

# Goddard House Assisted Living

# October 2017

# 1<sup>st</sup> Floor Olmsted Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 7:30 Social Dining 9:00 Morning Discussion 9:30 Morning Exercise 10:30 What's in the News 10:00 Broadcast Mass 11:00 Music Exploration 1:00 Physical Challenge 2:00 Brain Fitness 3:00 Energy Break 3:30 Concert: Sally & Jim 4:30 Walking Club 6:00 Trivia 7:00 Energy Break/Movie	2 7:30 Social Dining 9:00 Morning Discussion 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	3 Hair Salon Open 7:30 Social Dining 9:00 Morning Discussion 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	4 7:30 Social Dining 9:00 Morning Discussion 9:30 Building Bridges 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 Nature Studies 7:00 Energy Break/Movie	5 7:30 Social Dining 9:00 Morning Discussion 9:30 Morning Exercise 10:00 Art Exploration 11:00 Forever Fit 11:00 McMullen Museum Trip 1:00 Reminiscing 1:30 Music: Angela S. 2:30 Energy Break 3:00 Brain Fitness 4:00 Bowling 6:00 Table Games 7:00 Energy Break/Movie	6 7:30 Social Dining 9:00 Forever Fit 1:l 9:00 Morning Discussion 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	7 7:30 Social Dining 9:00 Morning Discussion 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
8 7:30 Social Dining 9:00 Morning Discussion 9:30 Morning Exercise 10:30 What's in the News 10:00 Broadcast Mass 11:00 Music Exploration 1:00 Physical Challenge 2:00 Brain Fitness 3:00 Energy Break 3:30 Concert: Keu-Young Sun Duo 4:30 Walking Club 6:00 Trivia 7:00 Energy Break/Movie	9 Columbus Day 7:30 Social Dining 9:00 Morning Discussion 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	10 Hair Salon Open 7:30 Social Dining 9:00 Morning Discussion 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 Donna 3:00 Tea Party 3:30 Reminiscing 4:00 Knitting 4:00 Music with Deb 6:00 Trivia	11 7:30 Social Dining 9:00 Trip to Rockport! 9:30 Building Bridges 10:30 What's in the News 11:00 Music Exploration 11:00 Forever Fit 1:l 1:00 Physical Challenge 2:00 Short Stories 3:00 Energy Break 3:30 Reminiscing 4:00 Choir 6:00 Nature Studies 7:00 Energy Break/Movie	12 7:30 Social Dining 9:00 Morning Discussion 9:30 Stretch & Move 10:00 Haunted Salem Trip 10:30 What's in the News 11:00 Forever Fit 1:30 Music: Angela S. 2:30 Energy Break 3:00 Brain Fitness 4:00 Bowling 6:00 Table Games 7:00 Energy Break/Movie	13 7:30 Social Dining 9:00 Morning Discussion 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	14 7:30 Social Dining 9:00 Morning Discussion 9:30 Morning Exercise 10:30 What's in the News 11:00 Brain Games 1:00 Music Appreciation 2:00 Group Art Project 3:00 Energy Break 3:30 Reminiscing 4:00 Travel the World 6:00 Comedy Hour 7:00 Brookline Music School
15 7:30 Social Dining 9:00 Morning Discussion 9:30 Morning Exercise 10:30 What's in the News 10:00 Broadcast Mass 11:00 Music Exploration 1:00 Physical Challenge 2:00 Brain Fitness 3:00 Energy Break 3:30 Concert: Jack Glennon 4:30 Walking Club 6:00 Trivia 7:00 Energy Break/Movie	16 7:30 Social Dining 9:00 Morning Discussion 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 Lifetime Achievement Award Presentation 2:30 Forever Fit 1:l 3:00 Ice Cream Social 3:30 Reminiscing 4:00 Crossword Puzzle 6:00 Iconic Photos 7:00 Adam Bergeron Concert	17 Hair Salon Open 7:30 Social Dining 9:00 Morning Discussion 9:00 Forever Fit 1:l 9:30 Moving to Music 10:00 Forever Fit Class 10:00 MFA Trip 11:00 History Presentation 1:00 Getting to Know You 2:00 Dance with Audrey 3:00 Energy Break 3:30 Reminiscing 4:00 Knitting 4:00 Music with Deb 6:00 Trivia 7:00 Energy Break/Movie	18 7:30 Social Dining 9:00 Morning Discussion 9:30 Building Bridges 10:30 What's in the News 11:00 Music Exploration 11:00 Forever Fit 1:l 1:00 Fall Foliage Drive 2:00 Physical Challenge 3:00 Energy Break 3:30 Reminiscing 4:00 Jewelry Making 4:00 Choir 6:00 Nature Studies 7:00 Energy Break/Movie	19 7:30 Social Dining 9:00 Morning Discussion 9:30 Morning Exercise 10:00 Art Exploration 10:00 Haunted Salem Trip 11:00 Forever Fit 11:00 McMullen Museum 1:00 Reminiscing 1:30 Music: Angela S. 2:30 Energy Break 3:00 Brain Fitness 4:00 Bowling 6:00 Table Games 7:00 Energy Break/Movie	20 7:30 Social Dining 9:00 Morning Discussion 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	21 7:30 Social Dining 9:00 Morning Discussion 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>22</p> <p>7:30 Social Dining 9:00 Morning Discussion 9:30 Morning Exercise 10:30 What's in the News 10:00 Broadcast Mass 11:00 Music Exploration 1:00 Physical Challenge 1:00 International Music Club Rehearsal 2:00 Brain Fitness 3:00 Energy Break 3:30 Concert: Mike Higgins 4:30 Walking Club 6:00 Trivia 7:00 Energy Break/Movie</p>	<p>23</p> <p>7:30 Social Dining 9:00 Morning Discussion 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 Reconnections: RAT PACK 2:30 Forever Fit 1:1 3:00 Ice Cream Social 4:00 Crossword Puzzle 6:00 Iconic Photos 7:00 Concert: Frank P.</p>	<p>24</p> <p>7:30 Social Dining 9:00 Morning Discussion 9:00 Forever Fit 1:1 9:30 Moving to Music 10:00 Forever Fit Class 10:00 Reconnections: RAT PACK 11:00 History Presentation 1:00 RP: Black Jack &amp; Apple Jack 2:00 Dance with Donna 3:00 Energy Break 3:30 Reminiscing 4:00 Knitting 4:00 Music with Deb 6:00 Trivia</p>	<p>25</p> <p>7:30 Social Dining 9:00 Morning Discussion 9:30 Building Bridges 10:30 RP: Name that Tune 11:00 Music Exploration 11:00 Forever Fit 1:1 1:00 Poetry 1:00 Physical Challenge 2:00 Short Stories 3:30 Reminiscing 4:00 Jewelry Making 4:00 Choir 6:00 Nature Studies 7:00 Energy Break/Movie</p>	<p>26</p> <p>7:30 Social Dining 9:00 Morning Discussion 9:30 Morning Exercise 10:00 Art Exploration 11:00 Forever Fit 11:00 Olive Garden Luncheon Trip 1:30 Music: Angela S. 2:30 Energy Break 3:00 Brain Fitness 4:00 Bowling 6:00 Table Games 7:00 Energy Break/Movie</p>	<p>27</p> <p>7:30 Social Dining 9:00 Morning Discussion 9:00 Forever Fit 1:1 9:30 Morning Exercise 10:30 RP: Vegas Trivia 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>28</p> <p>7:30 Social Dining 9:00 Morning Discussion 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</p>

<p>29</p> <p>7:30 Social Dining 9:00 Morning Discussion 9:30 Morning Exercise 10:30 What's in the News 10:00 Broadcast Mass 11:00 Music Exploration 1:00 Physical Challenge 2:00 Brain Fitness 3:00 Energy Break 3:30 Concert: Joey B. Bop 4:30 Walking Club 6:00 Trivia 7:00 Energy Break/Movie</p>	<p>30</p> <p>7:30 Social Dining 9:00 Morning Discussion 9:00 Pet Pals (J&amp;M) 9:30 Morning Exercise 10:00 Reconnections: Haunted New England 11:00 Music Appreciation 1:00 Forever Fit Class 2:00 Chocolate Spider Trifle 2:30 Forever Fit 1:1 3:00 Energy Break 3:30 Reminiscing 4:00 Crossword Puzzle 6:00 Iconic Photos 7:00 Energy Break/Movie</p>	<p>31</p> <p>7:30 Social Dining 9:00 Morning Discussion 9:00 Forever Fit 1:1 9:30 Moving to Music 10:00 Forever Fit Class 10:00 Re-Connections: Witches of Salem 1:00 Ghost Stories 2:00 Dance with Donna 3:00 Halloween Trivia Party 3:30 Reminiscing 4:00 Jewelry Making 4:00 Music with Deb 6:00 Trivia 7:00 Energy Break/Movie</p>	<p>Program Guide</p> <p>Music Physical Activity Educational Program Self-Expression Social Occasions Cognitive Challenge Trips Spirituality</p> <p>Breakfast: 7:30-9:00 Lunch: 12:00-1:00 Dinner: 5:00-6:00</p>
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