

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



- 4**
- 10:00 ■ Televised Mass
 - 11:00 ■ Poetry and Short Stories
 - 12:00 ■ Sort and Match
 - 1:30 ■ Walking Club
 - 1:30 ■ Yoga Dance
 - 3:00 ■ Happy News
 - 4:00 ■ Bingo
 - 6:00 ■ Meditation

- 5**
- 9:00 ■ Manicures and Nail care
 - 10:00 ■ Tai Chi with Lisa
 - 11:00 ■ Create a memory Box
 - 1:00 ■ Afternoon Stretches
 - 1:30 ■ Sing-A-Long
 - 3:00 ■ High/Low
 - 4:00 ■ Creative Colors
 - 5:00 ■ Card Games

- 6**
- 11:00 ■ Banding Together
 - 11:00 ■ Resident Council
 - 12:00 ■ Finish the Lines
 - 1:00 ■ Mindful Coloring
 - 3:00 ■ Pictionary
 - 3:00 ■ Chicken Soup for the Soul
 - 4:00 ■ Music with Maggie
 - 5:00 ■ Balance and Movement

- 7**
- 10:00 ■ Tai Chi with Lila
 - 11:00 ■ Name 10
 - 12:00 ■ Spa Social
 - 1:45 ■ Noodle Ball
 - 2:30 ■ Snack and Musical therapy
 - 3:00 ■ Bird Watching
 - 4:00 ■ Bingo
 - 5:00 ■ Meditation

- 1**
- 10:00 ■ Morning Stretches
 - 11:00 ■ Reminisce with Me
 - 1:45 ■ Walking Club
 - 2:00 ■ Finish the Lines
 - 2:30 ■ snack and social time
 - 3:00 ■ Creative Colors
 - 4:00 ■ Bingo
 - 6:00 ■ Mindful Coloring

- 2**
- 9:00 ■ Sort and Match
 - 10:00 ■ Bowling
 - 10:15 ■ Meditation
 - 11:00 ■ Name 10
 - 1:30 ■ Sing-A-Long
 - 2:30 ■ Snack and Musical therapy
 - 3:00 ■ Balance and Movement
 - 4:00 ■ Poetry and Short Stories

- 3**
- 10:00 ■ Light Weights
 - 1:00 ■ "I remember Stories"
 - 1:30 ■ Spa Social
 - 2:00 ■ Bird Watching
 - 2:30 ■ snack and social time
 - 3:00 ■ Bingo
 - 3:00 ■ Fine Motor Skills brush up
 - 6:00 ■ Card Games

- 11**
- 10:00 ■ Televised Mass
 - 11:00 ■ Card Games with Ron
 - 1:00 ■ Noodle Ball
 - 1:30 ■ Walking Club
 - 1:30 ■ Snack and reminisce
 - 3:00 ■ Chicken Soup for the Soul
 - 4:00 ■ Trivia Club
 - 5:00 ■ Sunday Mantinee

- 12**
- 10:00 ■ Tai Chi with Lisa
 - 11:00 ■ Finish the Lines
 - 12:00 ■ Remember that Tune
 - 1:30 ■ Reminisce with Me
 - 2:30 ■ Afternoon Stretches
 - 3:00 ■ Armchair Travel
 - 4:00 ■ Bingo
 - 5:00 ■ Mindful Coloring

- 13**
- 9:00 ■ Meditation
 - 10:00 ■ Word Games
 - 11:00 ■ Banding Together
 - 1:30 ■ Name 10
 - 2:30 ■ Family Tree
 - 3:00 ■ Ice Cream Social
 - 4:00 ■ Music with Maggie
 - 5:00 ■ Fine Motor Skills brush up

- 14**
- 9:00 ■ Poetry and Short Stories
 - 10:00 ■ Tai Chi with Lila
 - 11:00 ■ Meditation
 - 1:30 ■ Science Club
 - 1:30 ■ Balance and Movement
 - 3:00 ■ Happy News
 - 4:00 ■ Life Stories
 - 5:00 ■ Sort and Match

- 15**
- 9:00 ■ Remember that Tune
 - 10:00 ■ Put Put
 - 11:00 ■ Reminisce with Me
 - 12:00 ■ Word Games
 - 1:00 ■ "I remember Stories"
 - 3:00 ■ Creative Colors
 - 4:00 ■ Bingo
 - 5:00 ■ Evening Stretches

- 16**
- 9:00 ■ Mindful Coloring
 - 10:00 ■ Bowling
 - 11:00 ■ Name 10
 - 1:00 ■ Favorite Memories
 - 1:30 ■ Sing-A-Long
 - 3:00 ■ Chicken Soup for the Soul
 - 3:00 ■ Folding Laundry
 - 4:00 ■ Yoga Dance

- 17**
- 9:00 ■ Sort and Match
 - 10:00 ■ Light Weights
 - 11:00 ■ Family Tree
 - 1:30 ■ Spa Social
 - 2:00 ■ Bird Watching
 - 2:30 ■ Afternoon Stretches
 - 4:00 ■ Bingo
 - 5:00 ■ Poetry and Short Stories

- 18**
- 9:00 ■ Word Games
 - 10:00 ■ Televised Mass
 - 11:00 ■ Snack and reminisce
 - 1:30 ■ Walking Club
 - 3:00 ■ Happy News
 - 3:15 ■ Balance and Movement
 - 4:00 ■ Bingo
 - 5:00 ■ Meditation

- 19**
- 9:00 ■ Mindful Coloring
 - 10:00 ■ Tai Chi with Lisa
 - 11:00 ■ Name 10
 - 12:00 ■ Noodle Ball
 - 1:30 ■ Sing-A-Long
 - 2:30 ■ Snack and Musical therapy
 - 3:00 ■ High/Low
 - 4:00 ■ Creative Colors

- 20**
- 9:00 ■ Poetry and Short Stories
 - 11:00 ■ Banding Together
 - 12:00 ■ Folding Laundry
 - 1:00 ■ Balance and Movement
 - 3:00 ■ Pictionary
 - 3:00 ■ Chicken Soup for the Soul
 - 4:00 ■ Music with Maggie
 - 5:00 ■ Create a memory Box

- 21**
- 9:00 ■ Meditation
 - 10:00 ■ Tai Chi with Lila
 - 1:30 ■ Spa Social
 - 2:00 ■ Songversation and Trivia
 - 2:30 ■ snack and social time
 - 3:00 ■ Bird Watching
 - 4:00 ■ Bingo
 - 5:00 ■ Evening Stretches

- 22**
- 9:00 ■ Gratitude Revealed Experience
 - 10:00 ■ Wheel of Fun
 - 11:00 ■ Sing-A-Long
 - 12:00 ■ Chicken Soup for the Soul
 - 1:30 ■ High/Low
 - 2:30 ■ Reminiscence Therapy
 - 3:00 ■ Armchair Travel
 - 5:00 ■ Balance and Movement

- 23**
- 9:00 ■ Mindful Coloring
 - 10:00 ■ Corn Hole
 - 11:00 ■ Baking Demonstration
 - 1:00 ■ Reminiscence Therapy
 - 2:00 ■ Fine Motor Skills brush up
 - 3:00 ■ Spa Social
 - 4:00 ■ Bingo
 - 5:00 ■ Puzzling Together

- 24**
- 9:00 ■ Poetry and Short Stories
 - 10:00 ■ Saturday Stretch
 - 11:00 ■ Name 10
 - 12:00 ■ Meditation
 - 2:00 ■ Bird Watching
 - 3:00 ■ Patio Picnic
 - 4:00 ■ What's your Word?
 - 5:00 ■ Evening Stretches

- 25**
- 9:00 ■ Word Games
 - 10:00 ■ Televised Mass
 - 11:00 ■ Snack and Musical therapy
 - 12:00 ■ "I remember Stories"
 - 1:30 ■ Walking Club
 - 3:00 ■ Chicken Soup for the Soul
 - 4:00 ■ Trivia Club
 - 5:00 ■ Fine Motors Painting

- 26**
- 9:00 ■ Sort and Match
 - 10:00 ■ Tai Chi with Lisa
 - 11:00 ■ Puzzling Together
 - 12:00 ■ Mindful Coloring
 - 1:30 ■ Reminisce with Me
 - 3:00 ■ Armchair Travel
 - 4:00 ■ Bingo
 - 5:00 ■ Evening Stretches

- 27**
- 9:00 ■ Poetry and Short Stories
 - 10:00 ■ Banding Together
 - 11:00 ■ Family Tree
 - 12:00 ■ Dance Yoga
 - 1:30 ■ Name 10
 - 3:00 ■ Ice Cream Social
 - 4:00 ■ Music with Maggie
 - 5:00 ■ Word Games

- 28**
- 9:00 ■ Meditation
 - 10:00 ■ Tai Chi with Lila
 - 11:00 ■ Sort and Match
 - 12:00 ■ Gratitude Circle
 - 1:30 ■ Science Club
 - 3:00 ■ Happy News
 - 4:00 ■ Life Stories
 - 5:00 ■ Balance and Movement

- 29**
- 9:00 ■ Poetry and Short Stories
 - 10:00 ■ Put Put
 - 11:00 ■ Reminisce with Me
 - 12:00 ■ Name 10
 - 2:00 ■ Meditation
 - 3:00 ■ Creative Colors
 - 4:00 ■ Bingo
 - 5:00 ■ Evening Stretches

- 30**
- 9:00 ■ Mindful Coloring
 - 10:00 ■ Bowling
 - 11:00 ■ Name 10
 - 12:00 ■ Friday Mantinee
 - 1:30 ■ Sing-A-Long
 - 1:30 ■ Reminiscence Therapy
 - 3:00 ■ Chicken Soup for the Soul
 - 5:00 ■ Balance and Movement

- 31**
- 9:00 ■ Meditation
 - 10:00 ■ Light Weights
 - 11:00 ■ History of Halloween!
 - 12:00 ■ Halloween Word Games
 - 1:30 ■ Spa Social
 - 2:00 ■ Bird Watching
 - 4:00 ■ Bingo
 - 5:00 ■ Evening Stretches

Title

Salon Open
Tues&Thurs

Indoor Visits
Mon-Sat
10am, 11am, 1pm,
2pm, 3pm, 4pm and
6pm

Music Therapy with
Maggie
every Tues at 11am

* All outdoor
programs are
weather permitting

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.