

























































































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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| RESIDENT BIRTHDAYS Abob D. Judith Z.  |  INDOOR PARK TRIP 3/07/17 *Please join us for an excursion to a new place. The park is indoors at a renovated mill and has a great view, plants and some light snack available for purchase. It is in Easthampton. SIGN UP AT FRONT DESK & SEE ACTIVITIES DIRECTOR DIANE, FOR MORE INFORMATION | *PLEASE NOTE that Christopher Heights shopping trips to Stop & Shop on 3/1 & to Walmart on 3/22 & 3/29 require a sign up at the front desk  | 1. 10:00 Current Events 10:30 PREVENTING FALLS AMONG OLDER ADULTS 1:15 SHOPPING STOP AND SHOP* 2:00 Activity TBA 3:30 Social Hour 6:00 Game night    | 2. 10:00 Where were you in 1991? 10:30 Exercise 2:00 HEALTH CARE LECTURE - "Music and Wellness - Pillars of a Healthy Brain" by Home Watch Care Givers" 3:30 Social Hour  | 3. 10:00 Current Events 10:30 Exercise 2:00 BINGO 3:30 Social Hour 6:00 Friday Movie: "Gentleman prefer Blondes" 1955 Classic Musical with Marilyn Monroe   | 4. 10:00 Current Events 10:30 Exercise 2:00 Movie Matinee'- "Gentleman prefer Blondes" 1955 Classic Musical with Marilyn Monroe 1955 or another movie 3:30 Social Hour   |
| 5. 10:00 Communion Services 10:00 Current Events 10:30 Walking Club 10:30 Exercise- 1:30 Transitions with Tim 2:00 Bingo 3:30 Social Hour     | 6. 10:00 Current Events 10:30 Exercise 2:00 Yarn Arts 3:30 Social Hour    | 7. 10:00 Share time – share a hobby, article, photo, etc. 10:30 Exercise 1:00 TRIP TO EASTHAMPTON INDOOR PARK* with Handicap Van* 2:00 Movie – "Lucille Ball Episodes" 3:30 Social Hour 6:00 Mini Series Night   | 8. 10:00 Current Events 10:30 PREVENTING FALLS AMONG OLDER ADULTS 2:00 RESIDENT COUNCIL MEETING 2:00 Activity TBA 3:30 Social Hour 6:00 Game night   | 9. 10:00 Where were you in 1940? 10:30 Exercise 2:00 IRISH MUSIC WITH LINDSAY STRAW 3:30 Social Hour     | 10. 10:00 Coffee with Tom 10:30 Exercise 2:00 BINGO 3:30 Social Hour 6:00 Friday Movie "Woman in Gold" 2015 Drama with Helen Mirren    | 11. 10:00 Current Events 10:30 Exercise 2:00 Movie Matinee'- "Woman in Gold" 2015 Drama with Helen Mirren or another movie 3:30 Social Hour   |
| 12. 10:00 Current Events 10:30 Walking Club 10:30 Exercise 2:00 BINGO 3:30 Social hour     | 13. 10:00 Current Events 10:30 Exercise 1:00 Choral Group Rehearsal 2:00 Presentation of Quilt project by Sally 3:30 Social Hour     | 14. 10:00 Share time – share a hobby, article, photo, 10:30 Exercise 2:00 Adult coloring books 3:30 Social Hour 6:00 Mini Series Night   | 15. 10:00 Current Events 10:30 PREVENTING FALLS AMONG OLDER ADULTS 2:00 RESIDENT BIRTHDAY PARTY with music by Dan Daniels 3:30 Social Hour 6:00 Game Night    | 16. 10:00 Where were you in 2000? 10:30 Exercise 2:00 BINGO 3:30 Social Hour    | 17. 10:00 Current Events 10:30 Exercise 2:00 IRISH MUSIC FRED MARION 3:30 Social Hour 6:00 Friday Movie "The Odd couple II" 1998 with Walter Mattheu Happy St. Patrick's Day     | 18. 10:00 Current Events 10:30 Exercise 2:00 Movie Matinee'- "The Odd Couple II" 1998 Comedy with Walter Mattheu or another movie 3:30 Social Hour    |
| 19. 10:00 Communion Services 10:00 Current Events 10:30 Walking Club 10:30 Exercise 1:30 Transitions with Tim 2:00 BINGO 3:30 Social Hour    | 20. 10:00 Current Events 10:30 Exercise 1:00 Choral Group Rehearsal 2:00 ART/CRAFT ACTIVITY -Basket project with Dawn 3:30 Social Hour    | 21. 10:00 Share time – share a hobby, article, photo, 10:30 Exercise 2:00 MUSIC BY JOHN PHILIPS AND BLACK COFFEE 3:30 Social Hour 6:00 Mini Series Night   | 22 10:00 Current Events 10:30 Exercise 1:00 NEW RESIDENT ORIENTATION 1:00 SHOPPING TRIP TO WALMART with handicap van* 2:00 Activity TBA 3:30 Social Hour 6:00 Game night    | 23. 10:00 Where were you in 1986? 10:30 Exercise 2:00 CRAFT ACTIVITY -Quilt Project by Sally 3:30 Social Hour    | 24. 10:00 Current Events 10:30 Exercise 2:00 BINGO 3:30 Social Hour 6:00 Friday Movie: "The Blue Planet" 2001 Documentary    | 25. 10:00 Current Events 10:30 Exercise 2:00 Movie Matinee'- "The Blue Planet" 2001 Documentary or another movie 3:30 Social Hour   |
| 26 10:00 Current Events 10:30 Walking Club 10:30 Exercise 2:00 BINGO 3:30 Social Hour   | 27 10:00 Current Events 10:30 Exercise 1:00 Choral Group Rehearsal 2:00 Creative Writing Activity with Julia 3:30 Social Hour     | 28. 10:00 Share time – share a hobby, article, photo, 10:30 Exercise 2:00 ART ACTIVITY – Fluid Abstract Painting 3:30 Social Hour 6:00 Mini Series Night  | 29. 10:00 Current Events 10:30 Exercise 1:15 SHOPPING TRIP TO WALMART* 1:00 Food Committee Meeting 2:00 Activity TBA 3:30 Social Hour 6:00 Game night    | 30. 10:00 Where were you in 1950? 10:30 Exercise 2:00 CRAFT ACTIVITY -Quilt Project by Sally 3:30 Social Hour    | 31 10:00 Current Events 10:30 Exercise 2:00 BINGO 3:30 Social Hour 6:00 Friday Movie "To Catch A Thief" 1959 Alfred Hitchcock Mystery with Cary Grant and Grace Kelly   | SENIOR CENTER SCAN CARD SIGN UPS *Sign up for an appointment for 03/03/17 9:00 AM – 11:30 AM Will continue sign-ups then on Thursdays 1:30 – 3:00 until all resident have a scan card and are members of the Senior Center |