

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2023

			<p>9:00 Coffee Chat - MR 1 10:00 Yoga / Valerie- CR 11:00 Needlepoint Group: Crochet, Knit, etc. - MR 12:00 Lunch Outing: Schermerhorn's- sign up 1:30 Bingo – CR 3:00 Documentary: Simon & Garfunkel - CR 6:30 Game: Tripoley</p>	<p>10:00 Exercise Lynne 2 11:00 RR Medical Director Dr. May Talks About Her Services – Comm Rm 1:30 Blackjack – CR 2:00 Walking Group – Meet at Reception 3:00 Tea Social – MR 4:00 Scrabble - Parlor 6:30 Game: 5 Crown</p>	<p>FootCare Nurse 3 10:15 Weights for Lightweights / Danny CR 2:00 Movie: "Barbie" w/ popcorn and pop – Community Room 2:00 Bridge – Parlor Laurels Neighborhood 6:30 Rummikub</p>	<p>10:00 Bingo – CR 4 11:15 Katharine Baker: Brahms Sextets - CR 2:00 Entertainment: "Doug Schmolze"- CR 3:15 Outing: Concert @ St James, Greenfield \$35 – sign up 3:30 Art: Shadow Tree Drawing with Sara –CR 6:00 Independent Film - CR</p>
<p>10:00 Seated Stretch w/ Sara – Community Room 11:00 Pokeno–Comm Rm 2:00 Baking w/Yocheved Country Kitchen 2:00 Bridge - Parlor 3:00 Rootbeer Floats with Danny – Multi Purpose 3:30 Art Inspired by Hundertwasser - CR</p>	<p>10:00 Weights for Lightweights with Danny- Comm Room 6 12:00 Outing: Norman Rockwell Museum \$18.00 - sign up 1:30 Bingo! – CR 3:00 Craft with Kristin: Turkeys – Comm Room 6:30 Qwirkle</p>	<p>10:00 Exercise with Kathleen – Comm Rm 7 12:00 Lunch Outing: Toms Hot Dogs–sign up 2:00 Walking Group – Meet @ Reception 2:00 French Conversation with Monique – Multi Purp 3:15 Jazz Pianist Michael Leidig Performs Community Room</p>	<p>9:00 Coffee Chat - MR 8 10:00 Yoga / Valerie-CR 11:00 Laurels Resident Meeting – Comm Room 1:30 Bingo – CR 2:30 Outing: Target & Trader Joe's – sign up 3:00 Catholic Mass with Father Kingsley - CR 6:30 Game: Tripoley</p>	<p>10:00 Exercise Lynne 9 11:00 Meadows Resident Meeting – Comm Rm 1:30 Guest Speaker: Mass EDP - Phones for Visual/Hearing Impaired 2:00 Walking Group – Meet at Reception 3:00 Flower Arranging-CR 4:00 Scrabble 6:30 Game: 5 Crown</p>	<p>10:15 Exercise with Julie / Care One – CR 10 11:00 VC Resident Meeting – Café 2:00 Movie: "My Big Fat Greek Wedding III" w/ popcorn and pop – CR 2:00 Bridge – Parlor Laurels Neighborhood 6:30 Rummikub</p>	<p>10:00 Bingo – CR 11 2:00 Entertainment: "Agawam Melody Band"- 3:30 Art: Veterans Day Drawing with Sara –CR 3:30 Outing: Concert @ St. John's Episcopal Church, NoHo – Free – Sign Up 6:00 Independent Film Group with Monique– CR 6:30 Mexican Train Dominoes</p>
<p>10:00 Belly Dance 12 Inspired Movement with Madelyn – Comm Rm 10:00 Game: LRC– Parlor / Laurels 2:00 Vespers with Pastor Floyd – CR 3:00 Ice Cream Sundaes 3:30 Fun w/Construction Paper Crayons – CR</p>	<p>10:00 Weights w/Danny 13 11:00 Newsletter Society Meets – 3rd Fl. Library 1:30 Bingo! – CR 2:00 Book Group: Anil's Ghost, M. Ondaatje-library 3:00 Outing: Walmart, Big Y, Dollar Tree, etc.– sign up 3:00 Documentary: Normal Is Over 1.1 – CR 6:30 Qwirkle</p>	<p>10:00 Exercise with Kathleen – Comm Rm 14 12:00 Lunch Outing: Wolfie's - sign up 2:00 Concert: Louise Mosrie/Country Music-CR 3:00 Walking Group – Meet @ Reception 6:00 Community Exploration/Monique-MR</p>	<p>9:00 Coffee Chat- MR 15 10:00 Weights for Lightweights with Danny Community Room 1:30 Bingo – CR 3:00 Piano Concert with Zhen Tu Community Room 6:30 Game: Tripoley</p>	<p>10:00 Exercise Lynne 16 2:00 Walking Group – Meet at Reception 3:00 Tea & Cookie Social with Valerie– Multi Purpose 4:00 Scrabble with Valerie - Parlor 6:30 Game: 5 Crown</p>	<p>10:15 Exercise with Julie / Care One – CR 17 2:00 Movie: "Book Club 1 Starring Jane Fonda with popcorn and pop – Community Room 2:00 Bridge – Parlor Laurels Neighborhood 6:30 Rummikub</p>	<p>10:00 Bingo – CR 18 2:00 Entertainment: "Freddie Marion"- Community Room 3:30 Art: Positive / Negative Space Collage w/Sara – CR 6:00 Independent Film Group w/Monique – CR</p>
<p>10:00 Seated Stretch 19 with Sara – Comm Rm 11:00 Pokeno – CR 2:00 Vespers with Pastor Floyd – CR 3:00 Orange Creamsicle w/Danny – MR 3:30 Art: Simple Cubism with Sara – Comm Rm</p>	<p>10:00 Weights for Lightweights/Danny- CR 20 11:00 Rockridge Singers All Are Welcome to Sing For Fun! – Comm Room 1:30 Bingo! – CR 3:00 Documentary: Edinburgh Castle, Scotland - Comm Room 6:30 Qwirkle</p>	<p>10 Exercise/ Kathleen 21 11:00 Dementia Awareness Support Group - MR 1:30 Outing: Richardson's Candy, Deerfield –sign up 2:00 The Music & History of Rock n Roll w/Mary & Ben – Community Room 2:00 French Conversation with Monique – MR 3:30 Walking Group – Meet at Reception</p>	<p>9:00 Coffee Chat-MR 22 10:00 Yoga w/Valerie – Community Room 11:00 Needlepoint Group: Crochet, Knit, etc. - MR 1:30 Bingo – CR Movie Outing: Time To Be Determined -signup "Priscilla" (Presley) 6:30 Game: Tripoley</p>	<p>Happy Thanksgiving! 23 Have a wonderful day! 10:00 Yoga with Valerie – Comm Room 3:00 RootBeer Floats with Danny - CR 4:00 Scrabble – Parlor Laurels Neighborhood 6:30 Game: 5 Crown</p>	<p>10:15 Exercise with Julie / Care One – CR 24 11:00 11:00 Newsletter Society Meets – 3rd Fl. Library 2:00 Movie: "Book Club II" Starring Jane Fonda w/ popcorn & pop – CR 2:00 Bridge – Parlor 6:30 Rummikub</p>	<p>10:00 Bingo – CR 25 2:00 Entertainment: "Stephen Paige & Beatrice Cody"- CR 3:30 Art: Turkey Drawing w/Sara – CR 6:00 Independent Film Group w/Monique – CR 6:30 Mexican Train Dominoes</p>
<p>10:00 Belly Dance 26 Inspired Movement with Madelyn – Comm Rm 10:00 Game: LRC– Parlor 2:00 Vespers with Pastor Floyd – CR 3:00 Brownie Sundaes with Danny – MR 3:30 Art: Basic Paper Sculpture with Sara - CR</p>	<p>10:00 Weights/Danny 27 12:30 Outing: Music Monday @Smith-sign up 1:30 Bingo! – CR 3:00 Outing: Walmart, Big Y, River Valley Dollar Tree – sign up 3:00 Documentary: Sh*t Saves The World - CR 6:30 Qwirkle</p>	<p>10 Exercise Kathleen 28 11:00 Caregivers Support Group / All Are Welcome– Multi Purpose Room 1:30 Outing: Yankee Candle –sign up 2:00 Concert: Bill Sbrega 6:00 Adventures in Holistic Healing with Monique - MR</p>	<p>9:00 Coffee & Conversation - MR 29 10:00 Yoga Valerie - CR 11:00 Needlepoint Group: Crochet, Knit, etc. - MR 1:30 Bingo – CR 3:30 Circle of Life with Kathleen – Multi Purpose Room 6:30 Game: Tripoley</p>	<p>30 10:00 Exercise Lynne 1:30 Blackjack - CR 2:00 Walking Group – Meet at Reception 3:00 Tea & Cookie Social – Multi Purpose 4:00 Scrabble - Parlor 6:30 Game: 5 Crown</p>		