

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



- 1** New Years Day
- 10:00 ■ Daily Chronicles
 - 10:30 ■ Exercise
 - 1:30 ■ Catholic Mass Rev. Keyes
 - 2:00 ■ Kangaroo Words
 - 2:30 ■ Cheese Tasting
 - 3:00 ■ Deep Breathing
 - 6:00 ■ New Year's Resolutions
 - 6:30 ■ Movie Time

- 2**
- 10:00 ■ Coffee Trip
 - 10:30 ■ Sittercize
 - 1:30 ■ Daily Chronicles
 - 2:00 ■ Baking Corner
 - 2:30 ■ Snack Social
 - 3:30 ■ Afternoon Stretch
 - 6:00 ■ Reading Club
 - 6:30 ■ The Golden Girls

- 3**
- 10:00 ■ Exercise
 - 10:30 ■ Daily Chronicles
 - 10:45 ■ Reminiscing
 - 2:00 ■ Junk Draw Detective
 - 2:30 ■ Snack Social
 - 3:00 ■ Picture This
 - 4:00 ■ Stretch to the Music
 - 6:00 ■ Evening Movie

- 4**
- 10:00 ■ Daily Chronicles
 - 10:30 ■ Tai Chi with Leslie
 - 11:00 ■ Remember When?
 - 2:00 ■ Bean Bag Toss
 - 2:30 ■ Bingo
 - 3:30 ■ Freestyle Art
 - 5:45 ■ Classic Stories
 - 6:00 ■ Evening Movie

- 5**
- 10:00 ■ Morning Reminiscing
 - 10:15 ■ Daily Chronicles
 - 11:00 ■ Exercise
 - 1:30 ■ Word Challenge
 - 2:00 ■ Table Top Games
 - 2:45 ■ Snack Social
 - 6:15 ■ Chicken Soup Stories
 - 6:30 ■ Evening Movie

- 6**
- 10:00 ■ Catholic Mass Ch. 268
 - 11:00 ■ Exercise
 - 1:00 ■ Daily Chronicles
 - 1:30 ■ Word Mistories
 - 2:00 ■ Music with Steve OConnell
 - 3:00 ■ Sunday Social
 - 3:30 ■ Afternoon Stretch
 - 6:30 ■ Evening Movie

- 7**
- 10:00 ■ Scenic Rida
 - 10:30 ■ Daily Chronicles
 - 2:00 ■ Tai Chi with Leslie
 - 2:30 ■ Snack Social
 - 3:30 ■ BINGO
 - 5:30 ■ Simple Stretch
 - 6:00 ■ Reading Club
 - 6:30 ■ The Golden Girls

- 8**
- 10:00 ■ Daily Chronicles
 - 10:30 ■ Exercise
 - 11:00 ■ Reminiscing
 - 2:00 ■ Kangaroo Words
 - 2:30 ■ Snack Social
 - 3:00 ■ Deep Breathing
 - 6:00 ■ Poetry
 - 6:30 ■ Movie Time

- 9**
- 10:00 ■ Coffee Trip
 - 10:30 ■ Sittercize
 - 11:00 ■ Word Histories
 - 1:30 ■ Daily Chronicles
 - 2:30 ■ Snack Social
 - 3:30 ■ Afternoon Stretch
 - 6:00 ■ Reading Club
 - 6:30 ■ The Golden Girls

- 10**
- 10:00 ■ Exercise
 - 10:30 ■ Daily Chronicles
 - 11:00 ■ E Z Trivia
 - 2:00 ■ Bingo
 - 2:30 ■ Snack Social
 - 4:00 ■ Stretch to the Music
 - 6:00 ■ Winter Poetry
 - 6:30 ■ Movie Time

- 11**
- 10:00 ■ Daily Chronicles
 - 10:30 ■ Tai Chi with Leslie
 - 11:00 ■ Remember When?
 - 1:15 ■ Star of the Month - Oprah
 - 2:30 ■ Bean Bag Toss
 - 3:30 ■ Freestyle Art
 - 6:00 ■ Music
 - 6:30 ■ Evening Movie

- 12**
- 10:00 ■ Morning Reminiscing
 - 10:15 ■ Daily Chronicles
 - 11:00 ■ Exercise
 - 1:30 ■ Bingo
 - 2:00 ■ Table Top Games
 - 2:45 ■ Snack Social
 - 6:15 ■ Chicken Soup Stories
 - 6:30 ■ Evening Movie

- 13**
- 10:00 ■ Catholic Mass Ch. 268
 - 11:00 ■ Exercise
 - 1:00 ■ Daily Chronicles
 - 1:30 ■ Word Challenge
 - 2:00 ■ Music with Dave & Sandy
 - 2:45 ■ Sunday Social
 - 3:00 ■ Afternoon Stretch
 - 6:30 ■ Evening Movie

- 14**
- 10:00 ■ Rockport Trip
 - 10:30 ■ Daily Chronicles
 - 2:00 ■ Tai Chi with Leslie
 - 2:30 ■ Snack Social
 - 3:30 ■ BINGO
 - 5:30 ■ Simple Stretch
 - 6:00 ■ Reading Club
 - 6:30 ■ The Golden Girls

- 15**
- 10:00 ■ Daily Chronicles
 - 10:30 ■ Exercise
 - 10:30 ■ Music Therapy with Emily
 - 2:00 ■ Kangaroo Words
 - 2:30 ■ Snack Social
 - 3:00 ■ Deep Breathing
 - 6:00 ■ Reminiscing
 - 6:30 ■ Movie Time

- 16**
- 10:00 ■ Coffee Trip
 - 10:30 ■ Sittercize
 - 1:30 ■ Daily Chronicles
 - 1:30 ■ Science Studies
 - 2:30 ■ Snack Social
 - 3:30 ■ Afternoon Stretch
 - 6:00 ■ Reading Club
 - 6:30 ■ The Golden Girls

- 17**
- 10:00 ■ Exercise
 - 10:30 ■ Daily Chronicles
 - 11:00 ■ Catagories
 - 2:00 ■ Picture This
 - 2:30 ■ Snack Social
 - 3:15 ■ Tell Me A Story
 - 4:00 ■ Stretch to the Music
 - 6:30 ■ Evening Movie

- 18**
- 10:00 ■ Daily Chronicles
 - 10:30 ■ Tai Chi with Leslie
 - 11:00 ■ Remember When?
 - 1:15 ■ Classic Stories
 - 1:30 ■ Afternoon Stretch
 - 2:00 ■ Bean Bag Toss
 - 3:30 ■ Freestyle Art
 - 6:30 ■ Evening Movie

- 19**
- 10:00 ■ Morning Reminiscing
 - 10:15 ■ Daily Chronicles
 - 11:00 ■ Exercise
 - 1:30 ■ Word Challenge
 - 2:00 ■ Table Top Games
 - 2:45 ■ Snack Social
 - 6:15 ■ Chicken Soup Stories
 - 6:30 ■ Evening Movie

- 20**
- 10:00 ■ Catholic Mass Ch. 268
 - 11:00 ■ Exercise
 - 1:00 ■ Daily Chronicles
 - 1:30 ■ Word Games
 - 2:00 ■ Afternoon Stretch
 - 2:30 ■ Sunday Social
 - 3:30 ■ E Z Trivia
 - 6:30 ■ Evening Movie

- 21**
- 10:00 ■ Museum Trip
 - 10:30 ■ Daily Chronicles
 - 2:00 ■ Tai Chi with Leslie
 - 2:30 ■ Snack Social
 - 3:30 ■ Music with Bill Foley
 - 5:30 ■ Simple Stretch
 - 6:00 ■ Reading Club
 - 6:30 ■ The Golden Girls

- 22**
- 10:00 ■ Daily Chronicles
 - 10:30 ■ Exercise
 - 10:45 ■ When I Was a Kid
 - 2:00 ■ Bingo
 - 2:30 ■ Snack Social
 - 3:00 ■ Deep Breathing
 - 6:00 ■ Word Games
 - 6:30 ■ Movie Time

- 23**
- 10:00 ■ Coffee Trip
 - 10:30 ■ Sittercize
 - 11:00 ■ Daily Chronicles
 - 1:30 ■ Resident Council
 - 2:30 ■ Snack Social
 - 3:30 ■ Afternoon Stretch
 - 6:00 ■ Reading Club
 - 6:30 ■ Evening Movie

- 24**
- 10:00 ■ Exercise
 - 10:30 ■ Daily Chronicles
 - 11:00 ■ Spelling Bee
 - 2:00 ■ Bingo
 - 2:30 ■ Snack Social
 - 4:00 ■ Stretch to the Music
 - 6:00 ■ Story Time
 - 6:30 ■ Evening Movie

- 25**
- 10:00 ■ Daily Chronicles
 - 10:30 ■ Tai Chi with Leslie
 - 11:00 ■ Remember When?
 - 1:30 ■ Bean Bag Toss
 - 2:00 ■ Monthly Birthday Party
 - 3:30 ■ Freestyle Art
 - 6:00 ■ Word Games
 - 6:30 ■ Movie Time

- 26**
- 10:00 ■ Morning Reminiscing
 - 10:15 ■ Daily Chronicles
 - 11:00 ■ Exercise
 - 1:30 ■ Bingo
 - 2:00 ■ Table Top Games
 - 2:45 ■ Snack Social
 - 6:15 ■ Chicken Soup Stories
 - 6:30 ■ Evening Movie

- 27**
- 10:00 ■ Catholic Mass Ch. 268
 - 11:00 ■ Exercise
 - 1:00 ■ Daily Chronicles
 - 1:30 ■ Word Challenge
 - 2:00 ■ Afternoon Stretch
 - 2:30 ■ Sunday Social
 - 3:30 ■ Presbyterian Service
 - 6:30 ■ Evening Movie

- 28**
- 10:00 ■ Landmark Ride
 - 10:30 ■ Daily Chronicles
 - 2:00 ■ Tai Chi with Leslie
 - 2:30 ■ Snack Social
 - 3:30 ■ BINGO
 - 5:30 ■ Simple Stretch
 - 6:00 ■ Reading Club
 - 6:30 ■ Movie Time

- 29**
- 10:00 ■ Daily Chronicles
 - 10:30 ■ Exercise
 - 10:45 ■ Reminiscing
 - 2:00 ■ Kangaroo Words
 - 2:30 ■ Snack Social
 - 3:00 ■ Deep Breathing
 - 6:00 ■ Music
 - 6:30 ■ Movie Time

- 30**
- 10:00 ■ Coffee Trip
 - 10:30 ■ Sittercize
 - 11:00 ■ Word Histories
 - 1:30 ■ Daily Chronicles
 - 1:30 ■ Science Studies
 - 2:30 ■ Snack Social
 - 3:30 ■ Afternoon Stretch
 - 6:30 ■ The Golden Girls

- 31**
- 10:00 ■ Exercise
 - 10:30 ■ Daily Chronicles
 - 11:00 ■ Spelling Bee
 - 2:00 ■ Bingo
 - 2:30 ■ Snack Social
 - 3:15 ■ Reminiscing
 - 4:00 ■ Stretch to the Music
 - 6:30 ■ Movie Time



Reflections

Happy & Healthy
New Year"

Family Support
Group
Jan. 16th
2:30 pm

Monthly Birthday
Party
Last Friday of the
Month

PROGRAM

- - Cognitive
- - Emotional
- - Physical
- - Social

LCB Senior Living
strengthens its programming
through collaborations with
notable health care leaders,
including McLean Hospital,
Harvard Medical School
and Brigham and
Women's Hospital.