

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday



- 4**
- 9:45 Sunday Funday Reminisce
  - 10:15 Weekend Tone Up
  - 11:00 Humongous Word
  - 11:30 Brain Teasers
  - 1:30 Corn Hole
  - 2:45 Ice Cream Social
  - 3:15 Sunday Mix Up
  - 3:15 Bingo!
  - 4:15 Evening Exercise
  - 6:15 Top 50's Hits

- 5**
- 9:45 Daily Good News
  - 10:15 Morning Exercise
  - 11:00 Trivia Challenge
  - 11:00 Walking Group
  - 2:00 Musical Bingo
  - 3:00 Hot Apple Cider Social
  - 3:45 Bowling
  - 6:15 Evening Stretch
  - 7:00 Movie Classics & Popcorn

- 6**
- 9:45 This Day in History
  - 10:15 Chair Exercise
  - 11:00 Name 5!
  - 1:30 CPTe Exercise
  - 2:00 Baker's Corner
  - 2:45 Snack Social
  - 3:00 Animal Planet
  - 3:15 Relaxing Hand Massages
  - 4:15 Golf
  - 6:15 Reminisce

- 7**
- 9:45 Wednesday Reminisce
  - 10:15 Sittercise
  - 11:00 News & Views
  - 11:00 Humongous Word
  - 2:00 Balloon Volleyball
  - 2:45 Happy Hour
  - 3:30 Musical Bingo
  - 6:15 Evening Strength & Balance
  - 6:30 Chicken Soup for the

- 8**
- 9:45 Life Stories Disc.
  - 10:15 Chair Exercise
  - 11:00 Walking Group
  - 1:30 Thursday Resident Choice
  - 2:00 CPTe Exercise
  - 2:45 Social Hour
  - 3:15 Puzzle Mania!
  - 4:00 Wheel of Fortune
  - 6:15 Evening Tone up

- 9**
- 9:45 Daily Good News
  - 10:15 Sit & Be Fit
  - 11:00 Outdoor Activities
  - 1:30 Cooking Class
  - 2:00 Dance Class
  - 2:45 Happy Hour
  - 3:15 Paint with me! - Fall Leaf
  - 6:15 Evening Chair Dancing
  - 6:45 Movie Musicals & Popcorn

- 10**
- 9:45 Word Game Challenge
  - 10:15 Strength Training
  - 11:00 What's the cost?
  - 1:15 Balloon Tennis
  - 2:00 Bingo
  - 2:45 Campfire Social
  - 3:15 Trivia Challenge
  - 4:15 Let's get creative!
  - 6:15 Evening Stretch
  - 7:00 Reminisce

- 11**
- 9:45 Sunday Funday Reminisce
  - 10:15 Weekend Tone Up
  - 11:00 Humongous Word
  - 11:30 Brain Teasers
  - 1:30 Corn Hole
  - 2:45 Ice Cream Social
  - 3:15 Sunday Mix Up
  - 3:15 Bingo!
  - 4:15 Evening Exercise
  - 6:15 Top 50's Hits

- 12**
- 9:45 Daily Good News
  - 10:15 Morning Exercise
  - 11:00 Trivia Challenge
  - 11:00 Walking Group
  - 2:00 Musical Bingo
  - 3:00 Hot Apple Cider Social
  - 3:45 Let's make a Scarecrow
  - 6:15 Evening Stretch
  - 7:00 Movie Classics & Popcorn

- 13**
- 8:00 Ladies Breakfast
  - 9:45 This Day in History
  - 10:15 Chair Exercise
  - 11:00 Name 5!
  - 1:15 Recipe Talk
  - 1:15 What's the cost?
  - 1:30 CPTe Exercise
  - 2:00 Baker's Corner
  - 2:45 Snack Social
  - 3:00 Animal Planet

- 14**
- 9:45 Wednesday Reminisce
  - 10:15 Sittercise
  - 11:00 News & Views
  - 11:00 Humongous Word
  - 2:00 Balloon Volleyball
  - 2:45 Happy Hour
  - 3:30 Musical Bingo
  - 6:15 Evening Strength & Balance
  - 6:30 Chicken Soup for the

- 15**
- 9:45 Life Stories Disc.
  - 10:00 Veterans Club Social
  - 10:15 Chair Exercise
  - 11:00 Who's that?
  - 11:00 Walking Group
  - 1:30 Thursday Resident Choice
  - 1:30 CPTe Exercise
  - 2:00 Cooking Demo
  - 2:45 Social Hour
  - 3:15 Puzzle Mania!

- 16**
- 9:45 Daily Good News
  - 10:15 Sit & Be Fit
  - 11:00 Outdoor Activities
  - 1:30 Cooking Class
  - 2:00 Dance Class
  - 2:45 Happy Hour
  - 3:15 Card Creations Workshop
  - 3:15 Paint with me! - Fall Leaf
  - 6:15 Evening Chair Dancing

- 17**
- 9:45 Word Game Challenge
  - 10:15 Strength Training
  - 11:00 What's the cost?
  - 1:15 Balloon Tennis
  - 2:00 Bingo
  - 2:45 Campfire Social
  - 3:15 Trivia Challenge
  - 4:15 Let's get creative!
  - 6:15 Evening Stretch
  - 7:00 Reminisce

- 18**
- 9:45 Sunday Funday Reminisce
  - 10:15 Weekend Tone Up
  - 11:00 Humongous Word
  - 11:30 Brain Teasers
  - 1:30 Corn Hole
  - 2:45 Ice Cream Social
  - 3:15 Sunday Mix Up
  - 3:15 Bingo!
  - 4:15 Evening Exercise
  - 6:15 Top 50's Hits

- 19**
- 9:45 Daily Good News
  - 10:15 Morning Exercise
  - 11:00 Trivia Challenge
  - 11:00 Walking Group
  - 2:00 Musical Bingo
  - 3:00 Hot Apple Cider Social
  - 3:45 Bowling
  - 6:15 Evening Stretch
  - 7:00 Movie Classics & Popcorn

- 20**
- 9:45 This Day in History
  - 10:15 Chair Exercise
  - 11:00 Name 5!
  - 1:30 CPTe Exercise
  - 2:00 Baker's Corner
  - 2:45 Snack Social
  - 3:00 Animal Planet
  - 3:15 Relaxing Hand Massages
  - 4:15 Golf
  - 6:15 Reminisce

- 21**
- 9:45 Wednesday Reminisce
  - 10:15 Sittercise
  - 11:00 News & Views
  - 11:00 Humongous Word
  - 2:00 Balloon Volleyball
  - 2:45 Happy Hour
  - 3:30 Musical Bingo
  - 6:15 Evening Strength & Balance
  - 6:30 Chicken Soup for the

- 22**
- 9:45 Life Stories Disc.
  - 10:15 Chair Exercise
  - 10:30 Veterans Group
  - 11:00 Walking Group
  - 1:30 CPTe Exercise
  - 1:30 Pumpkin Carving
  - 2:45 Social Hour
  - 3:15 Puzzle Mania!
  - 4:00 Balloon Volleyball
  - 6:15 Evening Tone up

- 23**
- 9:45 Daily Good News
  - 10:15 Sit & Be Fit
  - 11:00 Outdoor Activities
  - 1:30 Cooking Class
  - 2:00 Dance Class
  - 2:45 Happy Hour
  - 3:15 Paint with me! - Fall Leaf
  - 6:15 Evening Chair Dancing
  - 6:45 Movie Musicals & Popcorn

- 24**
- 9:45 Word Game Challenge
  - 10:15 Strength Training
  - 11:00 What's the cost?
  - 1:15 Balloon Tennis
  - 2:00 Bingo
  - 2:45 Campfire Social
  - 3:15 Trivia Challenge
  - 4:15 Let's get creative!
  - 6:15 Evening Stretch
  - 7:00 Reminisce

- 25**
- 9:45 Sunday Funday Reminisce
  - 10:15 Weekend Tone Up
  - 11:00 Humongous Word
  - 11:30 Brain Teasers
  - 1:30 Corn Hole
  - 2:45 Ice Cream Social
  - 3:15 Sunday Mix Up
  - 3:15 Bingo!
  - 4:15 Evening Exercise
  - 6:15 Top 50's Hits

- 26**
- 9:45 Daily Good News
  - 10:15 Morning Exercise
  - 11:00 Trivia Challenge
  - 11:00 Walking Group
  - 2:00 Musical Bingo
  - 3:00 Hot Apple Cider Social
  - 3:45 Bowling
  - 6:15 Evening Stretch
  - 7:00 Movie Classics & Popcorn

- 27**
- 8:30 Men's Breakfast
  - 9:45 This Day in History
  - 10:15 Chair Exercise
  - 11:00 Name 5!
  - 1:15 Recipe Talk
  - 1:15 What's the cost?
  - 1:30 CPTe Exercise
  - 2:00 Baker's Corner
  - 2:45 Snack Social
  - 3:00 Animal Planet

- 28**
- 9:45 Wednesday Reminisce
  - 10:15 Sittercise
  - 11:00 News & Views
  - 11:00 Humongous Word
  - 2:00 Balloon Volleyball
  - 2:45 Happy Hour
  - 3:30 Musical Bingo
  - 6:15 Evening Strength & Balance
  - 6:30 Chicken Soup for the

- 29**
- 9:45 Life Stories Disc.
  - 10:15 Chair Exercise
  - 11:00 Who's that?
  - 11:00 Walking Group
  - 1:30 Thursday Resident Choice
  - 1:30 CPTe Exercise
  - 2:45 Social Hour
  - 3:15 Puzzle Mania!
  - 4:00 Wheel of Fortune
  - 6:15 Evening Tone up

- 30**
- 9:45 Daily Good News
  - 10:15 Sit & Be Fit
  - 11:00 Outdoor Activities
  - 1:30 Cooking Class
  - 2:00 Dance Class
  - 2:45 Happy Hour
  - 3:15 Paint with me! - Fall Leaf
  - 6:15 Evening Chair Dancing
  - 6:45 Movie Musicals & Popcorn

- 31**
- 9:45 Word Game Challenge
  - 10:15 Strength Training
  - 11:00 What's the cost?
  - 1:15 Balloon Tennis
  - 2:00 Bingo
  - 2:45 Halloween Party
  - 3:15 Trivia Challenge
  - 4:15 Let's get creative!
  - 6:15 Evening Stretch
  - 7:00 Reminisce

## Reflections

### News

#### Outdoor Visits:

Mondays,  
Wednesdays and  
Fridays at 10a, 11a,  
1p, 2p, 3p or 4p.  
Sundays at 10a, 11a,  
1p or 2p.

#### Indoor Visits:

Tuesdays and  
Thursdays at 10a or  
2p. **Outings:** We  
encourage families to  
practice all CDC  
recommendations.

Please email Katie to  
book a visit or  
outing. Thank you for  
your cooperation.

## 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.