

# May 2017

## Goddard House Traditional Programming

| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday   |
|---|---|---|---|---|--|--|
|   | 1<br><b>9:00 Front Page News</b><br>9:00 Forever Fit in the Fitness Studio<br><b>10:00 World Travelers</b><br><b>11:00 Current Events</b><br>12:00 Forever Fit in the Fitness Studio<br><b>1:00 Resistance Bands Class</b><br>2:00 International News with Herb Patchell<br><b>3:00 Stretch and Flow/Tai Chi</b><br><b>4:00 Jewelry and Design</b><br>7:00 Evening Film | 2<br><b>9:00 Front Page News</b><br>10:00 Matter of Balance<br><b>11:00 World Travelers</b><br>1:00 Visit from Pet Pals<br>1:30 Legacy Project<br><b>2:00 Communion Visit</b><br>2:15 Resident Food Service Meeting<br><b>3:00 Poetry with Sarina</b><br><b>4:00 Memoir Writing</b><br>5:00 Deb Dinner Music<br>7:00 Evening Film   | 3<br><b>9:00 Front Page News</b><br>9:00 Forever Fit in the Fitness Studio<br><b>10:00 Weight Training</b><br><b>11:00 Trip to Jamaica Pond</b><br><b>11:00 Ted Talk</b><br>2:00 Computer Class<br><b>2:00 Legends</b><br><b>3:00 Music from Around the World</b><br><b>3:00 Matter of Balance</b><br><b>4:00 Happy Hour</b><br>7:00 Evening TV Series                | 4<br><b>9:00 Front Page News</b><br>9:00 Forever Fit in the Fitness Studio<br>10:00 Forever Fit's Ball Class<br>11:00 Matter of Balance<br>12:00 Forever Fit in the Fitness Studio<br><b>1:00 Mahjong</b><br><b>1:30 Open Art Studio</b><br><b>2:00 Stretch Class</b><br><b>3:00 Gentle Exercise with Joanna</b><br><b>4:00 Relaxation and Meditation</b><br>7:00 Evening Film                                      | 5<br>BEAUTY SALON IS OPEN<br><b>9:00 Front Page News</b><br><b>10:00 Matter of Balance</b><br><b>11:00 Ted Talk</b><br><b>11:00 Shopping Trip</b><br><b>2:00 Bingo</b><br><b>3:30 Shabbat</b><br><b>4:00 Flower Arranging</b><br>7:00 Evening Film                               | 6<br><b>9:00 Front Page News</b><br>9:00 Forever Fit in the Fitness Studio<br><b>10:00 Forever Fit's Ball Class</b><br><b>11:00 Forever Fit in the Fitness Studio</b><br><b>11:00 Kentucky Derby Hat Making</b><br><b>11:00 Trip to the Boston Ballet</b><br><b>2:00 Mindfulness with Alex Cribbin</b><br><b>3:30 Concert with Boston Youth Charity</b><br>7:00 Evening Film |
| 7<br><b>9:30 Church trips</b><br><b>10:00 Pilates with Sergio</b><br><b>10:00 Communion Visit</b><br><b>11:00 Matter of Balance</b><br><b>1-5 International Music Club</b><br><b>2:30 Great Courses: Philosophy and Intellectual History</b><br><b>3:30 Concert with Maya Pardo and Joe Reid</b><br>7:00 Evening Film | 8<br><b>9:00 Front Page News</b><br>9:00 Forever Fit in the Fitness Studio<br><b>10:00 Resistance Bands Class</b><br><b>11:00 Current Events</b><br>12:00 Forever Fit in the Fitness Studio<br><b>1:00 Matter of Balance</b><br><b>2:00 Focus Group with Marie</b><br><b>3:00 Tai Chi</b><br><b>4:00 Jewelry and Design</b><br>7:00 Evening Film                        | 9<br>Manicurist in Today<br><b>9:00 Front Page News</b><br>10:00 Matter of Balance<br><b>11:00 World Travelers</b><br><b>1:00 Tap Class</b><br>1:00 Visit from Pet Pals<br>1:30 Balloon Volleyball<br><b>2:00 Communion Visit</b><br><b>2:00 Poetry with Sarina</b><br><b>3:00 Crafting with Cindy Scheff</b><br><b>4:00 Memoir Writing</b><br>5:00 Deb Dinner Music<br>7:00 Evening Film | 10<br><b>9:00 Front Page News</b><br>9:00 Forever Fit in the Fitness Studio<br><b>10:00 Weight Training</b><br><b>11:00 Trip to the Lyman Estate</b><br><b>11:00 Ted Talk</b><br><b>2:00 Computer Class</b><br><b>2:00 Music Appreciation</b><br><b>3:00 Musical Connections</b><br><b>3:00 Matter of Balance</b><br><b>4:00 Happy Hour</b><br>7:00 Evening TV Series | 11<br><b>9:00 Front Page News</b><br>9:00 Forever Fit in the Fitness Studio<br>10:00 Forever Fit's Ball Class<br>11:00 Matter of Balance<br>12:00 Forever Fit in the Fitness Studio<br><b>1:00 Mahjong</b><br><b>1:30 Open Art Studio</b><br><b>2:00 Stretch Class</b><br><b>3:00 Relaxation and Meditation</b><br><b>4:00 Crossword Puzzle</b><br>7:00 Concert with From the Top                                   | 12<br>BEAUTY SALON IS OPEN<br><b>9:00 Front Page News</b><br><b>10:00 Matter of Balance</b><br><b>11:00 Ted Talk</b><br><b>11:00 Shopping Trip</b><br><b>2:00 Bingo</b><br><b>3:30 Shabbat</b><br><b>4:00 Flower Arranging</b><br>7:00 Evening Film                              | 13<br><b>9:00 Front Page News</b><br>9:00 Forever Fit in the Fitness Studio<br><b>10:00 Forever Fit's Ball Class</b><br><b>11:00 Forever Fit in the Fitness Studio</b><br><b>11:00 Short Stories</b><br><b>2:00 National Geographic</b><br><b>3:00 Movie Discussion</b><br><b>4:00 Knitting Group</b><br>7:00 Evening Film   |
| 14<br>Mother's Day<br><b>9:30 Church trips</b><br><b>10:00 Pilates with Sergio</b><br><b>10:00 Communion Visit</b><br><b>10:00 Mother's Day Brunch</b><br><b>11:00 Matter of Balance</b><br><b>2:30 Great Courses: Philosophy and Intellectual History</b><br><b>3:30 Concert with NEC</b><br>7:00 Evening Film       | 15<br><b>9:00 Front Page News</b><br>9:00 Forever Fit in the Fitness Studio<br><b>10:00 Resistance Bands Class</b><br><b>11:00 Current Events</b><br>12:00 Forever Fit in the Fitness Studio<br><b>1:00 Matter of Balance</b><br><b>2:00 Education Seminar with Marie</b><br><b>3:00 Tai Chi</b><br><b>4:00 Jewelry and Design</b><br>7:00 Evening Film                 | 16<br><b>9:00 Front Page News</b><br>10:00 Matter of Balance<br><b>11:00 Travel to Ireland with Marie</b><br>1:00 Visit from Pet Pals<br>1:30 Balloon Volleyball<br><b>2:00 Communion Visit</b><br><b>3:00 Tap Class</b><br><b>4:00 Memoir Writing</b><br>5:00 Deb Dinner Music<br>7:00 Evening Film  | 17<br><b>9:00 Front Page News</b><br>9:00 Forever Fit in the Fitness Studio<br><b>10:00 Weight Training</b><br><b>11:00 Trip to the Arboretum</b><br><b>11:00 Ted Talk</b><br><b>2:00 Computer Class</b><br><b>2:00 Legends</b><br><b>3:00 Music from Around the World</b><br><b>3:00 Matter of Balance</b><br><b>4:00 Happy Hour</b><br>7:00 Evening TV Series       | 18<br><b>9:00 Front Page News</b><br>9:00 Forever Fit in the Fitness Studio<br>10:00 Forever Fit's Ball Class<br>10:30 Brookline Hearing Services<br>11:00 Matter of Balance<br>12:00 Forever Fit in the Fitness Studio<br><b>1:00 Mahjong</b><br><b>1:30 Open Art Studio</b><br><b>2:00 Stretch Class</b><br><b>3:00 Gentle Exercise with Joanna</b><br><b>4:00 Relaxation and Meditation</b><br>7:00 Evening Film | 19<br>BEAUTY SALON IS OPEN<br><b>9:00 Front Page News</b><br><b>10:00 Matter of Balance</b><br><b>10:00 Walking Club</b><br><b>11:00 Ted Talk</b><br><b>11:00 Shopping Trip</b><br><b>2:00 Bingo</b><br><b>3:30 Shabbat</b><br><b>4:00 Flower Arranging</b><br>7:00 Evening Film | 20<br><b>9:00 Front Page News</b><br>9:00 Forever Fit in the Fitness Studio<br><b>10:00 Forever Fit's Ball Class</b><br><b>11:00 Forever Fit in the Fitness Studio</b><br><b>11:00 Short Stories</b><br><b>2:00 Opera</b><br><b>4:00 Knitting Group</b><br><b>7:00 Concert with Brookline Music School</b>   |

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| <p style="text-align: right;">21</p> <p>9:30 Church trips<br/> 10:00 Pilates with Sergio<br/> 10:00 Communion Visit<br/> 11:00 Matter of Balance<br/> 2:30 Great Courses: Philosophy and Intellectual History<br/> 3:30 Concert with Larry Lee Lewis<br/> 7:00 Evening Film</p> | <p style="text-align: right;">22</p> <p>9:00 Front Page News<br/> 9:00 Forever Fit in the Fitness Studio<br/> 10:00 Resistance Bands Class<br/> 11:00 Current Events<br/> 12:00 Forever Fit in the Fitness Studio<br/> 1:00 Matter of Balance<br/> 2:00 Resident Forum<br/> 3:00 Tai Chi<br/> 4:00 Jewelry and Design<br/> 7:00 Evening Film</p>   | <p style="text-align: right;">23</p> <p style="text-align: center;">Manicurist in Today!</p> <p>9:00 Front Page News<br/> 10:00 Matter of Balance<br/> 11:00 Crossword Puzzle<br/> 1:00 Visit from Pet Pals<br/> 2:00 Communion Visit<br/> 2:00 Balloon Volleyball<br/> 3:00 Tap Class<br/> 4:00 Memoir Writing<br/> 5:00 Deb Dinner Music<br/> 7:00 Evening Film</p> | <p style="text-align: right;">24</p> <p>9:00 Front Page News<br/> 9:00 Forever Fit in the Fitness Studio<br/> 10:00 Weight Training<br/> 11:00 Trip to Harvard Museum of Natural History<br/> 11:00 Ted Talk<br/> 2:00 Computer Class<br/> 2:00 Music Appreciation<br/> 3:00 Musical Connections<br/> 3:00 Matter of Balance<br/> 4:00 Happy Hour<br/> 7:00 Evening TV Series</p> | <p style="text-align: right;">25</p> <p>9:00 Front Page News<br/> 9:00 Forever Fit in the Fitness Studio<br/> 10:00 Forever Fit's Ball Class<br/> 11:00 Matter of Balance<br/> 12:00 Forever Fit in the Fitness Studio<br/> 1:00 Mahjong<br/> 1:30 Open Art Studio<br/> 2:00 Stretch Class<br/> 3:00 Relaxation and Meditation<br/> 4:00 Jeopardy<br/> 7:00 Concert with Howie Newman</p> | <p style="text-align: right;">26</p> <p style="text-align: center;">BEAUTY SALON IS OPEN</p> <p>9:00 Front Page News<br/> 10:00 Matter of Balance<br/> 11:00 Ted Talk<br/> 11:00 Shopping Trip<br/> 2:00 Bingo<br/> 3:30 Shabbat<br/> 4:00 Flower Arranging<br/> 7:00 Evening Film</p> | <p style="text-align: right;">27</p> <p>9:00 Front Page News<br/> 9:00 Forever Fit in the Fitness Studio<br/> 10:00 Forever Fit's Ball Class<br/> 11:00 Forever Fit in the Fitness Studio<br/> 11:00 Short Stories<br/> 2:00 Opera<br/> 4:00 Knitting Group<br/> 7:00 Evening Film</p> |
| <p style="text-align: right;">28</p> <p>9:30 Church trips<br/> 10:00 Pilates with Sergio<br/> 10:00 Communion Visit<br/> 11:00 Matter of Balance<br/> 2:00 Scrapbooking with Joanna<br/> 3:30 Concert with John and Lori Wadkins<br/> 7:00 Evening Film</p>                     | <p style="text-align: right;">29</p> <p style="text-align: center;">Memorial Day</p> <p>9:00 Front Page News<br/> 9:00 Forever Fit in the Fitness Studio<br/> 10:00 Resistance Bands Class<br/> 11:00 Current Events<br/> 12:00 Forever Fit in the Fitness Studio<br/> 1:00 Matter of Balance<br/> 2:00 Program Development Meeting<br/> 3:00 Tai Chi<br/> 3:00 Crossword Puzzle<br/> 4:00 Jewelry and Design<br/> 7:00 Evening Film</p> | <p style="text-align: right;">30</p> <p>9:00 Front Page News<br/> 10:00 Matter of Balance<br/> 11:00 Crossword Puzzle<br/> 1:00 Visit from Pet Pals<br/> 2:00 Communion Visit<br/> 2:00 Balloon Volleyball<br/> 3:00 Tap Class<br/> 3:00 Welcome Social<br/> 4:00 Memoir Writing<br/> 5:00 Deb Dinner Music<br/> 7:00 Evening Film</p>                                | <p style="text-align: right;">31</p> <p>9:00 Front Page News<br/> 9:00 Forever Fit in the Fitness Studio<br/> 10:00 Weight Training<br/> 11:00 Ted Talk<br/> 1:00 Trip to the A.R.T.<br/> 1:30 Blood Pressure Clinic<br/> 2:00 Legends<br/> 3:00 Music from Around the World<br/> 3:00 Matter of Balance<br/> 4:00 Happy Hour<br/> 7:00 Evening TV Series</p>                     | <p>Social Settings<br/> Brain Boosters<br/> Spiritual Connectivity<br/> Outings</p>   | <p>Physical Fitness<br/> Creative Energy<br/> Entertainment/Other</p>  | <p>* Subject to change<br/><br/> * Additional details will be added to weekly calendar</p>   |