

| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   |
|--|---|--|---|--|---|--|
| <p><u>Programs Guide</u></p> <ul style="list-style-type: none"> <li>• Music</li> <li>• Lifetime Achievement Award</li> <li>• Physical Activity</li> <li>• Reconnections Program</li> <li>• Self-Expression</li> <li>• Spirituality</li> <li>• Social Occasions</li> <li>• Cognitive Exercise</li> <li>• Community Trips</li> <li>• Educational Program</li> <li>• Hobbies/Interests</li> </ul> | <p><u>November Birthdays</u><br/>Bernice Z. 9<sup>th</sup></p> <p><u>Social Dining Hours</u><br/>Breakfast: 7:30-9:00<br/>Lunch: 12:00-1:00<br/>Dinner 5:00-6:00</p>  | <p><i>Sports Fans:</i></p> <p><i>Olmsted's 2nd Floor Fitness Room is available to enjoy Sports broadcasts on week-ends &amp; Playoff dates</i></p>   | <p>1</p> <p>7:30 Social Dining<br/>9:00 Danny O'Donnell Favorites<br/>9:30 Building Bridges: Intergenerational Visit<br/>10:30 A Matter of Balance Exercise Class<br/>11:00 Song and Dance<br/>1:00 Jewelry Class: Beading<br/>1:00 City Tour: Cambridge<br/>2:00 Writing Poetry<br/>3:00 Energy Break<br/>3:30 Trivia: Mind Joggers<br/>4:00 Choir Practice with Deb<br/>6:00 Nature Studies<br/>7:00 Energy Break/Movie</p> | <p>2</p> <p>7:30 Social Dining<br/>9:00 National Parks<br/>9:30 A Matter of Balance Exercise<br/>10:00 Group Art Project<br/>10:00 Museum of Our National Heritage Trip<br/>1:00 Trivia: Flowers from A to Z<br/>1:30 Music: Group w/ANGELA.<br/>2:30 Energy Break<br/>3:00 Gambling Table: Black Jack!<br/>4:00 Bowling Tournament<br/>6:00 Meditation with Pam<br/>7:00 Energy Break/Movie<br/>7:00 Concert: Palm Court Pianist/Clarinet</p> | <p>3</p> <p>7:30 Social Dining<br/>9:00 Sing Along Favorites<br/>9:30 A Matter of Balance Exercise Class<br/>10:00 Manicures<br/>11:00 Who Am I?<br/>1:00 Music Exploration<br/>2:00 Cookie Bake<br/>3:00 Energy Break<br/>3:30 Shabbat Service<br/>3:30 Opposites: Brain Game<br/>4:00 Swing Band Dancing<br/>6:00 Andre Rieu in Concert</p>   | <p>4</p> <p>7:30 Social Dining<br/>9:00 Our Planet<br/>9:30 A Matter of Balance Exercise Class<br/>10:00 Jewelry Class<br/>11:00 Trivia: What's My Line?<br/>1:00 Art Program<br/>2:00 Board Games<br/>3:00 Energy Break<br/>3:30 American Favorites: Sing /n Swing<br/>4:00 Travel the World: Ireland<br/>6:00 The Lucy Hour<br/>7:00 Energy Break/Movie</p>  |
| <p>5</p> <p>7:30 Social Dining<br/>9:00 Nature Program: Birds<br/>9:30 Music with ANGELA<br/>10:00 Broadcast Mass<br/>10:30 A Matter of Balance Exercise Class<br/>11:15 Trivia: A to Z-- Cities<br/>1:00 BINGO<br/>2:00 Art Class<br/>3:00 Energy Break<br/>3:30 Kevin Sherwin in Concert<br/>4:30 Walking Club<br/>6:00 Board Game/Card Games<br/>7:00 Energy Break/Movie</p>                | <p>6</p> <p>7:30 Social Dining<br/>9:00 Pet Pals (J&amp;M) Visit<br/>9:30 A Matter of Balance Exercise Class<br/>10:00 Armed Forces: Reconnections Program<br/>11:00 Parables: What do we mean?<br/>1:00 Trivia: A to Z --Heroes<br/>2:00 Reconnections: Patriotic Songfest<br/>3:00 Energy Break<br/>3:30 Crossword Puzzles<br/>4:30 Walking Club<br/>6:00 Mind Stretchers<br/>7:00 Energy Break/Movie</p> | <p>7</p> <p>Hair Salon Open</p> <p>7:30 Social Dining<br/>9:00 Danny O'Donnell Show<br/>9:30 A Matter of Balance Exercise Class<br/>10:00 Reconnections Program; WWII/ the Role of Women<br/>11:00 Big Band Songs of 40's, 50's<br/>1:00 Reconnections: Cooking Up a Wartime Recipe---Bread Pudding!<br/>2:00 Dance with Audrey<br/>3:00 Tea Party<br/>4:00 Coupon Clipping/Shopping<br/>4:00 Music with Deb<br/>7:00 Energy Break/Movie</p>                                     | <p>8</p> <p>7:30 Social Dining<br/>9:30 Building Bridges: Intergenerational Visit<br/>10:00 Baking: Apple Pie<br/>11:00 Music with Kriten<br/>1:00 A Matter of Balance Exercise Class<br/>2:00 Writing Class<br/>3:00 Energy Break<br/>3:30 Trivia: Name that Tune<br/>4:00 Olmsted Choir: CONCERT in Palm Court!<br/>6:00 Iconic Photos<br/>7:00 Energy Break/Movie</p>  | <p>9</p> <p><i>Bernice's Birthday</i></p> <p>7:30 Social Dining<br/>9:00 Music Program<br/>9:30 A Matter of Balance Exercise Class<br/>10:00 Manicures<br/>11:00 Travel the World: Scotland<br/>11:00 Visit to International Museum of WWII<br/>1:30 Music: Angela S.<br/>2:45 Bernice's Party<br/>3:30 Card Game: Scat!<br/>4:30 Bowling<br/>6:00 Mind Joggers<br/>7:00 Movie: CASABLANCA</p>   | <p>10</p> <p>7:30 Social Dining<br/>9:00 Musical Interlude<br/>9:30 A Matter of Balance Exercise Class<br/>10:30 What's in the News<br/>1:00 Music Exploration<br/>2:00 Today in History<br/>3:00 Energy Break<br/>3:30 Shabbat Service<br/>3:30 A to Z trivia: Occupations<br/>4:00 Physical Challenge<br/>6:00 Poetry<br/>7:00 Energy Break/Movie</p>                                 | <p>11</p> <p><u>Veteran's Day</u></p> <p>7:30 Social Dining<br/>9:00 Danny O'Donnell: Branson Concert<br/>9:30 A Matter of Balance Exercise Class<br/>10:30 Patriotic Songfest<br/>11:00 You Be the Judge!<br/>1:00 Music Appreciation<br/>2:00 Making Patriotic Pretzels<br/>3:00 Energy Break<br/>3:30 Trivia: A to Z - Famous People<br/>4:00 Travel the World: England<br/>6:00 Comedy: Golden Girls<br/>7:00 Energy Break</p> |
| <p>12</p> <p>7:30 Social Dining<br/>9:00 Music Program<br/>9:30 A Matter of Balance Exercise Class<br/>10:00 Broadcast Mass<br/>10:00 BINGO<br/>11:00 Music Exploration<br/>1:00 Art Class<br/>2:00 Let's Plan a Wedding<br/>3:00 Energy Break<br/>3:30 Concert: Patricia Monahan Jazz<br/>4:30 Walking Club<br/>6:00 Meditation with Pam<br/>7:00 Energy Break/Movie</p>                      | <p>13</p> <p>7:30 Social Dining<br/>9:00 Pet Pals (J&amp;M) Visit<br/>9:30 A Matter of Balance Exercise Class<br/>10:00 Impressionists: Reconnections Program<br/>11:00 Music with Angela S.<br/>1:00 Board Games<br/>2:00 Art Class: Painting Monet's Water Lilies<br/>3:00 Ice Cream Social<br/>4:00 Crossword Puzzle<br/>6:00 Meditation with Pam<br/>7:00 Adam Bergeron Concert</p>                     | <p>14</p> <p>Hair Salon Open<br/><i>Katie's baby born today!</i></p> <p>7:30 Social Dining<br/>9:00 Music Program<br/>9:30 A Matter of Balance Exercise Class<br/>10:00 Reconnections: A Renoir Puzzle<br/>11:00 Berkeley School of Music Troubadours Perform-- Palm Court<br/>1:00 Reconnections Program: Match: Artist &amp; Masterpiece!<br/>2:00 Dance with Donna<br/>3:00 Energy Break<br/>4:00 Music with Deb<br/>6:00 Meditation with Pam<br/>7:00 Energy Break/Movie</p> | <p>15</p> <p>7:30 Social Dining<br/>9:00 Music Program<br/>9:30 Building Bridges: Intergenerational Visit<br/>10:00 Trivia: What's Next?<br/>11:00 Music with Leeann<br/>1:00 Backroads Country Drive: Sudbury<br/>1:00 A Matter of Balance Exercise Class<br/>2:00 Board Games<br/>3:00 Energy Break<br/>3:30 Short Stories<br/>4:00 Choir<br/>6:00 Meditation with Pam<br/>7:00 Energy Break/Movie</p>                      | <p>16</p> <p>7:30 Social Dining<br/>9:00 Music Program<br/>9:30 A Matter of Balance Exercise Class<br/>10:00 Art Class<br/>10:30 Lunch Trip: MFA Café<br/>11:00 Trivia: Mind Joggers<br/>1:00 Manicures<br/>1:30 Music with Angela S.<br/>2:30 Energy Break<br/>3:00 Reconnections Program<br/>4:00 Bowling<br/>6:00 Table Games<br/>7:00 Energy Break/Movie<br/>7:00 Jim Kellerman Concert</p>  | <p>17</p> <p>7:30 Social Dining<br/>9:00 Music Program<br/>9:30 A Matter of Balance Exercise Class<br/>10:00 Trivia: Name that Work of Art<br/>11:00 Sing-a-long<br/>1:00 Baking: Banana Bread<br/>2:00 Card Games: Scat<br/>3:00 Energy Break<br/>3:30 Shabbat Service<br/>3:30 A to Z Trivia- Movie Stars<br/>4:00 Bowling Tournament<br/>6:00 Poetry<br/>7:00 Energy Break/Movie</p> | <p>18</p> <p>7:30 Social Dining<br/>9:00 Music Program<br/>9:30 A Matter of Balance Exercise Class<br/>10:00 Art Class<br/>11:00 Exploring Our National Parks<br/>1:00 Jewelry Class<br/>2:00 Cooking: Fudge<br/>3:00 Energy Break<br/>3:30 You Be the Judge<br/>4:00 Trivia: Fill in the Blank<br/>6:00 Comedy: Golden Girls<br/>7:00 Energy Break/Movie</p>  |

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

19

20

21

22

23

24

25

Hair Salon Open

THANKSGIVING DAY

7:30 Social Dining  
 9:00 Music Program  
 9:30 A Matter of Balance Exercise Class  
 10:00 Broadcast Mass  
 10:00 Trivia A to Z --Famous Artists  
 11:00 You Be the Judge  
 1:00 Art Class  
 2:00 Manicures  
 3:00 Energy Break  
 3:30 Concert: Howie Neuman  
 4:30 Walking Club  
 6:00 Mind Stretchers  
 7:00 Energy Break/Movie

7:30 Social Dining  
 9:00 Pet Pals (J&M) Visit  
 9:30 A Matter of Balance Exercise Class  
 10:00 Thanksgiving: Reconnections Program  
 11:00 Music with Angela  
 1:00 Poetry Class  
 2:00 Reconnections: Planning the Family Holiday Dinner  
 3:00 Tea Party  
 4:00 Crossword Puzzle  
 6:00 Mind Joggers  
 7:00 Concert: Frank P.

7:30 Social Dining  
 9:00 Music Program  
 9:30 A Matter of Balance Exercise Class  
 10:00 MFA Trip  
 11:00 Reconnections Program  
 1:00 History Discussion  
 2:00 Dance with Audrey  
 3:00 Energy Break  
 3:30 Card Games: Black Jack!  
 4:00 Music with Deb  
 6:00 Trivia  
 7:00 Energy Break/Movie

7:30 Social Dining  
 9:00 Music Program  
 9:30 Building Bridges: Intergenerational Visit  
 10:30 Reconnections: Baking Cookies & Cupcakes for a Homeless Shelter  
 11:00 Music with Kristen  
 1:00 Deliver Holiday Baked Goods to Homeless Shelter  
 1:30 A Matter of Balance Exercise Class  
 2:00 Trivia A to Z: Breads and Pies  
 3:00 Energy Break  
 4:00 Manicures/Massages  
 4:00 Choir  
 6:00 Nature Studies  
 7:00 Energy Break/Movie

7:30 Social Dining  
 9:00 Holiday Traditions  
 9:30 Macy's Thanksgiving Day Parade!  
 11:00 A Matter of Balance Exercise Class  
 11:30 Discussion: Thankfulness  
 Noon: Thanksgiving Dinner  
 1:30 Danny O'Donnell Branson Concert  
 3:00 Energy Break  
 3:30 BINGO  
 6:00 Holiday Movie—Home for Thanksgiving

7:30 Social Dining  
 9:00 Music Program  
 9:30 A Matter of Balance Exercise Class  
 10:00 Who Am I?  
 11:00 Nature Exploration  
 1:00 Music Exploration  
 1:00 Country Drive: Lexington/Concord  
 2:00 Today in History  
 3:00 Energy Break  
 3:30 Shabbat Service  
 3:30 Hymn Singing  
 4:00 Trivia  
 6:00 Poetry  
 7:00 Energy Break/Movie

7:30 Social Dining  
 9:00 Music Program  
 9:30 A Matter of Balance Exercise Class  
 10:00 Board/Card Games  
 11:00 Trivia: What's Next?  
 1:00 Art Program  
 2:00 Jewelry Class: Beading  
 3:00 Energy Break  
 3:30 A to Z Trivia: States & Capitals  
 4:30 Walking Club  
 6:00 Comedy Hour  
 7:00 Energy Break/Movie

26

27

28

29

30

Hair Salon Open

7:30 Social Dining  
 9:00 Music Program  
 9:30 A Matter of Balance Exercise Class  
 10:30 You Be the Judge  
 10:00 Broadcast Mass  
 11:00 Holiday Songfest  
 1:00 Physical Challenge  
 2:00 Art Class  
 3:00 Energy Break  
 3:30 Concert: Tanya Shrago  
 4:30 Walking Club  
 6:00 Meditation with Pam  
 7:00 Energy Break/Movie

7:30 Social Dining  
 9:00 Pet Pals (J&M)  
 9:30 A Matter of Balance Exercise Class  
 10:00 Reconnections: Radio Shows  
 11:00 Music with Angela  
 1:00 Art Class: Holiday Cards  
 2:00 The Jack Benny Show  
 3:00 Egg Nog Ice Cream Social  
 3:30 Walking Club  
 4:00 Crossword Puzzle  
 6:00 Meditation with Pam  
 7:00 Energy Break/Movie

7:30 Social Dining  
 9:00 Music Program  
 9:30 A Matter of Balance Exercise Class  
 10:00 Reconnections Program  
 11:00 Music & Movement  
 1:00 Hangman Game  
 2:00 Dance with Donna  
 3:00 Energy Break  
 3:30 Old Time Radio: DRAGNET & The Shadow  
 4:00 Music with Deb  
 6:00 Meditation with Pam  
 7:00 Movie: RADIO SHOW

7:30 Social Dining  
 9:00 Music Program  
 9:30 Building Bridges: Intergenerational Visit  
 10:00 Mind Joggers  
 11:00 A Matter of Balance Exercise  
 1:00 Memory Cafe  
 2:00 Baking Class-Toll House Cookies  
 3:00 Energy Break  
 3:30 Reconnections: Roosevelt's Fireside Chats  
 4:00 Choir  
 6:00 Nature Studies  
 7:00 Energy Break/Movie

7:30 Social Dining  
 9:00 Music Program  
 9:30 A Matter of Balance Exercise Class  
 10:00 Board Games  
 10:30 Luncheon Trip  
 11:00 You Be the Judge  
 1:00 Balloon Volleyball  
 1:30 Music: Angela S.  
 2:45 Lifetime Achievement Award Celebration!  
 3:30 Bowling Tournament  
 6:00 Meditation with Pam  
 7:00 Energy Break/Movie

