

Goddard House Assisted Living

OCTOBER 2017

2nd Floor Olmsted Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 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 Short Stories 2:00 Physical Challenge 3:00 Energy Break 3:30 Concert: Sally & Jim 4:30 Walking Club 6:00 Comedy Hour 7:00 Energy Break/Movie	2 7:30 Social Dining 9:30 Music with Angela 10:30 What's in the News 11:00 Forever Fit 1:00 Poetry 2:00 Baking 2:00 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	3 Hair Salon Open 7:30 Social Dining 9:00 Forever Fit 1:1 9:30 Morning Exercise 10:30 What's in the News 10:00 Green City Growers 11:00 Forever Fit Class 1:00 History Presentation 2:00 Dance with Donna 3:00 Energy Break 3:30 Reminiscing 4:00 Knitting 4:00 Trivia 6:00 Music with Deb 7:00 Energy Break/Movie	4 7:30 Social Dining 9:30 Building Bridges 10:30 What's in the News 11:00 Music Exploration 11:00 Forever Fit 1:1 1:00 Manicures 1:00 City Tour 2:00 Short Stories 3:00 Energy Break 3:30 Reminiscing 4:00 Choir 6:00 Meet the Artist	5 7:30 Social Dining 9:30 Morning Exercise 10:30 What's in the News 11:00 Art Project 11:00 Music with LeeAnn 11:00 McMullen Museum 1:00 Forever Fit Class 2:00 Brain Games 2:30 Energy Break 3:00 Music with Angela 4:00 Short Stories 6:00 Nature Studies 7:00 Energy Break/Movie	6 7:30 Social Dining 9:00 Forever Fit 1:1 9:30 What's in the News 10:00 Forever Fit Class 11:00 Music Exploration 1:00 Today in History 2:00 Art Exploration 3:00 Energy Break 3:30 Reminiscing 3:30 Shabbat Service 4:00 Physical Challenge 6:00 Meet the Musician 7:00 Energy Break/Movie	7 7:30 Social Dining 9:30 Morning Exercise 10:30 What's in the News 11:00 Group Art Project 1:00 Physical Challenge 2:00 Brain Games 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 9:30 Morning Exercise 10:30 What's in the News 10:00 Broadcast Mass 11:00 Word Games 1:00 Short Stories 2:00 Physical Challenge 3:00 Energy Break 3:30 Concert: Keu-Young Sun Duo 4:30 Walking Club 6:00 Comedy Hour 7:00 Energy Break/Movie	9 Columbus Day 7:30 Social Dining 9:30 Music with Angela 10:30 What's in the News 11:00 Forever Fit 1:00 Poetry 2:00 Baking 2:00 Forever Fit 1:1 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 Forever Fit 1:1 9:30 Morning Exercise 10:30 What's in the News 10:00 Green City Growers 11:00 Forever Fit Class 1:00 History Presentation 2:00 Dance with Audrey 3:00 Tea Party 3:30 Reminiscing 4:00 Knitting 4:00 Trivia 6:00 Music with Deb 7:00 Energy Break/Movie	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 1:1 1:00 City Tour 1:00 Manicures 2:00 Short Stories 3:00 Energy Break 3:30 Reminiscing 4:00 Choir 6:00 Meet the Artist 7:00 Energy Break/Movie	12 7:30 Social Dining 9:30 Morning Exercise 10:30 What's in the News 10:00 Haunted Salem Trip 11:00 Art Project 11:00 Music with LeeAnn 1:00 Forever Fit Class 2:00 Brain Games 2:30 Energy Break 3:00 Music with Angela 4:00 Short Stories 6:00 Nature Studies 7:00 Energy Break/Movie	13 7:30 Social Dining 9:00 Forever Fit 1:1 9:30 What's in the News 10:00 Forever Fit Class 11:00 Music Exploration 1:00 Today in History 2:00 Art Exploration 3:30 Reminiscing 3:30 Shabbat Service 4:00 Physical Challenge 6:00 Meet the Musician 7:00 Energy Break/Movie	14 7:30 Social Dining 9:30 Morning Exercise 10:30 What's in the News 11:00 Group Art Project 1:00 Physical Challenge 2:00 Brain Games 3:00 Energy Break 3:30 Reminiscing 4:00 Travel the World 6:00 Comedy Hour 7:00 Energy Break/Movie
15 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 Short Stories 2:00 Physical Challenge 3:00 Energy Break 3:30 Concert: Jack Glennon 4:30 Walking Club 6:00 Comedy Hour 7:00 Energy Break/Movie	16 7:30 Social Dining 9:30 Music with Angela 10:30 What's in the News 11:00 Forever Fit 1:00 Poetry 2:00 Baking 2:00 Forever Fit 1:1 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 Forever Fit 1:1 9:30 Morning Exercise 10:30 What's in the News 10:00 MFA Trip 11:00 Forever Fit Class 1:00 History Presentation 2:00 Dance with Donna 3:00 Lifetime Achievement Award Presentation 4:00 Knitting 4:00 Trivia 6:00 Music with Deb 7:00 Energy Break/Movie	18 7:30 Social Dining 9:30 Building Bridges 10:30 What's in the News 11:00 Travel the World 1:00 City Tour 2:00 Short Stories 3:00 Energy Break 3:30 Trivia 4:00 Choir 6:00 Meet the Artist 7:00 Energy Break/Movie	19 9:30 Morning Exercise 10:00 Haunted Salem Trip 10:30 What's in the News 11:00 Art Project 11:00 Music with LeeAnn 1:00 Forever Fit Class 2:00 Brain Games 2:30 Energy Break 3:00 Music with Angela 4:00 Short Stories 6:00 Nature Studies 7:00 Energy Break/Movie	20 7:30 Social Dining 9:00 Forever Fit 1:1 9:30 What's in the News 10:00 Forever Fit Class 11:00 Music Exploration 1:00 Today in History 2:00 Art Exploration 3:00 Birthday Party! 3:30 Reminiscing 3:30 Shabbat Service 4:00 Physical Challenge 6:00 Meet the Musician 7:00 Energy Break/Movie	21 7:30 Social Dining 9:30 Morning Exercise 10:30 What's in the News 11:00 Group Art Project 1:00 Physical Challenge 2:00 Brain Games 3:00 Energy Break 3:30 Reminiscing 4:00 Travel the World 6:00 Comedy Hour 7:00 Energy Break/Movie

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<p>22</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 Short Stories 2:00 Physical Challenge 3:00 Energy Break 3:30 Concert: Mike Higgins 4:30 Walking Club 6:00 Comedy Hour</p>	<p>23</p> <p>7:30 Social Dining 9:00 PetPals (J&M) 9:30 Morning Exercise 10:30 What's in the News 11:00 Forever Fit 1:00 Poetry 2:00 Reconnections: Meet the RAT PACK 1st floor 2:00 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>Hair Salon Open 7:30 Social Dining 9:00 Forever Fit 1:1 9:30 Morning Exercise 10:00 The Rat Pack: 1st Fl. 10:30 What's in the News 11:00 Forever Fit Class 1:00 RP: Black Jack & Apple Jack 1st floor 2:00 Dance with Audrey 3:00 Energy Break 3:30 Reminiscing 4:00 Knitting 4:00 Trivia 6:00 Music with Deb 7:00 Energy Break/Movie</p>	<p>25</p> <p>7:30 Social Dining 9:30 Building Bridges 10:30 What's in the News? 10:30 Reconnections: RAT PACK: Name That Tune 1st fl 11:00 Music Exploration 11:00 Forever Fit 1:1 1:00 Manicures 1:00 Foliage Drive 2:00 Short Stories 2:30 Energy Break 3:00 Music w/Angela 4:00 Choir 6:00 Meet the Artist 7:00 Energy Break/Movie</p>	<p>26</p> <p>9:30 Morning Exercise 10:30 What's in the News 10:30 Reconnections: RAT PACK--- Trivia 1st fl. 11:00 Art Project 11:00 Music with LeeAnn 11:00 Olive Garden Luncheon Trip 1:00 Today in History 1:00 Forever Fit Class 2:00 Brain Games 2:30 Energy Break 3:00 Music with Angela 4:00 Short Stories 6:00 Nature Studies 7:00 Energy Break/Movie</p>	<p>27</p> <p>7:30 Social Dining 9:00 Forever Fit 1:1 9:30 What's in the News 10:00 Forever Fit Class 11:00 Music Exploration 1:00 Today in History 2:00 Art Exploration 3:00 Energy Break 3:30 Reminiscing 3:30 Shabbat Service 4:00 Physical Challenge 6:00 Meet the Musician 7:00 Energy Break/Movie</p>	<p>28</p> <p>7:30 Social Dining 9:30 Morning Exercise 10:30 What's in the News 11:00 Group Art Project 1:00 Physical Challenge 2:00 Brain Games 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 9:30 Morning Exercise 10:30 What's in the News 10:00 Broadcast Mass 11:00 Word Games 1:00 Short Stories 2:00 Physical Challenge 3:00 Energy Break 3:30 Concert: Joey B. Bop 4:30 Walking Club 6:00 Comedy Hour 7:00 Energy Break/Movie</p>	<p>30</p> <p>7:30 Social Dining 9:00 PetPals (J&M) 9:30 Morning Exercise 10:00 Reconnections: Haunted New England 1st floor 11:00 Forever Fit 1:00 Poetry 2:00 Forever Fit 1:1 2:00 Reconnections: 1st floor Chocolate Spider Trifle 3:30 Reminiscing 4:00 Crossword Puzzle 6:00 Iconic Photos 7:00 Energy Break/Movie</p>	<p>31</p> <p>Hair Salon Open 7:30 Social Dining 9:00 Forever Fit 1:1 9:30 Morning Exercise 10:00 Reconnections: Witches of Salem 9:30 Morning Exercise 10:30 What's in the News 11:00 Forever Fit Class 1:00 History Presentation 2:00 Dance with Donna! 3:00 Reconnections: Halloween Trivia Party! 3:30 Reminiscing 4:00 Knitting 4:00 Halloween Trivia 6:00 Music with Deb 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>	<p>Birthdays</p> <p>10/30 Susan N. 10/31 Marilyn R.</p>		

