

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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

2  
 7:30 Social Dining  
 9:30 Morning Exercise  
 10:30 What's in the News  
 11:00 Music Exploration  
 11:00 Forever Fit 1:l  
 1:00 Poetry  
 1:00 Manicures  
 2:00 Short Stories  
 3:00 Energy Break  
 3:30 Reminiscing  
 4:00 Choir  
 6:00 Meet me at MOMA  
 7:00 Energy Break/Movie

3  
 7:30 Social Dining  
 9:30 Morning Exercise  
 10:00 Art Exploration  
 10:00 Music with LeeAnn  
 11:00 Forever Fit  
 11:00 Lunch Trip  
 1:00 Reminiscing  
 1:30 Music: Angela S.  
 2:30 Energy Break  
 3:00 Brain Fitness  
 4:00 Meet the Musician  
 6:00 Short Stories  
 7:00 Energy Break/Movie

4  
 7:30 Social Dining  
 9:00 Forever Fit 1:l  
 9:30 Morning Exercise  
 10:30 What's in the News  
 11:00 Forever Fit Class  
 1:00 Music Exploration  
 2:00 Today in History  
 3:00 Energy Break  
 3:30 Shabbat Service  
 3:30 Reminiscing  
 4:00 Physical Challenge  
 6:00 Poetry  
 7:00 Energy Break/Movie

5  
 7:30 Social Dining  
 9:30 Morning Exercise  
 10:30 What's in the News  
 11:00 Brain Games  
 1:00 Art History  
 Presentation  
 2:00 Group Art Project  
 3:00 Energy Break  
 3:30 Reminiscing  
 4:00 Travel the World  
 6:00 Comedy Hour  
 7:00 Energy Break/Movie

6  
 7:30 Social Dining  
 9:30 Morning Exercise  
 10:30 What's in the News  
 10:00 Broadcast Mass  
 11:00 Word Games  
 1:00 Physical Challenge  
 2:00 Music Appreciation  
 3:00 Energy Break  
 3:30 Concert: Peter  
 Weslowski  
 4:30 Walking Club  
 6:00 Comedy Hour  
 7:00 Energy Break/Movie

7  
 7:30 Social Dining  
 9:00 Music with LeeAnn  
 9:30 Morning Exercise  
 10:30 What's in the News  
 11:00 Music: Angela S.  
 1:00 Forever Fit Class  
 2:00 Journaling  
 2:00 Baking  
 2:30 Forever Fit 1:l  
 3:00 Energy Break  
 3:30 Reminiscing  
 4:00 Crossword Puzzle  
 6:00 Iconic Photos  
 7:00 Energy Break/Movie

8  
 Hair Salon Open  
 7:30 Social Dining  
 9:00 Forever Fit 1:l  
 9:30 Moving to Music  
 10:00 Forever Fit Class  
 10:00 Green City Growers  
 11:00 History Presentation  
 1:00 Getting to Know You  
 2:00 Dance with Audrey  
 3:00 Tea Party  
 3:30 Reminiscing  
 4:00 Knitting  
 4:00 Music with Deb  
 6:00 Trivia  
 7:00 Energy Break/Movie

9  
 7:30 Social Dining  
 9:30 Morning Exercise  
 10:30 What's in the News  
 11:00 Music Exploration  
 11:00 Forever Fit 1:l  
 1:00 Poetry  
 1:00 City Tour  
 2:00 Short Stories  
 3:00 Energy Break  
 3:30 Reminiscing  
 4:00 Choir  
 6:00 Meet me at MOMA  
 7:00 Energy Break/Movie

10  
 7:30 Social Dining  
 9:30 Morning Exercise  
 10:00 Art Exploration  
 10:00 Music with LeeAnn  
 11:00 Forever Fit  
 11:00 Franklin Park Zoo  
 1:00 Reminiscing  
 1:30 Music: Angela S.  
 2:30 Energy Break  
 3:00 Brain Fitness  
 4:00 Meet the Musician  
 6:00 "Cookin' Up Jazz" Concert  
 Series: Hot Club of New England

11  
 7:30 Social Dining  
 9:00 Forever Fit 1:l  
 9:30 Morning Exercise  
 10:30 What's in the News  
 11:00 Forever Fit Class  
 1:00 Music Exploration  
 2:00 Today in History  
 3:00 Energy Break  
 3:30 Shabbat Service  
 3:30 Reminiscing  
 4:00 Physical Challenge  
 6:00 Poetry  
 7:00 Energy Break/Movie

12  
 7:30 Social Dining  
 9:30 Morning Exercise  
 10:30 What's in the News  
 11:00 Brain Games  
 1:00 Art History  
 Presentation  
 2:00 Group Art Project  
 3:00 Birthday Party  
 3:30 Reminiscing  
 4:00 Travel the World  
 6:00 Comedy Hour  
 7:00 Energy Break/Movie

13  
 7:30 Social Dining  
 9:30 Morning Exercise  
 10:30 What's in the News  
 10:00 Broadcast Mass  
 11:00 Word Games  
 1:00 Physical Challenge  
 2:00 Music Appreciation  
 3:00 Energy Break  
 3:30 Concert: Erik  
 Gustafson  
 4:30 Walking Club  
 6:00 Comedy Hour  
 7:00 Energy Break/Movie

14  
 7:30 Social Dining  
 9:00 Music with LeeAnn  
 9:30 Morning Exercise  
 10:30 What's in the News  
 11:00 Music: Angela S.  
 1:00 Forever Fit Class  
 2:00 Journaling  
 2:00 Baking  
 2:30 Forever Fit 1:l  
 3:00 Ice Cream Social  
 3:30 Reminiscing  
 4:00 Crossword Puzzle  
 6:00 Iconic Photos  
 7:00 Energy Break/Movie

15  
 Hair Salon Open  
 7:30 Social Dining  
 9:00 Forever Fit 1:l  
 9:30 Moving to Music  
 10:00 Forever Fit Class  
 10:00 MFA Trip  
 10:00 Green City Growers  
 11:00 History Presentation  
 1:00 Getting to Know You  
 2:00 Dance with Donna  
 3:00 Energy Break  
 3:30 Reminiscing  
 4:00 Knitting  
 4:00 Music with Deb  
 6:00 Trivia  
 7:00 Energy Break/Movie

16  
 7:30 Social Dining  
 9:30 Morning Exercise  
 10:30 What's in the News  
 11:00 Music Exploration  
 11:00 Forever Fit 1:l  
 1:00 Manicures  
 2:00 Physical Challenge  
 3:00 Energy Break  
 3:30 Reminiscing  
 4:00 Jewelry Making  
 4:00 Choir  
 6:00 Meet me at MOMA  
 7:00 Energy Break/Movie

17  
 7:30 Social Dining  
 9:30 Morning Exercise  
 10:00 Art Exploration  
 10:00 Music with LeeAnn  
 11:00 Forever Fit  
 11:00 Lunch Trip  
 1:00 Physical Challenge  
 2:00 Music Appreciation  
 3:00 Birthday Party!  
 3:30 Reminiscing  
 4:00 Meet the Musician  
 6:00 "Cookin' Up Jazz"  
 Concert Series: Cassandra  
 McKinley

18  
 7:30 Social Dining  
 9:00 Forever Fit 1:l  
 9:30 Morning Exercise  
 10:30 What's in the News  
 11:00 Forever Fit Class  
 1:00 Music Exploration  
 2:00 Today in History  
 3:00 Energy Break  
 3:30 Shabbat Service  
 3:30 Reminiscing  
 4:00 Physical Challenge  
 6:00 Poetry  
 7:00 Energy Break/Movie

19  
 7:30 Social Dining  
 9:30 Morning Exercise  
 10:30 What's in the News  
 11:00 Brain Games  
 3:00 Energy Break  
 3:30 Reminiscing  
 4:00 Travel the World  
 6:00 Comedy Hour  
 7:00 Energy Break/Movie

Goddard House Assisted Living

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

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>20</p> <p>7:30 Social Dining 9:30 Morning Exercise 10:30 What's in the News 10:00 Broadcast Mass 11:00 Word Games 1:00 Physical Challenge 2:00 Music Appreciation 3:00 Energy Break 3:30 Concert: Matt McCabe 4:30 Walking Club 6:00 Comedy Hour 7:00 Energy Break/Movie</p>	<p>21</p> <p>7:30 Social Dining 9:00 Music with LeeAnn 9:00 Pet Pals (J&amp;M) 9:30 Morning Exercise 10:30 What's in the News 11:00 Music Appreciation 1:00 Forever Fit Class 2:00 Journaling 2:00 Baking 2:30 Forever Fit 1:1 3:00 Energy Break 4:00 Crossword Puzzle 6:00 Iconic Photos 7:00 Concert: Adam B. 8:00 Energy Break/Movie</p>	<p>22</p> <p>Hair Salon Open 7:30 Social Dining 9:00 Forever Fit 1:1 9:30 Moving to Music 10:00 Forever Fit Class 10:00 Green City Growers 11:00 History Presentation 1:00 Getting to Know You 2:00 Dance with Audrey 3:00 Tea Party 3:30 Reminiscing 4:00 Knitting 4:00 Music with Deb 6:00 Trivia 7:00 Energy Break/Movie</p>	<p>23</p> <p>7:30 Social Dining 9:30 Morning Exercise 10:30 What's in the News 11:00 Music Exploration 11:00 Forever Fit 1:1 1:00 Poetry 1:00 City Tour 2:30 Energy Break 3:00 Heirloom Tasting with Green City Growers 4:30 Reminiscing 4:00 Choir 6:00 Meet me at MOMA 7:00 Energy Break/Movie</p>	<p>24</p> <p>7:30 Social Dining 9:30 Morning Exercise 10:00 Art Exploration 10:00 Music with LeeAnn 11:00 Forever Fit 11:00 Swan Boats 1:00 Physical Challenge 2:00 Music Appreciation 3:00 Energy Break 3:30 Reminiscing 4:00 Meet the Musician 6:00 "Cookin' Up Jazz" Concert Series: Claudia Eliaza</p>	<p>25</p> <p>7:30 Social Dining 9:00 Forever Fit 1:1 9:30 Morning Exercise 10:30 What's in the News 11:00 Forever Fit Class 1:00 Music Exploration 2:00 Today in History 3:00 Energy Break 3:30 Shabbat Service 3:30 Reminiscing 4:00 Physical Challenge 6:00 Poetry 7:00 Energy Break/Movie</p>	<p>26</p> <p>7:30 Social Dining 9:30 Morning Exercise 10:30 What's in the News 11:00 Brain Games 1:00 Art History Presentation 2:00 Group Art Project 3:00 Birthday Party 3:30 Concert: Mark C. 4:00 Walking Club 6:00 Comedy Hour 7:00 Energy Break/Movie</p>
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<p>27</p> <p>7:30 Social Dining 9:30 Morning Exercise 10:30 What's in the News 10:00 Broadcast Mass 11:00 Word Games 1:00 Physical Challenge 2:00 Music Appreciation 3:00 Energy Break 3:30 Concert: Archie Bern 4:30 Walking Club 6:00 Comedy Hour 7:00 Energy Break/Movie</p>	<p>28</p> <p>7:30 Social Dining 9:00 Music with LeeAnn 9:00 Pet Pals (J&amp;M) 9:30 Morning Exercise 10:30 What's in the News 11:00 Music Appreciation 1:00 Forever Fit Class 2:00 Baking 2:30 Forever Fit 1:1 3:00 Ice Cream Social 3:30 Reminiscing 4:00 Crossword Puzzle 6:00 Iconic Photos 7:00 Energy Break/Movie</p>	<p>29</p> <p>Hair Salon Open 7:30 Social Dining 9:00 Forever Fit 1:1 9:30 Moving to Music 10:00 Forever Fit Class 10:00 Green City Growers 11:00 History Presentation 1:00 Getting to Know You 2:00 Dance with Donna 3:00 Energy Break 3:30 Reminiscing 4:00 Knitting 4:00 Music with Deb 6:00 Trivia 7:00 Energy Break/Movie</p>	<p>30</p> <p>7:30 Social Dining 9:30 Morning Exercise 10:30 What's in the News 11:00 Music Exploration 11:00 Forever Fit 1:1 1:00 Poetry 1:00 Memory Cafe 2:00 Physical Challenge 3:00 Energy Break 3:30 Reminiscing 4:00 Jewelry Making 4:00 Choir 6:00 Meet me at MOMA 7:00 Energy Break/Movie</p>	<p>31</p> <p>7:30 Social Dining 9:30 Morning Exercise 10:00 Art Exploration 10:00 Music with LeeAnn 11:00 Forever Fit 11:00 Lunch Trip 1:00 Reminiscing 1:30 Music: Angela S. 2:30 Energy Break 3:00 Brain Fitness 4:00 Meet the Musician 6:00 "Cookin' Up Jazz" Concert Series: The Winikers</p>	<p><b>Birthdays</b></p> <p><b>Marlo 8/17</b></p>	<p>Program Guide</p> <ul style="list-style-type: none"> <li>Music</li> <li>Physical Activity</li> <li>Educational Program</li> <li>Self-Expression</li> <li>Social Occasions</li> <li>Cognitive Challenge</li> <li>Trips</li> <li>Spirituality</li> </ul> <p>Breakfast: 7:30-9:00 Lunch: 12:00-1:00 Dinner: 5:00-6:00</p>
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