

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



- 4**
- 10:00 Sunday Morning Mass
 - 10:00 Sit & Be Fit
 - 10:30 Words in a Word
 - 1:00 Walking Club
 - 1:30 This Week's Documentary
 - 2:30 Afternoon Social
 - 3:00 Famous Folks Trivia
 - 6:00 Evening Movie

- 5**
- 10:00 Movin' & Groovin' Exercise
 - 10:30 This Day in History
 - 1:30 Writing Club
 - 2:30 Afternoon Social
 - 3:00 Afternoon Stretch & Flex
 - 3:30 Afternoon Sing-a-Long
 - 6:00 Evening Movie

- 6**
- 10:00 Strength Training Exercise
 - 10:30 Spelling Bee
 - 1:30 Artful Expressions
 - 2:30 Afternoon Social
 - 3:00 Trivia Challenge
 - 4:00 Target Toss
 - 6:00 Evening Movie

- 7**
- 10:00 Stretch & Flex
 - 10:30 This Day in History
 - 1:30 Words with Two Meanings
 - 2:30 Afternoon Social
 - 3:00 Balloon Tennis
 - 3:30 Relax and Sing-a-Long
 - 6:00 Evening Movie

- 8**
- 10:00 Movin' & Groovin' Exercise
 - 10:30 Words with Two Meanings
 - 1:30 Writing Club
 - 2:30 Afternoon Social
 - 3:00 Target Toss
 - 4:00 Say it with Music
 - 6:00 Evening Movie

- 9**
- 10:00 Music in Motion
 - 10:30 Wheel of Fortune
 - 1:30 Artful Expressions
 - 2:30 Afternoon Social
 - 3:00 Balloon Tennis
 - 3:30 Trivia Challenge
 - 6:00 Evening Movie

- 10**
- 10:00 Chair Aerobics
 - 10:30 This Day in History
 - 1:30 Bingo
 - 2:30 Afternoon Social
 - 3:00 Afternoon Stretch & Flex
 - 3:30 Puzzles & Games
 - 6:00 Evening Movie

- 11**
- 10:00 Sunday Morning Mass
 - 10:00 Sit & Be Fit
 - 10:30 Words in a Word
 - 1:00 Walking Club
 - 1:30 This Week's Documentary
 - 2:30 Afternoon Social
 - 3:00 Famous Folks Trivia
 - 6:00 Evening Movie

- 12**
- 10:00 Movin' & Groovin' Exercise
 - 10:30 This Day in History
 - 1:30 Writing Club
 - 2:30 Afternoon Social
 - 3:00 Afternoon Stretch & Flex
 - 3:30 Afternoon Sing-a-Long
 - 6:00 Evening Movie

- 13**
- 10:00 Strength Training Exercise
 - 10:30 Spelling Bee
 - 1:30 Artful Expressions
 - 2:30 Afternoon Social
 - 3:00 Trivia Challenge
 - 4:00 Target Toss
 - 6:00 Evening Movie

- 14**
- 10:00 Stretch & Flex
 - 10:30 This Day in History
 - 1:30 Words with Two Meanings
 - 2:30 Afternoon Social
 - 3:00 Balloon Tennis
 - 3:30 Relax and Sing-a-Long
 - 6:00 Evening Movie

- 15**
- 10:00 Movin' & Groovin' Exercise
 - 10:30 Words with Two Meanings
 - 1:30 Writing Club
 - 2:30 Afternoon Social
 - 3:00 Target Toss
 - 4:00 Say it with Music
 - 6:00 Evening Movie

- 16** Making Fall Wreaths
- 10:00 Music in Motion
 - 10:30 Wheel of Fortune
 - 1:30 Marybeth Entertains
 - 2:30 Afternoon Social
 - 3:00 Balloon Tennis
 - 3:30 Trivia Challenge
 - 6:00 Evening Movie

- 17**
- 10:00 Chair Aerobics
 - 10:30 This Day in History
 - 1:30 Bingo
 - 2:30 Afternoon Social
 - 3:00 Afternoon Stretch & Flex
 - 3:30 Puzzles & Games
 - 6:00 Evening Movie

- 18**
- 10:00 Sunday Morning Mass
 - 10:00 Sit & Be Fit
 - 10:30 Words in a Word
 - 1:00 Walking Club
 - 1:30 This Week's Documentary
 - 2:30 Afternoon Social
 - 3:00 Famous Folks Trivia
 - 6:00 Evening Movie

- 19**
- 10:00 Movin' & Groovin' Exercise
 - 10:30 This Day in History
 - 1:30 Writing Club
 - 2:30 Afternoon Social
 - 3:00 Afternoon Stretch & Flex
 - 3:30 Afternoon Sing-a-Long
 - 6:00 Evening Movie

- 20**
- 10:00 Strength Training Exercise
 - 10:30 Spelling Bee
 - 1:30 Artful Expressions
 - 2:30 Afternoon Social
 - 3:00 Trivia Challenge
 - 4:00 Target Toss
 - 6:00 Evening Movie

- 21**
- 10:00 Stretch & Flex
 - 10:30 This Day in History
 - 1:30 Words with Two Meanings
 - 2:30 Afternoon Social
 - 3:00 Balloon Tennis
 - 3:30 Relax and Sing-a-Long
 - 6:00 Evening Movie

- 22**
- 10:00 Movin' & Groovin' Exercise
 - 10:30 Words with Two Meanings
 - 1:30 Writing Club
 - 2:30 Afternoon Social
 - 3:00 Target Toss
 - 4:00 Say it with Music
 - 6:00 Evening Movie

- 23** Decorate your Pumpkin!
- 10:00 Music in Motion
 - 10:30 Wheel of Fortune
 - 1:30 Artful Expressions
 - 2:30 Afternoon Social
 - 3:00 Balloon Tennis
 - 3:30 Trivia Challenge
 - 6:00 Evening Movie

- 24**
- 10:00 Chair Aerobics
 - 10:30 This Day in History
 - 1:30 Bingo
 - 2:30 Afternoon Social
 - 3:00 Afternoon Stretch & Flex
 - 3:30 Puzzles & Games
 - 6:00 Evening Movie

- 25**
- 10:00 Sunday Morning Mass
 - 10:00 Sit & Be Fit
 - 10:30 Words in a Word
 - 1:00 Walking Club
 - 1:30 This Week's Documentary
 - 2:30 Afternoon Social
 - 3:00 Famous Folks Trivia
 - 6:00 Evening Movie

- 26**
- 10:00 Movin' & Groovin' Exercise
 - 10:30 This Day in History
 - 1:30 Writing Club
 - 2:30 Afternoon Social
 - 3:00 Afternoon Stretch & Flex
 - 3:30 Afternoon Sing-a-Long
 - 6:00 Evening Movie

- 27**
- 10:00 Strength Training Exercise
 - 10:30 Spelling Bee
 - 1:30 Artful Expressions
 - 2:30 Afternoon Social
 - 3:00 Trivia Challenge
 - 4:00 Target Toss
 - 6:00 Evening Movie

- 28**
- 10:00 Stretch & Flex
 - 10:30 Planning Meeting
 - 10:30 This Day in History
 - 1:30 Words with Two Meanings
 - 2:30 Afternoon Social
 - 3:00 Balloon Tennis
 - 3:30 Relax and Sing-a-Long
 - 6:00 Evening Movie

- 29**
- 10:00 Movin' & Groovin' Exercise
 - 10:30 Words with Two Meanings
 - 1:30 Writing Club
 - 2:30 Afternoon Social
 - 3:00 Target Toss
 - 4:00 Say it with Music
 - 6:00 Evening Movie

- 30**
- 10:00 Music in Motion
 - 10:30 Wheel of Fortune
 - 1:30 Artful Expressions
 - 2:30 Afternoon Social
 - 3:00 Balloon Tennis
 - 3:30 Trivia Challenge
 - 6:00 Evening Movie

- 31** Happy Halloween
- 10:00 Chair Aerobics
 - 10:30 This Day in History
 - 1:30 Bingo
 - 2:30 Afternoon Social
 - 3:00 Afternoon Stretch & Flex
 - 3:30 Puzzles & Games
 - 6:00 Evening Movie

*Hello
Autumn!*

With the holidays
fast approaching we
wish all our residents
and families a safe,
happy & healthy
season.

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.