

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



- 4**
- 9:30 Flex & Tone
 - 10:00 Virtual Church Service
 - 1:00 Current Events
 - 2:00 Make Your Own Sundae, Sunday
 - 3:00 Walking Club
 - 4:00 Social Hour
 - 6:00 Hang Man
 - 7:00 Music Memories

- 5**
- 9:30 Flex & Tone
 - 10:30 Current Events
 - 1:00 Baking Club
 - 2:00 Arts and crafts
 - 3:00 Bowling
 - 4:00 Social Hour
 - 6:00 Word Search
 - 7:00 Movie Night

- 6**
- 9:30 Tai Chi Video
 - 10:30 Word Search
 - 1:00 Painting with a twist
 - 2:00 Matching Game
 - 3:00 Putt Putt Golf
 - 4:00 Social Hour
 - 6:00 Discussion Group
 - 7:00 Music Memories

- 7**
- 9:30 Flex & Tone
 - 10:30 Current Events
 - 1:00 Baking Club
 - 2:00 Nail Spa
 - 3:00 Walking Club
 - 4:00 Social Hour
 - 6:00 Coloring Page
 - 7:00 Movie Night

- 1**
- 9:30 Tai Chi Video
 - 10:30 News Cafe
 - 1:00 Baking Club
 - 2:00 Hang Man
 - 3:00 Walking Club
 - 4:00 Social Hour
 - 6:00 Poetry Reading
 - 7:00 Music Memories

- 2**
- 9:30 Flex & Tone
 - 10:30 Bingo
 - 1:00 All that Jazz
 - 2:00 Trivia
 - 3:00 Bowling
 - 4:00 Social Hour
 - 6:00 Word Puzzles
 - 7:00 Movie Night

- 3**
- 9:30 Chair Exercises
 - 10:30 News Cafe
 - 1:00 Hand Massages
 - 2:00 UNO
 - 3:00 Balloon Volleyball
 - 4:00 Social Hour
 - 6:00 current events
 - 7:00 Movie Night

- 11**
- 9:30 Flex & Tone
 - 10:00 Virtual Church Service
 - 1:00 Current Events
 - 2:00 Make Your Own Sundae, Sunday
 - 3:00 Walking Club
 - 4:00 Social Hour
 - 6:00 Hang Man
 - 7:00 Music Memories

- 12** Columbus Day
- 9:30 Flex & Tone
 - 10:30 Who was Christopher Columbus?
 - 1:00 Baking Club
 - 2:00 All about Animals
 - 3:00 Bowling
 - 4:00 Social Hour
 - 6:00 Word Search
 - 7:00 Movie Night

- 13**
- 9:30 Tai Chi Video
 - 10:30 News Cafe
 - 1:00 Bread Baking
 - 2:00 Bible Reading
 - 3:00 Walking Club
 - 4:00 Social Hour
 - 6:00 Trivia on Terrace
 - 7:00 Music Memories

- 14**
- 9:30 Flex & Tone
 - 10:30 Whiteboard Fill in the blank
 - 1:00 Baking Club
 - 2:00 Nail Spa
 - 3:00 Walking Club
 - 4:00 Social Hour
 - 6:00 Current Events
 - 7:00 Movie Night

- 15**
- 9:30 Tai Chi Video
 - 10:30 Morning Mindfulness
 - 12:30 Make your own sandwich
 - 2:00 Word Search
 - 3:00 Beachball Toss
 - 4:00 Social Hour
 - 6:00 Coloring Page
 - 7:00 Music Memories

- 16**
- 9:30 Flex & Tone
 - 10:30 Word Puzzles
 - 1:00 Baking Club
 - 2:00 Trivia
 - 3:00 Bowling
 - 4:00 Social Hour
 - 6:00 Hand Massages
 - 7:00 Movie Night

- 17**
- 9:30 Chair Exercises
 - 10:30 News Cafe
 - 1:00 Short Story
 - 2:00 Sorry
 - 3:00 Balloon Volleyball
 - 4:00 Social Hour
 - 6:00 Hot Chocolate and marshmallows
 - 7:00 Movie Night

- 18**
- 9:30 Flex & Tone
 - 10:00 Virtual Church Service
 - 1:00 Current Events
 - 2:00 Make Your Own Sundae, Sunday
 - 3:00 Walking Club
 - 4:00 Social Hour
 - 6:00 Hang Man
 - 7:00 Music Memories

- 19**
- 9:30 Flex & Tone
 - 10:30 Current Events
 - 1:00 Baking Club
 - 2:00 Poetry Reading
 - 3:00 Bowling
 - 4:00 Social Hour
 - 6:00 Word Search
 - 7:00 Movie Night

- 20**
- 9:30 Tai Chi Video
 - 10:30 News Cafe
 - 1:00 Sweet Treat
 - 2:00 Who am I?
 - 3:00 Putt Putt Golf
 - 4:00 Social Hour
 - 6:00 Coloring Page
 - 7:00 Music Memories

- 21**
- 9:30 Flex & Tone
 - 10:30 Current Events
 - 1:00 Baking Club
 - 2:00 Nail Spa
 - 3:00 Walking Club
 - 4:00 Social Hour
 - 6:00 News Cafe
 - 7:00 Movie Night

- 22**
- 9:30 Tai Chi Video
 - 10:30 News Cafe
 - 1:00 Baking Club
 - 2:00 Short Story
 - 3:00 Walking Club
 - 4:00 Social Hour
 - 6:00 Crossword Puzzle
 - 7:00 Music Memories

- 23**
- 9:30 Flex & Tone
 - 10:30 Hand Massages
 - 1:00 Bingo
 - 2:00 Trivia
 - 3:00 Bowling
 - 4:00 Social Hour
 - 6:00 Word Puzzles
 - 7:00 Movie Night

- 24**
- 9:30 Chair Exercises
 - 10:30 News Cafe
 - 1:00 Milkshake Social
 - 2:00 current events
 - 3:00 Balloon Volleyball
 - 4:00 Social Hour
 - 6:00 Coloring Page
 - 7:00 Movie Night

- 25**
- 9:30 Flex & Tone
 - 10:00 Virtual Church Service
 - 1:00 Current Events
 - 2:00 Make Your Own Sundae, Sunday
 - 3:00 Walking Club
 - 4:00 Social Hour
 - 6:00 Hang Man
 - 7:00 Music Memories

- 26**
- 9:30 Flex & Tone
 - 10:30 Current Events
 - 1:00 Baking Club
 - 2:00 Poetry Reading
 - 3:00 Bowling
 - 4:00 Social Hour
 - 6:00 Word Search
 - 7:00 Movie Night

- 27**
- 9:00 Ding
 - 9:30 Tai Chi Video
 - 10:30 News Cafe
 - 1:00 Pumpkin Carving
 - 2:00 Putt Putt Golf
 - 4:00 Social Hour
 - 6:15 Adult Conversation cards
 - 7:00 Music Memories

- 28**
- 9:30 Flex & Tone
 - 10:30 Current Events
 - 1:00 Baking Club
 - 2:00 Nail Spa
 - 3:00 Walking Club
 - 4:00 Social Hour
 - 6:00 Word Search
 - 7:00 Movie Night

- 29**
- 9:30 Tai Chi Video
 - 10:30 Resident Council
 - 1:00 Baking Club
 - 2:00 Washer Toss
 - 3:00 current events
 - 4:00 Social Hour
 - 6:00 Hand Massages
 - 7:00 Music Memories

- 30**
- 9:30 Flex & Tone
 - 10:30 Morning Mindfulness
 - 1:00 Make treat bags for staff
 - 2:00 Trivia
 - 3:00 Bowling
 - 4:00 Social Hour
 - 6:00 Word Puzzles
 - 7:00 Movie Night

- 31** Halloween
- 9:30 Chair Exercises
 - 10:30 News Cafe
 - 1:00 Halloween Party
 - 2:00 Poetry Reading
 - 3:00 Balloon Volleyball
 - 4:00 Social Hour
 - 6:00 Who am I?
 - 7:00 Movie Night

Monthly Highlights

- October 12**
Columbus Day
- October 29 @ 10:30**
Resident Council
- October 30 @ 1:00**
Treat Bags for Staff
- October 31**
Halloween

Wednesdays

- Nail Spa
- Sundays**
Make Your Own Sundae

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.