

Goddard House Assisted Living April 2017 1st Floor Olmsted Place (Neighborhoods 1 & 2)

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Birthdays

Elizabeth S. (4/17)

Fay Canter (4/26)

Forever Fit Schedule:

Monday:
1pm - Class (BANDS)
2pm - Fitness Studio (1:1s)

Tuesday:
9am - Fitness Studio (1:1s)
10am - Class (WEIGHTS)

Wednesday:
11am - Fitness Studio (1:1s)

Thursday:
1pm - Class (BALL)

Friday:
9am - Fitness Studio (1:1s)
11am - Class (STRETCH)

Program Guide
Music
 Physical Activity
 Educational Program
 Self-Expression
 Social Occasions
Cognitive Challenge
 Trips
 Spirituality

Breakfast: 7:30-9:00
 Lunch: 12:00-1:00
 Dinner: 5:00-6:00

7:30 Social Dining
 9:30 **Current Events**
 10:00 **Physical Challenge**
 11:00 **Brain Games**
 1:00 **Art History**
 Presentation
 2:00 **Group Art Project**
 3:00 Energy Break
 3:30 **Discussion Group**
 4:00 **Concentration**
 6:00 **Comedy Hour**
 7:00 Energy Break/Movie

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7:30 Social Dining
 9:30 **Current Events**
 10:00 **Morning Exercise**
 10:00 **Broadcast Mass**
 11:00 **Word Games**
 1:00 **Physical Challenge**
 2:00 **Word Games**
 3:00 Energy Break
 3:30 **Concert: Mike H.**
 4:30 **Stretch & Move**
 6:00 **Comedy Hour**
 7:00 Energy Break/Movie

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7:30 Social Dining
 9:00 **Music with LeeAnn**
 9:00 Pet Pals (J&M)
 9:30 **Current Events**
 10:00 Yoga
 10:00 **Art with Jen**
 11:00 **Music: Angela S.**
 1:00 Forever Fit Class
 2:00 Journaling
 2:00 Poetry
 2:30 **Forever Fit 1:1**
 3:00 Energy Break
 3:30 **Discussion Group**
 4:00 **Crossword Puzzle**
 6:00 **Iconic Photos**
 7:00 Energy Break/Movie

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Hair Salon Open
 7:30 Social Dining
 9:00 **Forever Fit 1:1**
 9:30 **Current Events**
 10:00 **Forever Fit Class**
 10:30 Green City Growers
 11:00 **History Presentation**
 1:00 **Getting to Know You**
 2:00 **Dance with Donna**
 3:00 Tea Party
 3:30 **Discussion Group**
 4:00 **Knitting**
 4:00 **Music with Deb**
 6:00 **Trivia**
 7:00 Energy Break/Movie

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7:30 Social Dining
 9:30 **Current Events**
 10:00 **Morning Exercise**
 11:00 **Music with Kristina**
 11:00 **Forever Fit 1:1**
 1:00 Poetry
 1:00 **City Tour**
 2:00 **Physical Challenge**
 3:00 Energy Break
 3:30 **Discussion Group**
 4:00 **Jewelry Making**
 4:00 **Choir**
 6:00 **Meet me at MOMA**
 7:00 Energy Break/Movie

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7:30 Social Dining
 9:30 **Current Events**
 10:00 **Art Exploration**
 10:00 **Music with LeeAnn**
 11:00 **Forever Fit**
 11:00 **Educational Trip**
 1:00 **Discussion Group**
 1:30 **Music: Angela S.**
 2:30 Energy Break
 3:00 **Brain Games**
 4:00 **Meet the Musician**
 6:00 **Short Stories**
 7:00 Energy Break/Movie

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7:30 Social Dining
 9:00 **Forever Fit 1:1**
 9:30 **Building Bridges**
 10:00 **Stretch & Move**
 11:00 **Forever Fit Class**
 1:00 **Music Exploration 1**
 1:00 **Music Exploration 2**
 2:00 **Today in History**
 3:00 Energy Break
 3:30 **Shabbat Service**
 3:30 **Discussion Group**
 4:00 **Physical Challenge**
 6:00 Poetry
 7:00 Energy Break/Movie

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7:30 Social Dining
 9:30 **Current Events**
 10:00 **Physical Challenge**
 11:00 **Brain Games**
 1:00 **Art History**
 Presentation
 2:00 **Group Art Project**
 3:00 Energy Break
 3:30 **Discussion Group**
 4:00 **Concentration**
 6:00 **Comedy Hour**
 7:00 Energy Break/Movie

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7:30 Social Dining
 9:30 **Current Events**
 10:00 **Morning Exercise**
 10:00 **Broadcast Mass**
 11:00 **Word Games**
 1:00 **Physical Challenge**
 2:00 **Word Games**
 3:00 Energy Break
 3:30 **Concert: Jim S.**
 4:30 **Stretch & Move**
 6:00 **Comedy Hour**
 7:00 Energy Break/Movie

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Passover
 7:30 Social Dining
 9:00 **Music with LeeAnn**
 9:00 Pet Pals (J&M)
 9:30 **Current Events**
 10:00 Yoga
 10:00 **Art with Jen**
 11:00 **Music: Angela S.**
 1:00 Forever Fit Class
 2:00 Journaling
 2:00 Poetry
 2:30 **Forever Fit 1:1**
 3:00 Ice Cream Social
 3:30 **Discussion Group**
 4:00 **Crossword Puzzle**
 6:00 **Iconic Photos**

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Hair Salon Open
 7:30 Social Dining
 9:00 **Forever Fit 1:1**
 9:30 **Current Events**
 10:00 **Forever Fit Class**
 10:30 Green City Growers
 11:00 **History Presentation**
 1:00 **Getting to Know You**
 2:00 **Dance with Audrey**
 3:00 Energy Break
 3:30 **Discussion Group**
 4:00 **Knitting**
 4:00 **Music with Deb**
 6:00 **Trivia**
 7:00 Energy Break/Movie

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7:30 Social Dining
 9:30 **Current Events**
 10:00 **Morning Exercise**
 11:00 **Music with Kristina**
 11:00 **Forever Fit 1:1**
 1:00 Poetry
 1:00 **City Tour**
 2:00 **Physical Challenge**
 3:00 Energy Break
 3:30 **Discussion Group**
 4:00 **Jewelry Making**
 4:00 **Choir**
 6:00 **Meet me at MOMA**
 7:00 Energy Break/Movie

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7:30 Social Dining
 9:30 **Current Events**
 10:00 **Art Exploration**
 10:00 **Music with LeeAnn**
 11:00 **Forever Fit**
 11:00 **Lunch Trip**
 1:00 **Discussion Group**
 1:30 **Music: Angela S.**
 2:30 Energy Break
 3:00 **Brain Games**
 4:00 **Meet the Musician**
 6:00 **Short Stories**
 7:00 **Concert: FTT**
 8:00 Energy Break/Movie

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7:30 Social Dining
 9:00 **Forever Fit 1:1**
 9:30 **Building Bridges**
 10:00 **Stretch & Move**
 11:00 **Forever Fit Class**
 1:00 **Music Exploration 1**
 1:00 **Music Exploration 2**
 2:00 **Today in History**
 3:00 Energy Break
 3:30 **Shabbat Service**
 3:30 **Discussion Group**
 4:00 **Physical Challenge**
 6:00 Poetry
 7:00 Energy Break/Movie

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7:30 Social Dining
 9:30 **Current Events**
 10:00 **Physical Challenge**
 11:00 **Brain Games**
 1:00 **Art History**
 Presentation
 2:00 **Group Art Project**
 3:00 Energy Break
 3:30 **Discussion Group**
 4:00 **Concentration**
 6:00 **Comedy Hour**
 7:00 Energy Break/Movie

Goddard House Assisted Living

April 2017 1st Floor Olmsted Place (Neighborhoods 1 & 2)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>16</p> <p>Happy Easter!</p> <p>7:30 Social Dining</p> <p>9:30 Current Events</p> <p>10:00 Morning Exercise</p> <p>10:00 Broadcast Mass</p> <p>11:00 Word Games</p> <p>1:00 Physical Challenge</p> <p>2:00 Word Games</p> <p>3:00 Energy Break</p> <p>3:30 Concert: Richie B.</p> <p>4:30 Stretch & Move</p> <p>6:00 Comedy Hour</p> <p>7:00 Energy Break/Movie</p>	<p>17</p> <p>7:30 Social Dining</p> <p>9:00 Music with LeeAnn</p> <p>9:00 Pet Pals (J&M)</p> <p>9:30 Current Events</p> <p>10:00 Yoga</p> <p>10:00 Art with Jen</p> <p>11:00 Music: Angela S.</p> <p>1:00 Forever Fit Class</p> <p>2:00 Journaling</p> <p>2:00 Poetry</p> <p>2:30 Forever Fit 1:1</p> <p>3:00 Energy Break</p> <p>3:30 Discussion Group</p> <p>4:00 Crossword Puzzle</p> <p>6:00 Iconic Photos</p> <p>7:00 Energy Break/Movie</p>	<p>18</p> <p>Hair Salon Open</p> <p>7:30 Social Dining</p> <p>9:00 Forever Fit 1:1</p> <p>9:30 Current Events</p> <p>10:00 Forever Fit Class</p> <p>10:00 MFA Trip</p> <p>10:30 Green City Growers</p> <p>11:00 History Presentation</p> <p>1:00 Getting to Know You</p> <p>2:00 Dance with Donna</p> <p>3:00 Tea Party</p> <p>3:30 Discussion Group</p> <p>4:00 Knitting</p> <p>4:00 Music with Deb</p> <p>6:00 Trivia</p>	<p>19</p> <p>7:30 Social Dining</p> <p>9:30 Current Events</p> <p>10:00 Morning Exercise</p> <p>11:00 Music with Kristina</p> <p>11:00 Forever Fit 1:1</p> <p>1:00 Poetry</p> <p>1:00 City Tour</p> <p>2:00 Physical Challenge</p> <p>3:00 Energy Break</p> <p>3:30 Discussion Group</p> <p>4:00 Jewelry Making</p> <p>4:00 Choir</p> <p>6:00 Meet me at MOMA</p> <p>7:00 Energy Break/Movie</p>	<p>20</p> <p>7:30 Social Dining</p> <p>9:30 Current Events</p> <p>10:00 Art Exploration</p> <p>10:00 Music with LeeAnn</p> <p>11:00 Forever Fit</p> <p>11:00 Educational Trip</p> <p>1:00 Discussion Group</p> <p>1:30 Music: Angela S.</p> <p>2:30 Energy Break</p> <p>3:00 Brain Games</p> <p>4:00 Meet the Musician</p> <p>6:00 Short Stories</p> <p>7:00 Energy Break/Movie</p>	<p>21</p> <p>7:30 Social Dining</p> <p>9:00 Forever Fit 1:1</p> <p>9:30 Building Bridges</p> <p>10:00 Stretch & Move</p> <p>11:00 Forever Fit Class</p> <p>1:00 Music Exploration 1</p> <p>1:00 Music Exploration 2</p> <p>2:00 Today in History</p> <p>3:00 Energy Break</p> <p>3:30 Shabbat Service</p> <p>3:30 Discussion Group</p> <p>4:00 Physical Challenge</p> <p>6:00 Poetry</p> <p>7:00 Energy Break/Movie</p>	<p>22</p> <p>7:30 Social Dining</p> <p>9:30 Current Events</p> <p>10:00 Physical Challenge</p> <p>11:00 Brain Games</p> <p>1:00 Art History Presentation</p> <p>2:00 Group Art Project</p> <p>3:00 Energy Break</p> <p>3:30 Discussion Group</p> <p>4:00 Concentration</p> <p>6:00 Comedy Hour</p> <p>7:00 Concert: BMS</p> <p>8:00 Energy Break/Movie</p>
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<p>23</p> <p>7:30 Social Dining</p> <p>9:30 Current Events</p> <p>10:00 Morning Exercise</p> <p>10:00 Broadcast Mass</p> <p>11:00 Word Games</p> <p>1:00 Physical Challenge</p> <p>2:00 Word Games</p> <p>3:00 Energy Break</p> <p>3:30 Concert: Joey Bbop</p> <p>4:30 Stretch & Move</p> <p>6:00 Comedy Hour</p> <p>7:00 Energy Break/Movie</p>	<p>24</p> <p>7:30 Social Dining</p> <p>9:00 Music with LeeAnn</p> <p>9:00 Pet Pals (J&M)</p> <p>9:30 Current Events</p> <p>10:00 Yoga</p> <p>10:00 Art with Jen</p> <p>11:00 Music: Angela S.</p> <p>1:00 Forever Fit Class</p> <p>2:00 Journaling</p> <p>2:00 Poetry</p> <p>2:30 Forever Fit 1:1</p> <p>3:00 Ice Cream Social</p> <p>3:30 Discussion Group</p> <p>4:00 Crossword Puzzle</p> <p>6:00 Iconic Photos</p> <p>7:00 Energy Break/Movie</p>	<p>25</p> <p>Hair Salon Open</p> <p>7:30 Social Dining</p> <p>9:00 Forever Fit 1:1</p> <p>9:30 Current Events</p> <p>10:00 Forever Fit Class</p> <p>10:30 Green City Growers</p> <p>11:00 History Presentation</p> <p>1:00 Getting to Know You</p> <p>2:00 Dance with Audrey</p> <p>3:00 Energy Break</p> <p>3:30 Discussion Group</p> <p>4:00 Knitting</p> <p>4:00 Music with Deb</p> <p>6:00 Trivia</p> <p>7:00 Energy Break/Movie</p>	<p>26</p> <p>7:30 Social Dining</p> <p>9:30 Current Events</p> <p>10:00 Morning Exercise</p> <p>11:00 Music with Kristina</p> <p>11:00 Forever Fit 1:1</p> <p>1:00 Poetry</p> <p>1:00 City Tour</p> <p>2:00 Physical Challenge</p> <p>3:00 Energy Break</p> <p>3:30 Discussion Group</p> <p>4:00 Jewelry Making</p> <p>4:00 Choir</p> <p>6:00 Meet me at MOMA</p> <p>7:00 Energy Break/Movie</p>	<p>27</p> <p>7:30 Social Dining</p> <p>9:30 Current Events</p> <p>10:00 Art Exploration</p> <p>10:00 Music with LeeAnn</p> <p>11:00 Forever Fit</p> <p>11:00 Lunch Trip</p> <p>1:00 Discussion Group</p> <p>1:30 Music: Angela S.</p> <p>2:30 Energy Break</p> <p>3:00 Brain Games</p> <p>4:00 Meet the Musician</p> <p>6:00 Short Stories</p> <p>7:00 Concert: FTT</p> <p>8:00 Energy Break/Movie</p>	<p>28</p> <p>7:30 Social Dining</p> <p>9:00 Forever Fit 1:1</p> <p>9:30 Building Bridges</p> <p>10:00 Stretch & Move</p> <p>11:00 Forever Fit Class</p> <p>1:00 Music Exploration 1</p> <p>1:00 Music Exploration 2</p> <p>2:00 Today in History</p> <p>3:00 Energy Break</p> <p>3:30 Shabbat Service</p> <p>3:30 Discussion Group</p> <p>4:00 Physical Challenge</p> <p>6:00 Poetry</p> <p>7:00 Energy Break/Movie</p>	<p>29</p> <p>7:30 Social Dining</p> <p>9:30 Current Events</p> <p>10:00 Physical Challenge</p> <p>11:00 Brain Games</p> <p>1:00 Art History Presentation</p> <p>2:00 Group Art Project</p> <p>3:00 Energy Break</p> <p>3:30 Concert: Back Bay Chorale</p> <p>4:30 Concentration</p> <p>6:00 Comedy Hour</p> <p>7:00 Energy Break/Movie</p>
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7:30 Social Dining

9:30 Current Events

10:00 Morning Exercise

10:00 Broadcast Mass

11:00 Word Games

1:00 Physical Challenge

2:00 Word Games

3:00 Energy Break

3:30 Concert: Dieter W.

4:30 Stretch & Move

6:00 Comedy Hour

7:00 Energy Break/Movie



