### Events

**Sunday**
- 8:00: Rise & Shine Social
- 9:00: Mass TV
- 10:00: Tai Chi w/Linda
- 11:00: Everyday life Trivia
- 1:00: Walk the community
- 2:00: Red Hat Tea Party
- 3:15: Everyday life Trivia
- 4:00: Pic Link
- 6:15: Late Night Movie

**Monday**
- 6:15: Outing for Breakfast
- 8:00: Tai Chi w/Linda
- 9:15: Exercise w/Weights
- 10:00: Rosary with Friends
- 10:45: Smarter Than 5th Grade
- 1:00: Fun with music
- 2:30: Down Memory Lane
- 3:00: i Pad Intellect Gathering
- 4:00: Familiar Words
- 6:00: Board Games

**Tuesday**
- 6:15: Rise & Shine Social
- 9:00: Stretch Class
- 10:00: Reminiscing: Wedding Day
- 11:00: Trivia & Brain Games
- 1:00: Parachute fun
- 2:00: Art Class
- 3:15: You be the Judge
- 4:00: Pictures says 1,000 words
- 6:15: Movie Time

**Wednesday**
- 6:15: Rise & Shine Social
- 9:15: Tai Chi w/Linda
- 10:00: Reminiscing: 1940’s
- 11:00: Let’s go on a Trip
- 11:45: Scrabble
- 1:00: Shuffleboard
- 2:00: Board Game
- 3:00: Sentimental Reflections
- 4:00: Hang Man
- 7:00: Late Night Movie

**Thursday**
- 6:15: Rise & Shine Social
- 9:15: Octo Band Stretch
- 10:00: Retro Pictures
- 11:00: Exploring Nature
- 1:00: Make and Take
- 2:00: Happy Hour
- 3:00: Word Challenges
- 4:00: Band stretch
- 6:15: Card Games

**Friday**
- 6:00: Board Games
- 4:00: Familiar Words
- 3:00: i Pad Intellect Gathering
- 2:00: Down Memory Lane
- 1:00: On the way to Dunkin
- 11:00: Boggle
- 12:00: I Pad Intellect Gathering
- 6:00: Late Night Movie

**Saturday**
- 6:00: Board Games
- 4:00: Familiar Words
- 3:00: i Pad Intellect Gathering
- 2:00: Down Memory Lane
- 1:00: On the way to Dunkin
- 11:00: Boggle
- 12:00: I Pad Intellect Gathering
- 6:00: Late Night Movie

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**Quote of the Month**

Life is what happens when you’re busy making other plans.

― John Lennon.

**P R O G R A M**

- **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.