

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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

Forever Fit Schedule
Monday
 11am - Class (BANDS)
 2pm - Fitness Studio (1:1s)
Tuesday
 9am - Fitness Studio (1:1s)
 11am - Class (WEIGHTS)
Wednesday
 11am - Fitness Studio (1:1s)
Thursday
 11am - Class (BALL)

Friday
 9am - Fitness Studio (1:1s)
 10am - Class (STRETCH)

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

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

3
 7:30 Social Dining
9:00 PetPals (J&M)
9:30 Music with Angela
10:30 Current Events
11:00 Forever Fit
1:00 Journaling
1:00 Poetry
2:00 Yoga
2:00 Forever Fit 1:1
3:00 Ice Cream Social
3:30 Discussion Group
4:00 Crossword Puzzle
6:00 Iconic Photos
 7:00 Energy Break/Movie

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

5
 7:30 Social Dining
9:30 Current Events
10:00 Morning Exercise
11:00 Music Exploration
11:00 Forever Fit 1:1
1:00 Manicures
2:00 Short Stories
3:00 Energy Break
3:30 Discussion Group
4:00 Choir
6:00 Meet the Artist
 7:00 Energy Break/Movie

6
 7:30 Social Dining
9:30 Current Events
10:00 Brain Games
11:00 Art Project
11:00 Music with LeeAnn
11:00 Educational Trip
1:00 Forever Fit Class
2:00 Stretch & Move
2:30 Energy Break
3:00 Music with Angela
4:00 Short Stories
6:00 Meet me at MOMA
 7:00 Energy Break/Movie

7
 7:30 Social Dining
9:00 Forever Fit 1:1
9:30 Current Events
10:00 Forever Fit Class
11:00 Music Exploration
11:00 Music Exploration
1:00 Today in History
2:00 Art Exploration
3:00 Energy Break
3:30 Discussion Group
3:30 Shabbat Service
4:00 Physical Challenge
6:00 Meet the Musician
 7:00 Energy Break/Movie

8
 7:30 Social Dining
9:30 Current Events
10:00 Art History Presentation
11:00 Group Art Project
1:00 Physical Challenge
2:00 Brain Games
3:00 Energy Break
3:30 Discussion Group
4:00 Travel the World
 6:00 Comedy Hour
 7:00 Energy Break/Movie

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

10
 Passover
 7:30 Social Dining
9:00 PetPals (J&M)
9:30 Music with Angela
10:30 Current Events
11:00 Forever Fit
11:00 Concert: Boston Cons.
1:00 Journaling
1:00 Poetry
2:00 Yoga
2:00 Forever Fit 1:1
3:00 Energy Break
3:30 Discussion Group
4:00 Crossword Puzzle
6:00 Iconic Photos

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

12
 7:30 Social Dining
9:00 Current Events
10:00 Morning Exercise
11:00 Travel the World
1:00 City Tour
2:00 Physical Challenge
3:00 Energy Break
3:30 Trivia
4:00 Choir
6:00 Meet the Artist
 7:00 Energy Break/Movie

13
 7:30 Social Dining
9:30 Current Events
10:00 Brain Games
11:00 Art Project
11:00 Music with LeeAnn
11:00 Lunch Trip
1:00 Forever Fit Class
2:00 Stretch & Move
2:30 Energy Break
3:00 Music with Angela
4:00 Short Stories
6:00 Meet me at MOMA
7:00 Concert: FTT
 8:00 Energy Break/Movie

14
 7:30 Social Dining
9:00 Forever Fit 1:1
9:30 Current Events
10:00 Forever Fit Class
11:00 Music Exploration
11:00 Music Exploration
1:00 Today in History
2:00 Art Exploration
3:00 Energy Break
3:30 Discussion Group
3:30 Shabbat Service
4:00 Physical Challenge
6:00 Meet the Musician
 7:00 Energy Break/Movie

15
 7:30 Social Dining
9:30 Current Events
10:00 Art History Presentation
11:00 Group Art Project
1:00 Physical Challenge
2:00 Brain Games
3:00 Energy Break
3:30 Discussion Group
4:00 Travel the World
 6:00 Comedy Hour
 7:00 Energy Break/Movie

Goddard House Assisted Living

April 2017 2nd Floor Olmsted Place (Neighborhoods 3 & 4)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Easter! 16 7:30 Social Dining 9:30 Current Events 10:00 Morning Exercise 10:00 Broadcast Mass 11:00 Word Games 1:00 Short Stories 2:00 Physical Challenge 3:00 Energy Break 3:30 Concert: Richie B. 4:30 Stretch & Move 6:00 Comedy Hour 7:00 Energy Break/Movie	17 7:30 Social Dining 9:00 PetPals (J&M) 9:30 Music with Angela 10:30 Current Events 11:00 Forever Fit 1:00 Journaling 1:00 Poetry 2:00 Yoga 2:00 Forever Fit 1:1 3:00 Ice Cream Social 3:30 Discussion Group 4:00 Crossword Puzzle 6:00 Iconic Photos 7:00 Energy Break/Movie	18 7:30 Social Dining 9:00 Forever Fit 1:1 9:30 Current Events 10:00 Getting to Know You 10:30 Green City Growers 10:00 Trip to the MFA 11:00 Forever Fit Class 1:00 History Presentation 2:00 Dance with Audrey 3:00 Energy Break 3:30 Discussion Group 4:00 Knitting 4:00 Trivia 6:00 Music with Deb 7:00 Energy Break/Movie	19 7:30 Social Dining 9:30 Current Events 10:00 Morning Exercise 11:00 Music Exploration 11:00 Forever Fit 1:1 1:00 Manicures 2:00 Short Stories 3:00 Energy Break 3:30 Discussion Group 4:00 Choir 6:00 Meet the Artist 7:00 Energy Break/Movie	20 7:30 Social Dining 9:30 Current Events 10:00 Brain Games 11:00 Art Project 11:00 Music with LeeAnn 11:00 Educational Trip 1:00 Forever Fit Class 2:00 Stretch & Move 2:30 Energy Break 3:00 Music with Angela 4:00 Short Stories 6:00 Meet me at MOMA 7:00 Energy Break/Movie	21 7:30 Social Dining 9:00 Forever Fit 1:1 9:30 Current Events 10:00 Forever Fit Class 11:00 Music Exploration 11:00 Music Exploration 1:00 Today in History 2:00 Art Exploration 3:00 Energy Break 3:30 Discussion Group 3:30 Shabbat Service 4:00 Physical Challenge 6:00 Meet the Musician 7:00 Energy Break/Movie	22 7:30 Social Dining 9:30 Current Events 10:00 Art History Presentation 11:00 Group Art Project 1:00 Physical Challenge 2:00 Brain Games 3:00 Energy Break 3:30 Discussion Group 4:00 Travel the World 6:00 Comedy Hour 7:00 Concert: BMS 8:00 Energy Break/Movie
23 7:30 Social Dining 9:30 Current Events 10:00 Morning Exercise 10:00 Broadcast Mass 11:00 Word Games 1:00 Short Stories 2:00 Physical Challenge 3:00 Energy Break 3:30 Concert: Joey Bbop 4:30 Stretch & Move 6:00 Comedy Hour 7:00 Energy Break/Movie	24 7:30 Social Dining 9:00 PetPals (J&M) 9:30 Music with Angela 10:30 Current Events 11:00 Forever Fit 1:00 Journaling 1:00 Poetry 2:00 Yoga 2:00 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	25 7:30 Social Dining 9:00 Forever Fit 1:1 9:30 Current Events 10:00 Getting to Know You 10:30 Green City Growers 11:00 Forever Fit Class 1:00 History Presentation 2:00 Dance with Donna 3:00 Tea Party 3:30 Discussion Group 4:00 Knitting 4:00 Trivia 6:00 Music with Deb 7:00 Energy Break/Movie	26 7:30 Social Dining 9:00 Current Events 10:00 Morning Exercise 11:00 Travel the World 1:00 City Tour 2:00 Physical Challenge 3:00 Energy Break 3:30 Trivia 4:00 Choir 6:00 Meet the Artist 7:00 Energy Break/Movie	27 7:30 Social Dining 9:30 Current Events 10:00 Brain Games 11:00 Art Project 11:00 Music with LeeAnn 11:00 Lunch Trip 1:00 Forever Fit Class 2:00 Stretch & Move 2:30 Energy Break 3:00 Music with Angela 4:00 Short Stories 6:00 Meet me at MOMA 7:00 Concert: FTT 8:00 Energy Break/Movie	28 7:30 Social Dining 9:00 Forever Fit 1:1 9:30 Current Events 10:00 Forever Fit Class 11:00 Music Exploration 11:00 Music Exploration 1:00 Today in History 2:00 Art Exploration 3:00 Energy Break 3:30 Discussion Group 3:30 Shabbat Service 4:00 Physical Challenge 6:00 Meet the Musician 7:00 Energy Break/Movie	29 7:30 Social Dining 9:30 Current Events 10:00 Art History Presentation 11:00 Group Art Project 1:00 Physical Challenge 2:00 Brain Games 3:00 Energy Break 3:30 Concert: Back Bay Chorale 4:30 Discussion Group 6:00 Comedy Hour 7:00 Energy Break/Movie
31 7:30 Social Dining 9:30 Current Events 10:00 Morning Exercise 10:00 Broadcast Mass 11:00 Word Games 1:00 Short Stories 2:00 Physical Challenge 3:00 Energy Break 3:30 Concert: Dieter W. 4:30 Stretch & Move 6:00 Comedy Hour 7:00 Energy Break/Movie						

