

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday



- 4**
- 9:30 ■ Today in History
  - 10:15 ■ Rosary
  - 10:15 ■ Daily Stretch
  - 11:00 ■ Book Club
  - 1:15 ■ Wii Sports
  - 2:15 ■ Craft Corner
  - 3:00 ■ Coffee Social
  - 4:00 ■ Music and Memories
  - 6:00 ■ Movie Comedy Sundays

- 5**
- 9:30 ■ Today in History
  - 10:15 ■ Sit and Stretch
  - 11:00 ■ Book Club
  - 1:15 ■ Afternoon Stretch
  - 2:15 ■ Domino's
  - 3:00 ■ Coffee Social
  - 4:00 ■ Music and Memories
  - 6:00 ■ Comedy Corner

- 6**
- 9:30 ■ Today in History
  - 10:15 ■ Tai Chi
  - 11:00 ■ Brain Games
  - 1:30 ■ Balloon Volleyball
  - 2:15 ■ Word in a Word
  - 3:00 ■ Coffee Break
  - 4:00 ■ Music and Memories
  - 6:00 ■ Game Show Night!

- 7**
- 9:30 ■ Today in History
  - 10:15 ■ Sit and Stretch
  - 11:00 ■ Famous Faces
  - 1:15 ■ Toss & Talk
  - 2:15 ■ Fact or Fiction
  - 3:00 ■ Coffee Social
  - 4:00 ■ Music and Memories
  - 6:00 ■ Documentary Series

- 8**
- 9:30 ■ Today in History
  - 10:15 ■ Sit and Be Fit
  - 11:00 ■ Discussion Corner
  - 1:15 ■ Balloon Fun
  - 2:15 ■ Craft Corner
  - 3:00 ■ Coffee Social
  - 4:00 ■ Music and Memories
  - 6:00 ■ Diva Night

- 9**
- 9:30 ■ Today in History
  - 10:15 ■ Tai Chi
  - 1:00 ■ Guided Imagery Meditation
  - 1:45 ■ Stroll and Chat
  - 2:15 ■ Match Up The Sayings
  - 3:00 ■ Coffee Social
  - 4:00 ■ Music and Memories
  - 6:00 ■ Traveler's Club

- 10**
- 9:30 ■ Today in History
  - 10:15 ■ Sit and Stretch
  - 11:00 ■ Karaoke Sing Alongs
  - 1:15 ■ Afternoon Stretch
  - 2:15 ■ Finish the Phrase
  - 3:00 ■ Coffee Social
  - 4:00 ■ Music and Memories
  - 6:00 ■ Hollywood Blockbusters

- 11**
- 9:30 ■ Today in History
  - 10:15 ■ Rosary
  - 10:15 ■ Daily Stretch
  - 11:00 ■ Book Club
  - 1:15 ■ Wii Sports
  - 2:15 ■ Creating Centerpieces
  - 3:00 ■ Coffee Social
  - 4:00 ■ Music and Memories
  - 6:00 ■ Movie Comedy Sundays

- 12**
- 9:30 ■ Today in History
  - 10:15 ■ Sit and Stretch
  - 11:00 ■ Book Club
  - 1:15 ■ Afternoon Stretch
  - 2:15 ■ Domino's
  - 3:00 ■ Coffee Social
  - 4:00 ■ Music and Memories
  - 6:00 ■ Comedy Corner

- 13**
- 9:30 ■ Today in History
  - 10:15 ■ Tai Chi
  - 11:00 ■ Brain Games
  - 1:30 ■ Balloon Volleyball
  - 2:15 ■ Word in a Word
  - 3:00 ■ Coffee Break
  - 4:00 ■ Music and Memories
  - 6:00 ■ Game Show Night!

- 14** Happy Birthday Eleanor!
- 9:30 ■ Today in History
  - 10:15 ■ Sit and Stretch
  - 11:00 ■ Famous Faces
  - 1:15 ■ Toss & Talk
  - 2:15 ■ Fact or Fiction
  - 3:00 ■ Coffee Social
  - 4:00 ■ Music and Memories
  - 6:00 ■ Documentary Series

- 15**
- 9:30 ■ Today in History
  - 10:15 ■ Sit and Be Fit
  - 11:00 ■ Reflections Resident Council
  - 1:15 ■ Balloon Fun
  - 2:15 ■ Craft Corner
  - 3:00 ■ Coffee Social
  - 4:00 ■ Music and Memories
  - 6:00 ■ Diva Night

- 16**
- 9:30 ■ Today in History
  - 10:15 ■ Tai Chi
  - 1:00 ■ Guided Imagery Meditation
  - 1:45 ■ Stroll and Chat
  - 2:15 ■ Match Up The Sayings
  - 3:00 ■ Coffee Social
  - 4:00 ■ Music and Memories
  - 6:00 ■ Traveler's Club

- 17**
- 9:30 ■ Today in History
  - 10:15 ■ Sit and Stretch
  - 11:00 ■ Karaoke Sing Alongs
  - 1:15 ■ Afternoon Stretch
  - 2:15 ■ Finish the Phrase
  - 3:00 ■ Coffee Social
  - 4:00 ■ Music and Memories
  - 6:00 ■ Hollywood Blockbusters

- 18**
- 9:30 ■ Today in History
  - 10:15 ■ Rosary
  - 10:15 ■ Daily Stretch
  - 11:00 ■ Book Club
  - 1:15 ■ Wii Sports
  - 2:15 ■ Craft Corner
  - 2:15 ■ Craft Corner
  - 3:00 ■ Coffee Social
  - 4:00 ■ Music and Memories
  - 6:00 ■ Movie Comedy Sundays

- 19**
- 9:30 ■ Today in History
  - 10:15 ■ Sit and Stretch
  - 11:00 ■ Book Club
  - 12:00 ■ Birthday Luncheon
  - 1:15 ■ Afternoon Stretch
  - 2:15 ■ Domino's
  - 3:00 ■ Coffee Social
  - 4:00 ■ Music and Memories
  - 6:00 ■ Comedy Corner

- 20**
- 9:30 ■ Today in History
  - 10:15 ■ Tai Chi
  - 11:00 ■ Brain Games
  - 1:30 ■ Balloon Volleyball
  - 2:15 ■ Word in a Word
  - 3:00 ■ Coffee Break
  - 4:00 ■ Music and Memories
  - 6:00 ■ Game Show Night!

- 21**
- 9:30 ■ Today in History
  - 10:15 ■ Sit and Stretch
  - 11:00 ■ Famous Faces
  - 1:15 ■ Toss & Talk
  - 2:15 ■ Fact or Fiction
  - 3:00 ■ Coffee Social
  - 4:00 ■ Music and Memories
  - 6:00 ■ Documentary Series

- 22**
- 9:30 ■ Today in History
  - 10:15 ■ Sit and Be Fit
  - 11:00 ■ Discussion Corner
  - 1:15 ■ Balloon Fun
  - 2:15 ■ Craft Corner
  - 3:00 ■ Happy Hour
  - 4:00 ■ Resident Council Meeting
  - 4:00 ■ Music and Memories
  - 6:00 ■ Diva Night

- 23**
- 9:30 ■ Today in History
  - 10:15 ■ Tai Chi
  - 1:00 ■ Guided Imagery Meditation
  - 1:45 ■ Stroll and Chat
  - 2:15 ■ Match Up The Sayings
  - 3:00 ■ Coffee Social
  - 4:00 ■ Music and Memories
  - 6:00 ■ Traveler's Club

- 24**
- 9:30 ■ Today in History
  - 10:15 ■ Sit and Stretch
  - 11:00 ■ Karaoke Sing Alongs
  - 1:15 ■ Afternoon Stretch
  - 2:00 ■ Eric Baldwin Musician
  - 2:15 ■ Finish the Phrase
  - 3:00 ■ Coffee Social
  - 4:00 ■ Music and Memories
  - 6:00 ■ Hollywood Blockbusters

- 25**
- 9:30 ■ Today in History
  - 10:15 ■ Rosary
  - 10:15 ■ Daily Stretch
  - 11:00 ■ Book Club
  - 1:15 ■ Wii Sports
  - 2:15 ■ Creating Centerpieces
  - 3:00 ■ Coffee Social
  - 4:00 ■ Music and Memories
  - 6:00 ■ Movie Comedy Sundays

- 26**
- 9:30 ■ Today in History
  - 10:15 ■ Sit and Stretch
  - 11:00 ■ Book Club
  - 1:15 ■ Afternoon Stretch
  - 2:00 ■ Bingo
  - 2:15 ■ Domino's
  - 3:00 ■ Famous Faces
  - 3:00 ■ Coffee Social
  - 4:00 ■ Music and Memories
  - 6:00 ■ Comedy Corner

- 27**
- 9:30 ■ Today in History
  - 10:15 ■ Tai Chi
  - 11:00 ■ Brain Games
  - 1:30 ■ Balloon Volleyball
  - 2:15 ■ Word in a Word
  - 3:00 ■ Coffee Break
  - 4:00 ■ Music and Memories
  - 6:00 ■ Game Show Night!

- 28**
- 9:30 ■ Today in History
  - 10:15 ■ Sit and Stretch
  - 11:00 ■ Famous Faces
  - 1:15 ■ Toss & Talk
  - 2:15 ■ Fact or Fiction
  - 3:00 ■ Coffee Social
  - 4:00 ■ Music and Memories
  - 6:00 ■ Documentary Series

- 29**
- 9:30 ■ Today in History
  - 10:15 ■ Sit and Be Fit
  - 11:00 ■ Discussion Corner
  - 1:15 ■ Balloon Fun
  - 2:15 ■ Craft Corner
  - 3:00 ■ Coffee Social
  - 4:00 ■ Music and Memories
  - 6:00 ■ Diva Night

- 30**
- 9:30 ■ Today in History
  - 10:15 ■ Tai Chi
  - 1:00 ■ Guided Imagery Meditation
  - 1:30 ■ Crafting Corner
  - 1:45 ■ Stroll and Chat
  - 2:15 ■ Match Up The Sayings
  - 3:00 ■ Coffee Social
  - 4:00 ■ Music and Memories
  - 6:00 ■ Traveler's Club

- 31** Happy Halloween!
- 9:30 ■ Today in History
  - 10:15 ■ Sit and Stretch
  - 11:00 ■ Karaoke Sing Alongs
  - 1:15 ■ Afternoon Stretch
  - 2:15 ■ Finish the Phrase
  - 3:00 ■ Coffee Social
  - 4:00 ■ Music and Memories
  - 6:00 ■ Hollywood Blockbusters

## Reflections

### News Corner

Outdoor Community Visits: Mondays, Wednesdays and Fridays.

Indoor Community Visits: Tuesdays and Thursdays.

Please contact RD to schedule all visits!

## 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.