

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Title

## Text



- 4**
- 8:00 Rise & Shine Social
  - 9:00 Morning Stretches
  - 10:00 Mass TV
  - 11:00 Finishing Lines
  - 1:00 Painting/Coloring Class
  - 2:00 Dance to the 30's Music
  - 3:00 Bingo
  - 4:00 Boggle
  - 6:00 Sunday Night Movie

- 5**
- 8:00 Rise & Shine Social
  - 9:00 Exercise w/Weights
  - 10:00 Rosary with Friends
  - 11:00 Brain Puzzel and Teasers
  - 1:00 Dance to the 50's Music
  - 2:00 i Pad Intellect Gathering
  - 3:00 A Pictures Says 1,000 Words
  - 4:00 Hangman

- 6**
- 8:00 Rise & Shine Social
  - 9:00 Stretch Class
  - 10:00 States/Capitals
  - 11:00 Reminising w/ old Picture
  - 1:00 Boggle
  - 2:00 Bingo
  - 3:00 Dance to the 30's Music
  - 4:00 Fun Facts
  - 6:00 Let's Go to the Movies

- 7**
- 8:00 Rise & Shine Social
  - 9:00 Tai Chi w/Linda
  - 10:00 Special Cooking Recipe
  - 11:00 Resident Council Meeting
  - 1:00 Deal or No Deal
  - 1:00 Fun With Music
  - 2:00 Sentimental Reflections
  - 4:00 Gard Games

- 1**
- 8:00 Rise & Shine Social
  - 9:00 Tai Chi
  - 10:00 Puzzles/Card Games
  - 11:00 Down Memory Lane
  - 1:00 Make and Take
  - 2:00 Happy Hour w/ music
  - 3:00 Bowling
  - 4:00 Are You Smarter Than a 5th Grader

- 2**
- 8:00 Rise & Shine Social
  - 9:00 Ball Toss w. music
  - 10:00 Daily News & Horoscopes
  - 11:00 Trivia Brain Games
  - 1:00 Explore the Arts
  - 2:00 Country Traveling
  - 3:00 Walk the Neighborhood
  - 4:00 Board Games

- 3**
- 8:00 Rise & Shine Social
  - 9:00 Chair Exercise w/ music
  - 10:00 Life Long Story
  - 11:00 Puzzles / Card Games
  - 1:00 Parachute Fun
  - 2:00 Let's Explore Colors
  - 3:00 Discussion Corner
  - 4:00 Brain Games
  - 6:00 Movie Night

- 11**
- 8:00 Rise & Shine Social
  - 9:00 Morning Stretches
  - 9:15 Mass at St. Mary's
  - 10:00 Mass TV
  - 11:00 Finishing Lines
  - 1:00 Painting/Coloring Class
  - 3:00 Bingo
  - 4:00 Boggle
  - 6:00 Sunday Night Movie

- 12**
- 8:00 Rise & Shine Social
  - 9:00 Exercise w/Weights
  - 9:00 Classical Movies
  - 10:00 Rosary with Friends
  - 11:00 Brain Puzzel and Teasers
  - 1:00 Dance to the 30's Music
  - 2:00 i Pad Intellect Gathering
  - 3:00 A Pictures Says 1,000 Words
  - 4:00 Hangman

- 13**
- 8:00 Rise & Shine Social
  - 9:00 Stretch Class
  - 10:00 States/Capitals
  - 11:00 Reminising w/ old Picture
  - 1:00 Boggle
  - 2:00 Bingo
  - 3:00 Dance to the 30's Music
  - 4:00 Fun Facts
  - 6:00 Let's Go to the Movies

- 14**
- 8:00 Rise & Shine Social
  - 9:00 Tai Chi w/Linda
  - 10:00 Special Cooking Recipe
  - 11:00 Reminisce w/Old Pictures
  - 1:00 Deal or No Deal
  - 1:00 Fun With Music
  - 2:00 Sentimental Reflections
  - 4:00 Gard Games
  - 6:00 Movie Choice

- 15**
- 8:00 Rise & Shine Social
  - 9:00 Tai Chi
  - 10:00 Puzzles/Card Games
  - 11:00 Down Memory Lane
  - 1:00 Make and Take
  - 2:00 Happy Hour w/ music
  - 3:00 Bowling
  - 4:00 Are You Smarter Than a 5th Grader

- 16**
- 8:00 Rise & Shine Social
  - 9:00 Ball Toss w. music
  - 10:00 Daily News & Horoscopes
  - 11:00 Trivia Brain Games
  - 1:00 Explore the Arts
  - 2:00 Country Traveling
  - 3:00 Walk the Neighborhood
  - 4:00 Board Games

- 17**
- 8:00 Rise & Shine Social
  - 9:00 Chair Exercise w/ music
  - 10:00 Life Long Story
  - 11:00 Puzzles / Card Games
  - 1:00 Parachute Fun
  - 2:00 Let's Explore Colors
  - 3:00 Discussion Corner
  - 4:00 Brain Games
  - 6:00 Movie Night

- 18**
- 8:00 Rise & Shine Social
  - 9:00 Morning Stretches
  - 10:00 Mass TV
  - 11:00 Finishing Lines
  - 1:00 Painting/Coloring Class
  - 3:00 Bingo
  - 4:00 Boggle
  - 6:00 Sunday Night Movie

- 19**
- 8:00 Rise & Shine Social
  - 9:00 Exercise w/Weights
  - 10:00 Rosary with Friends
  - 11:00 Brain Puzzel and Teasers
  - 1:00 Ball Toss
  - 2:00 i Pad Intellect Gathering
  - 3:00 A Pictures Says 1,000 Words
  - 4:00 Hangman
  - 6:00 Residence Movie Choice

- 20**
- 8:00 Rise & Shine Social
  - 9:00 Stretch Class
  - 10:00 States/Capitals
  - 11:00 Reminising w/ old Picture
  - 1:00 Boggle
  - 2:00 Bingo
  - 3:00 Dance to the 30's Music
  - 4:00 Fun Facts
  - 6:00 Let's Go to the Movies

- 21**
- 8:00 Rise & Shine Social
  - 9:00 Tai Chi w/Linda
  - 10:00 Special Cooking Recipe
  - 11:00 Reminisce w/Old Pictures
  - 1:00 Deal or No Deal
  - 1:00 Fun With Music
  - 2:00 Sentimental Reflections
  - 4:00 Gard Games

- 22**
- 8:00 Rise & Shine Social
  - 9:00 Tai Chi
  - 10:00 Puzzles/Card Games
  - 11:00 Down Memory Lane
  - 1:00 Make and Take
  - 2:00 Happy Hour w/ music
  - 3:00 Bowling
  - 4:00 Are You Smarter Than a 5th Grader

- 23**
- 8:00 Rise & Shine Social
  - 9:00 Ball Toss w. music
  - 10:00 Daily News & Horoscopes
  - 11:00 Trivia Brain Games
  - 1:00 Explore the Arts
  - 2:00 Country Traveling
  - 3:00 Walk the Neighborhood
  - 4:00 Board Games

- 24**
- 8:00 Rise & Shine Social
  - 9:00 Chair Exercise w/ music
  - 10:00 Life Long Story
  - 11:00 Puzzles / Card Games
  - 1:00 Parachute Fun
  - 2:00 Let's Explore Colors
  - 3:00 Discussion Corner
  - 4:00 Brain Games
  - 6:00 Movie Night

- 25**
- 8:00 Rise & Shine Social
  - 9:00 Morning Stretches
  - 10:00 Mass TV
  - 11:00 Finishing Lines
  - 1:00 Painting/Coloring Class
  - 3:00 Bingo
  - 4:00 Boggle
  - 6:00 Sunday Night Movie

- 26**
- 8:00 Rise & Shine Social
  - 9:00 Exercise w/Weights
  - 10:00 Rosary with Friends
  - 11:00 Brain Puzzel and Teasers
  - 1:00 Ball Toss
  - 2:00 i Pad Intellect Gathering
  - 3:00 A Pictures Says 1,000 Words
  - 4:00 Hangman

- 27**
- 8:00 Rise & Shine Social
  - 9:00 Stretch Class
  - 10:00 States/Capitals
  - 11:00 Reminising w/ old Picture
  - 1:00 Boggle
  - 2:00 Bingo
  - 3:00 Dance to the 30's Music
  - 4:00 Fun Facts
  - 6:00 Let's Go to the Movies

- 28**
- 8:00 Rise & Shine Social
  - 9:00 Tai Chi w/Linda
  - 10:00 Special Cooking Recipe
  - 11:00 Reminisce w/Old Pictures
  - 1:00 Deal or No Deal
  - 1:00 Fun With Music
  - 2:00 Sentimental Reflections
  - 4:00 Gard Games

- 29**
- 8:00 Rise & Shine Social
  - 9:00 Tai Chi
  - 10:00 Puzzles/Card Games
  - 11:00 Down Memory Lane
  - 1:00 Make and Take
  - 2:00 Happy Hour w/ music
  - 3:00 Bowling
  - 4:00 Are You Smarter Than a 5th Grader

- 30**
- 8:00 Rise & Shine Social
  - 9:00 Ball Toss w. music
  - 10:00 Daily News & Horoscopes
  - 11:00 Trivia Brain Games
  - 1:00 Explore the Arts
  - 2:00 Country Traveling
  - 3:00 Walk the Neighborhood
  - 4:00 Board Games

- 31**
- 8:00 Rise & Shine Social
  - 9:00 Chair Exercise w/ music
  - 10:00 Life Long Story
  - 11:00 Puzzles / Card Games
  - 1:00 Parachute Fun
  - 2:00 Let's Explore Colors
  - 3:00 Discussion Corner
  - 4:00 Brain Games
  - 6:00 Movie Night

## 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.