

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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- 9:00 Morning Gathering
- 10:00 Daily Stretch
- 10:15 Rosary
- 11:00 Today in History
- 1:00 Crafts with Susan
- 2:00 Pearl Tea Time
- 2:30 Tony Hester Singer
- 3:30 Bowling Practice
- 5:45 Piecing the Puzzles
- 6:00 Mark West - Pianist

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- 9:00 Morning Gathering
- 10:00 Sit and Stretch
- 11:00 Today in History
- 1:30 Mystery Ride
- 2:00 Music and Memories
- 2:00 Pearl Tea Time
- 2:30 Piecing the Puzzle
- 5:30 Comedy Corner

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- 9:00 Morning Gathering
- 10:00 Tai Chi
- 11:00 Today in History
- 1:00 Sing Along with Tim
- 1:15 Yoga With Marianne
- 2:00 Pearl Tea Time
- 2:00 Finish The Line
- 3:00 Balloon Volleyball
- 5:45 Diva Night With Marie

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- 9:00 Morning Gathering
- 9:15 Zumba Gold
- 10:00 Cha Cha Chair Dance
- 10:30 Michael Perry-Niagra Fall
- 11:00 Today in History
- 1:00 Chair Time Travel: Italy
- 1:30 Horse Racing
- 2:00 Pearl Tea Time
- 2:30 Famous Faces
- 3:00 Wii Bowling

10

- 9:00 Morning Gathering
- 10:00 Sit and Be Fit
- 11:00 Today in History
- 1:00 Balloon Fun
- 1:30 Mystery Ride
- 1:30 Watercolors with Merry
- 2:00 Poetry Parlor
- 3:30 Happy Hour
- 5:30 Movie Night

11

- 9:00 Morning Gathering
- 10:00 Tai Chi
- 11:00 Today in History
- 1:00 Guided Imagery Meditation
- 2:00 Catholic Mass
- 2:00 Pearl Tea Time
- 3:00 Basketball Fun
- 4:00 Music and Memories
- 5:45 Finish the Phrase

12

- 9:00 Morning Gathering
- 10:00 Sweet Treats
- 10:00 Sit and Stretch
- 11:00 Yoga With Marianne
- 11:00 Today in History
- 1:00 Music and Memories
- 2:00 Pearl Tea Time
- 3:30 Afternoon Stretch
- 5:45 Famous Faces

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- 9:00 Morning Gathering
- 10:00 Daily Stretch
- 10:15 Rosary
- 11:00 Today in History
- 1:00 Word in a Word
- 2:00 Pearl Tea Time
- 3:00 Bowling Practice
- 4:00 Music and Memories
- 5:45 Piecing the Puzzles
- 6:00 Charlie Dawson -Guitarist

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- 9:00 Morning Gathering
- 10:00 Sit and Stretch
- 11:00 Today in History
- 1:00 Stroll and Chat
- 1:30 Mystery Ride
- 2:00 Pearl Tea Time
- 3:00 Piecing the Puzzle
- 5:30 Comedy Corner

15

- 9:00 Morning Gathering
- 10:00 Tai Chi
- 11:00 Today in History
- 1:00 Sing Along with Tim
- 1:15 Yoga With Marianne
- 2:00 Pearl Tea Time
- 3:00 Finish The Line
- 3:30 Balloon Volleyball
- 5:45 Diva Night With Marie

16

- 9:00 Morning Gathering
- 10:00 Cha Cha Chair Dance
- 11:00 Today in History
- 1:00 Basketball Fun
- 1:30 Horse Racing
- 2:00 Pearl Tea Time
- 2:00 Chef's Table Presentation: Italy
- 3:00 Music and Memories

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- 9:00 Morning Gathering
- 10:00 Sit and Be Fit
- 11:00 Today in History
- 1:00 Balloon Fun
- 1:30 Mystery Ride
- 2:00 Poetry Parlor
- 3:30 Happy Hour
- 3:30 Midnight Dreams Duo
- 5:30 Trivia Challenge

18

- 9:00 Morning Gathering
- 10:00 Tai Chi
- 11:00 Today in History
- 1:00 Guided Imagery Meditation
- 2:00 Pearl Tea Time
- 3:00 Basketball Fun
- 4:00 Music and Memories
- 5:45 Famous Faces

19

- 9:00 Morning Gathering
- 10:00 Sweet Treats
- 10:00 Sit and Stretch
- 11:00 Today in History
- 1:00 Music and Memories
- 2:00 Pearl Tea Time
- 2:30 Tony Hester Musician
- 3:30 Afternoon Stretch
- 5:45 Famous Faces

20

- 9:00 Morning Gathering
- 10:00 Daily Stretch
- 10:15 Rosary
- 11:00 Today in History
- 1:00 Crafts with Susan
- 2:00 Music and Memories
- 2:00 Pearl Tea Time
- 3:30 Bowling Practice
- 3:30 Margie Millea - Pianist
- 5:45 Piecing the Puzzles

21

- 9:00 Morning Gathering
- 10:00 Sit and Stretch
- 11:00 Today in History
- 12:00 Birthday Luncheon
- 1:00 Afternoon Stretch
- 1:30 Mystery Ride
- 2:00 Pearl Tea Time
- 3:00 Piecing the Puzzle
- 5:30 Comedy Corner

22

- 9:00 Morning Gathering
- 10:00 Tai Chi
- 11:00 Today in History
- 1:00 Sing Along with Tim
- 1:15 Yoga With Marianne
- 2:00 Pearl Tea Time
- 3:00 Finish The Line
- 3:30 Afternoon Stretch
- 5:45 Diva Night With Marie

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- 9:00 Morning Gathering
- 9:15 Zumba Gold
- 10:00 Cha Cha Chair Dance
- 11:00 Today in History
- 1:00 Sing Alongs
- 1:30 Horse Racing
- 2:00 Pearl Tea Time
- 3:00 Afternoon Stretch
- 4:00 Top 10 Travel Locations
- 5:30 Arthur Godfrey's Talent

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- 9:00 Morning Gathering
- 10:00 Sit and Be Fit
- 11:00 Today in History
- 1:30 Mystery Ride
- 2:00 Poetry Parlor
- 2:00 Brad Ryan - Keyboard
- 3:00 Balloon Fun
- 3:30 Happy Hour
- 4:00 Resident Council Meeting
- 5:30 Trivia Challenge

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- 9:00 Morning Gathering
- 10:00 Tai Chi
- 11:00 Today in History
- 1:00 Guided Imagery Meditation
- 2:00 Communion Service
- 2:00 Music and Memories
- 2:00 Pearl Tea Time
- 3:00 Afternoon Stretch
- 5:45 Famous Faces

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- 9:00 Morning Gathering
- 10:00 Sweet Treats
- 10:00 Sit and Stretch
- 11:00 Yoga with Marianne
- 11:00 Today in History
- 1:00 Pearl Tea Time
- 2:00 Eric Baldwin Musician
- 3:00 Afternoon Stretch
- 4:00 Favorite Chicken Soup Stories

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- 9:00 Morning Gathering
- 10:00 Daily Stretch
- 10:15 Rosary
- 11:00 Today in History
- 1:00 Name That Tune
- 2:00 Pearl Tea Time
- 2:00 The Jazzabelle's Band
- 3:00 Favorite Chicken Soup Stories
- 3:30 Afternoon Stretch

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- 9:00 Morning Gathering
- 10:00 Sit and Stretch
- 11:00 Today in History
- 1:30 Mystery Ride
- 2:00 Protestant Service
- 2:00 Pearl Tea Time
- 2:30 Piecing the Puzzle
- 3:00 Afternoon Stretch
- 5:30 Comedy Corner

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- 9:00 Morning Gathering
- 10:00 Tai Chi
- 11:00 Today in History
- 1:00 Sing Along with Tim
- 1:15 Yoga With Marianne
- 2:00 Pearl Tea Time
- 3:30 Afternoon Stretch
- 4:00 Name That Tune
- 5:45 Diva Night With Marie

30

- 9:00 Morning Gathering
- 10:00 Cha Cha Chair Dance
- 11:00 Today in History
- 1:00 Pearl Tea Time
- 1:30 Horse Racing
- 2:00 Afternoon Stretch
- 2:30 Music and Memories
- 3:00 Artist Impressions- Picasso
- 5:45 Documentary Series

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- 9:00 Morning Gathering
- 10:00 Sit and Be Fit
- 11:00 Today in History
- 1:00 Balloon Fun
- 1:30 Mystery Ride
- 2:00 Poetry Parlor
- 3:30 Happy Hour
- 5:30 Trivia Challenge



Reflections News

Alzheimer's Dementia Series starting 1/16/19 5:00pm-6:30pm. Next session is 2/20/19 5:00pm-6:30pm. Final session is 3/20/19 5:00pm-6:00pm. Monthly support group will resume in April, after the completion of Alzheimer's Dementia Series presentations.

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.