance 10:15 Energy Break 10:45 Music Group w/SALLY 10:45 Trivia w/Natalia 1:00 DANCE with AUDREY 2:00 Around the World w/Natalia 3:00 Energy Break 3:15 Creative Arts w/Natalia 3:15 Shabbat Service 4:15 Healing Hearts/YOGA 6:00 Mind Joggers 7:15 Evening Movie 8:00 Energy Break | 6 9:30 A Matter of Balance 10:15 Energy Break 10:45 Mind Stretchers 1:00 Sing-a-long 1:30 Prize Bingo! 2:30 Dance! 3:00 Energy Break 3:15 Music Thru the Decades 4:15 Healing Hearts YOGA 6:00 Guess Who Trivia! 7:15 Evening Movie 8:00 Energy Break |
| 7 9:30 A Matter of Balance 10:15 Energy Break 10:00 Broadcast Mass 10:00 Art Class 11:00 Words in a Word 1:30 Nature Walks 2:00 Trivia 3:00 Energy Break 3:15 Music Program 3:15 Concert: Keun Young Sun-Palm Ct 4:30 Matter of Balance 6:15 Evening Movie 8:00 Energy Break | 8 9:30 MUSIC with ANGEL! 10:45 Energy Break 11:00 Matter of Balance 1:00 Name Ten 2:00 ART CLASS 3:00 Energy Break 3:15 Trivia w/Natalia 4:00 A Matter of Balance 4:30 Travel the World 6:15 Mind Stretchers 7:00 Evening Movie 8:00 Energy Break | 9 <i>Hair Salon Open</i> 9:30 A Matter of Balance 10:15 Energy Break 10:00 Reconnections: Paris-City of Lights 10:00 Green City Growers 10:45 Reminiscing w/Natalia 1:00 Reconnections: All about Versailles 1:40- Trivia w/Natalia 2:00 Dance with Audrey 3:00 Energy Break 3:15 Creative Arts & Healing 4:00 Music with Deb 6:00 Name Ten 7:15 Evening Movie 8:00 Energy Break | 10 9:30 A Matter of Balance 10:15 Energy Break 10:30 Reconnections: Travel the World: Cuisine of Paris 10:45 Small Groups w/Natalia 1:00 Music Program 1:45 Dancing w/ Natalia 2:45 Energy Break: French Pastries 3:15 Art History 4:00 CHOIR with Deb 2 nd fl. 4:15 Healing Hearts YOGA 6:00 Words in a Word 7:15 Evening Movie 8:00 Energy Break | 11 9:30 A Matter of Balance 10:15 Energy Break 10:30 Reconnections The Impressionists 10:45 Name that Tune 11:15 A to Z Trivia 11:30 DINERS CLUB 1:00 Travel the World 1:30 Music with ANGEL 3:00 Reconnections: French Wines FAUX Tasting Party! 3:30 Mind Stretchers 4:15 YOGA 6:00 CONCERT-Matt McCabe – 7:15 Evening Movie 8:00 Energy Break | 12 9:30 A Matter of Balance 10:15 Energy Break 10:45 Music Group w/SALLY 10:45 Trivia w/Natalia 1:00 Sing-a-long! 2:00 Around the World w/Natalia 3:00 Energy Break 3:15 Creative Arts w/Natalia 3:15 Shabbat Service 4:15 Healing Hearts/YOGA 6:00 Mind Joggers 7:15 Evening Movie 8:00 Energy Break | 13 9:30 A Matter of Balance 10:15 Energy Break 10:30 Music Program 10:45 Mind Stretchers 10:00 Music Group w/EMILY 2:45 Energy Break 3:15 Music Through the Decades 4:15 Healing Hearts YOGA 6:00 Guess Who Trivia! 7:15 Evening Movie 8:00 Energy Break |
| 14 9:30 A Matter of Balance 10:00 Energy Break 10:00 Broadcast Mass 10:15 Art 11:15 Travel the World 1:00 Sing-a-long 2:00 Name Ten Trivia 3:15 Concert Patrice Monahan- Palm Court 3:15 Music Program 4:30 Walking Club 6:00 Musical Trivia 7:15 Evening Movie 8:00 Energy Break | 15 9:30 MUSIC with ANGEL! 10:45 Energy Break 11:00 Matter of Balance 1:00 Name Ten Trivia 1:00 Music Program 2:00 Nature Exploration 3:00 Energy Break 3:15 ART Design 4:15 A Matter of Balance 6:00 Who Am I? 7:00 Evening Movie 8:00 Energy Break | 16 <i>Hair Salon Open</i> 9:30 A Matter of Balance 10:00 MFA ACCESS TOUR 10:15 Energy Break 10:00 Green City Growers 10:45 Reminiscing w/Natalia 1:30 Reconnections: Salem Witch Trials History 2:00 Dance with Donna 3:15 Energy Break 3:30 Creative Arts/Healing 4:00 Music with Deb 6:00 Name Ten Trivia 7:15 Evening Movie 8:00 Energy Break | 17 9:30 A Matter of Balance 10:15 Energy Break 10:30 Reconnections: Myths about the Trials 10:40 Small Group w/Natalia 1:00Music Program 1:15 Seaside Drive 1:45 Dance with Natalia 2:45 Energy Break 3:15Reconnections: Witch Trial Documentary & Discussion 3:15 Art History 4:00Healing Hearts YOGA 4:00 CHOIR with Deb 2 nd f 6:00 Words in a Word 7:15 Evening Movie 8:00 Energy Break | 18 9:30 A Matter of Balance 10:15 Energy Break 10:30 Reconnections: Kitchen Witchcraft and Magic! 10:45 Name that Tune! 11:15 A to Z Trivia 11:30 Trip to SALEM 1:00 Travel the World 1:30 Music with ANGEL! 2:45 Energy Break 3:00 Mind Stretchers 4:00Healing Hearts YOGA 6:00 Words in a Word 7:15 Evening Movie | 19 9:30 A Matter of Balance 10:15 Energy Break 10:45 Music Group w/SALLY 10:45 Trivia w/Natalia 1:00 DANCE with AUDREY 2:00 Around the World w/Natalia 3:00 Energy Break 3:15 Creative Arts w/Natalia 3:15 Shabbat Service 4:15 Healing Hearts/YOGA 6:00 Mind Joggers 7:15 Evening Movie 8:00 Energy Break | 20 9:30 A Matter of Balance 10:15 Energy Break 10:45 Mind Stretchers 1:00 Sing-a-long 1:30 Prize Bingo! 2:30 Dance! 3:00 Energy Break 3:15 Concert: Frank Adams- Palm Ct 3:15 Music Program 4:30 Healing Hearts YOGA 6:00 Guess Who Trivia 7:15 Evening Movie 8:00 Energy Break |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|---|--|
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| <p>9:30 A Matter of Balance 10:15 Energy Break 10:40 Broadcast Mass 10:45 Arts & Crafts 1:15 Music Program 2:00 Puzzles/Games 3:00 Energy Break 3:15 Travel the World 3:15 Concert: Ethan Stone- Palm Court 4:30A Matter of Balance 6:00 Mind Joggers 7:15 Evening Movie 8:00 Energy Break</p> | <p><i>Happy Birthday Barbara M!</i> 9:00 Pet Pals Visit 9:30 MUSIC with ANGEL! 10:00 Reconnections: Baseball- History of the Game 10:45 Energy Break 11:00 Matter of Balance 1:00Reconnections: Baseball Rivalries through the Years 2:00 ART CLASS 3:00 <i>Barbara's Party!</i> 3:30 Trivia 4:15 A Matter of Balance 6:00 Poetry 7:15Evening Movie 8:00 Energy Break</p> | <p>Grab Your PASSPORT! AUSTRALIA 9:30 A Matter of Balance 10:00 Green City Growers 10:00 Culinary Class: Australian Rocky Road Treats 10:45 Reminiscing w/Natalia Noon: Reconnections: Rocky Road Treats for Main Din Rm 1:00 Franklin Zoo- Aussie Exhibit 2:00 Dance with Audrey 3:30 Creative Arts Healing 4:00 Music with Deb 6:00 Name Ten Trivia 7:15Evening Movie 8:00 Energy Break</p> | <p>9:30 A Matter of Balance 10:15 Energy Break 10:30Reconnections: the Boston Red Sox 10:45 Small Groups w/Natalia 1:15 Reconnections: What do you know about the SOX? 1:30 Memory Cafe 1:45DANCE w/Natalia 2:45 Energy Break 3:30 Art History 4:00 Healing Hearts Yoga 4:00 CHOIR with Deb 2nd fl 6:00 Words in a Word 7:15 Evening Movie</p> | <p>9:30 A Matter of Balance 10:15 Energy Break 10:30 Reconnections: Fenway Park 10:45 Name that Tune! 11:15 A to Z Trivia 11:30 DINERs CLUB 1:00 Travel the World 1:30 Music with ANGEL! 2:45 Energy Break 3:30 Baseball Trivia 4:15 Healing Hearts YOGA 6:00 Words in a Word 7:15 Evening Movie 8:00 Energy Break</p> | <p>9:30 A Matter of Balance 10:15 Energy Break 10:45 Music Group w/SALLY 10:45 Trivia w/Natalia 1:00 DANCE with AUDREY 2:00 Around the World w/Natalia 3:00 Energy Break 3:15 Creative Arts w/Natalia 3:15 Shabbat Service 4:15 Healing Hearts/YOGA 6:00 Mind Joggers 7:15 Evening Movie 8:00 Energy Break</p> | <p>9:30 A Matter of Balance 10:15 Energy Break 10:00 Music Group w/EMILY 11:00 Mind Stretchers 1:45 Prize Bingo! 2:45 Energy Break 3:15 Concert: Sally Harrison McKnight- Palm Court 4:15 Healing Hearts YOGA 6:00 Guess Who Trivia! 7:15 Evening Movie 8:00 Energy Break</p> |
| 28 | 29 | 30 | 31 | | | |
| <p>9:30Matter of Balance 10:15 Energy Break 10:30National Parks 10:45 Broadcast Mass 1:15 A to Z Trivia 2:00 ART CLASS 3:15 Concert: Richie Bern- Palm Ct 3:15 Music Program 4:30 Walking Club 6:00 Trivia 7:15Evening Movie 8:00 Energy Break</p> | <p>9:30 MUSIC with ANGEL! 10:45 Energy Break 11:00 Matter of Balance 1:15 Mind Stretchers 2:00 Art Class 3:00 Energy Break 3:15 National Parks 4:15 A Matter of Balance 6:00 News of the Day 7:15Evening Movie 8:00 Energy Break</p> | <p>9:30 A Matter of Balance 10:15 Energy Break 10:00 Music Program 10:00 Green City Growers 10:00 Reconnections: Haunted New England 10:45 Reminiscing w/Natalia 1:15 Reconnections: House of Seven Gables 2:00 Dance with Audrey 3:15Energy Break 3:30 Creative Arts Healing 4:00 Music with Deb 6:00 Name Ten Trivia 7:15 Evening Movie 8:00 Energy Break</p> | <p>9:30 A Matter of Balance 10:15 Energy Break 10:00 Reconnections: Ghost Stories 10:40 Small Group w/Natalia 11:00 Sing-a-long 1:45Word Games 2:15 Reconnections: Costume Party!! 2:45 Energy Break 3:15 Art History w/Natalia 4:00 Name Ten 4:00 CHOIR with Deb 2nd fl 6:00 Words in a Word 7:15Evening Movie 8:00 Energy Break</p> | | <p><u>Programming Guide</u></p> <ul style="list-style-type: none"> ● Lifelong Learners ● Arts and Music ● Life Celebration ● Health & Wellness/Fitness ● Spiritual Expression ● Nature Focus ● Relaxation/Just for fun! ● Social Engagement ● Community Trips ● Interests/Hobbies | <p><u>Daily 1:1 & Small Group* Programming w/RcAs</u></p> <ul style="list-style-type: none"> ● 10:15 Manicures/Massage ● 11:15 Walks & 1:1 Talks ● 1:30 Puzzles/Art/Games ● 2:15 Read/Music/Photo &/or Magazine Browse ● 3:30 Puzzles/Art/Games ● 4:15 Walks & 1:1 Talks ● 7:15 Puzzles/Music/Photo &/or Magazine Browse ● 8:15 Walks & Talks <p>*Focused support (20-30mins) with 1-3 individuals</p> |