

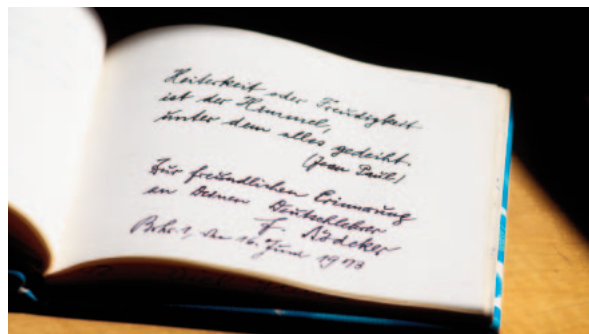



THE
RESIDENCE
at Boylston Place

Signature Series Events

9/14- 1:00-2:30pm- Fall Wooden Sign Workshop. We will create wooden signs for Fall that will dress up your apartment doors for the remainder of the season. Sign up required for this event.

9/29- 2:00pm- Join Steven Collins in the Cinema for an informative and inspiring seminar on the life and works of Robert Frost.



Community Service

Our upcoming community service project will be a collection site for new or gently used hats, gloves, coats and fall/winter gear. Boylston Place will be accepting donations from October through December. All donated items will be distributed to local families in need through non-profit organizations and shelters.

If you would like to complete another community service project, please let us know and we will collaboratively work together for the greater good of the community.

National Assisted Living Week

This year's theme is Moments of Joy. We will host a week of exciting engagements that will provide moments of joy. We will kick off our week with a Chopped Competition where associates will go head to head in a culinary cook-off, with residents as the judges! We will host a Ted Talk on Joy, host a wood sign workshop, enjoy a fun Pub Trivia game, and end our week with a Pizza Party! Join us!



September- Self Improvement Month

We all learn something every day whether we realize it or not. Self-Improvement Month in September encourages us to make a conscious effort to improve ourselves.

Self-improvement means something different to everyone. However, the basis for any self-improvement goal is learning. Whether we want to master a new skill, take an introspective look at our spiritual lives, scale the career ladder or overcome an obstacle, we must learn to make that improvement. The path we choose to take toward self-improvement is also as varied as the goals we set. Some goals might include:

- Eating healthier • Reading more • Reducing screen time • Finding peace
- Connecting with nature • Finding love • Learning to cook • Speaking a second language fluently • Getting more exercise • Learning to communicate • Reducing stress • Returning to school • Developing patience

Libraries and bookstores are full of books that help us to improve ourselves. They cover every topic listed above and thousands more. You can also find blogs, webinars, and courses to help you on your self-improvement journey. The month encourages everyone to explore the ways in which we can improve. It may involve tasks left undone, dreams, a career goal, family life, or any number of facets of our life. Take the month to explore all the possibilities and keep learning!

HOW TO OBSERVE Self Improvement Month

Where would you like to see improvement in your life? Make a list and then pick a goal. Then get started by exploring the library or the internet for ways to take on your new goal. Enlist others to join you on your journey, and write down your goals. Don't forget to track your progress and adjust goals if needed. Reward yourself along the way, and enlist support from others by joining a group with a common goal.

“Never stop learning, because life never stops teaching.” ~ Lin Perrille

THE RESIDENCE AT BOYLSTON PLACE *Associates*

Joshua Hammond
Executive Director

Colleen Eden
Business Office Director

Barbara Flynn
Resident Care Director

Jennifer Anthony
Sales and Marketing Director

Moises Martinez
Maintenance Director

Eric Heredia
Restaurant Operations Manager



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Reminders



- 4**
- 10:00 Core Fitness
 - 11:00 Mindfulness & Meditation
 - 1:00 Rick Steves Travel Docs
 - 2:00 Sunday Coffee Talk
 - 3:00 Group Crossword Puzzle
 - 3:30 Walk the Block
 - 7:00 Comedy Movie Night

- 5**
- 10:00 Stretch & Strengthening
 - 11:00 Jeopardy Challenge
 - 1:00 Bocce Challenge
 - 2:00 Our Planet Series (NF)
 - 3:00 Mix & Mingle Happy Hour
 - 3:30 Monday Matinee
 - 7:00 Romance Movie Night

- 6**
- 9:00 Tuesday Tech Support
 - 10:00 Strength Training Workout
 - 11:00 Art Studio
 - 1:00 Anagrams
 - 2:00 Bingo
 - 3:30 Trip Down Memory Lane
 - 4:00 Tai Chi Class
 - 7:00 Sci-Fi Movie Night

- 7**
- 10:00 Circuit Training Class
 - 11:00 News & Views Discussion
 - 1:00 Great Courses of America- Apollo 11
 - 2:30 Yoga with Sergio
 - 3:30 The Crown (NF Series)
 - 4:00 Tech Support Sessions
 - 7:00 Movie Night

- 1**
- 10:00 Strength Training Workout
 - 11:00 New England History Group
 - 1:00 Guided Imagery Session
 - 1:30 Cooking Group
 - 3:00 Mix & Mingle Happy Hour
 - 4:00 Tai Chi Class
 - 7:00 Thursday Night Thriller

- 2**
- 10:00 Core Fitness
 - 11:00 Korean Culture 101
 - 1:00 Spiritual Reflections
 - 1:30 Pilates Stretch
 - 2:00 Shabbat
 - 2:30 Pokeno Game
 - 3:30 Travel Documentary- Thailand
 - 7:00 Family Favs Film Night

- 3**
- 10:00 Total Fitness Class
 - 11:00 Music & Memories
 - 1:00 Court Cases-Round Table
 - 2:30 Bingo
 - 3:45 Saturday Sundae Social
 - 7:00 Classic Movie Night!

- 8**
- 10:00 Strength Training Workout
 - 11:00 New England History Group
 - 1:00 Guided Imagery Session
 - 1:30 Cooking Group
 - 2:00 Jeffrey Former - Guitar/Singer
 - 3:00 Mix & Mingle Happy Hour
 - 4:00 Tai Chi Class
 - 7:00 Thursday Night Thriller

- 9**
- 10:00 Core Fitness
 - 11:00 Korean Culture 101
 - 1:00 Spiritual Reflections
 - 1:30 Pilates Stretch
 - 2:00 Shabbat
 - 2:30 Pokeno Game
 - 3:30 Travel Documentary- Portugal
 - 7:00 Family Favs Film Night

- 10**
- 10:00 Total Fitness Class
 - 11:00 Music & Memories
 - 1:00 Court Cases-Round Table
 - 2:00 Ann Watkinson - Singer
 - 3:45 Saturday Sundae Social
 - 7:00 Classic Movie Night!

- 11**
- 10:00 Core Fitness
 - 11:00 Mindfulness & Meditation
 - 1:00 Rick Steves Travel Docs
 - 2:00 Joanie Sherlock - Piano Concert
 - 3:00 Sunday Coffee Talk
 - 3:30 Walk the Block
 - 7:00 Comedy Movie Night

- 12**
- 10:00 Stretch & Strengthening
 - 11:00 Jeopardy Challenge
 - 1:00 Bocce Challenge
 - 1:00 Our Planet Series (NF)
 - 2:00 CHOPPED Cooking Challenge
 - 3:30 Monday Matinee
 - 3:30 Mix & Mingle Happy Hour
 - 7:00 Romance Movie Night

- 13**
- 9:00 Tuesday Tech Support
 - 10:00 Strength Training Workout
 - 11:00 Art Studio
 - 1:00 Anagrams
 - 2:00 A Tribute to Broadway- James Michael Performs
 - 3:30 Broadway HD- Oklahoma!
 - 4:00 Tai Chi Class
 - 7:00 Sci-Fi Movie Night

- 14**
- 10:00 Circuit Training Class
 - 11:00 News & Views Discussion
 - 1:00 Wooden Sign Workshop
 - 2:30 Yoga with Sergio
 - 3:30 The Crown (NF Series)
 - 3:30 Resident Council Meeting
 - 4:00 Tech Support Sessions
 - 7:00 Movie Night

- 15**
- 10:00 Strength Training Workout
 - 11:00 New England History Group
 - 1:00 Guided Imagery Session
 - 1:30 Cooking Group
 - 2:00 Jeff Todd Presents- Neil Diamond
 - 3:00 Resident and Associate Pub Trivia Challenge
 - 4:00 Tai Chi Class
 - 7:00 Thursday Night Thriller

- 16**
- 10:00 Core Fitness
 - 11:00 Korean Culture 101
 - 12:00 Pizza Pub Event
 - 1:00 Spiritual Reflections
 - 1:30 Pilates Stretch
 - 2:00 Shabbat
 - 2:30 Pokeno Game
 - 3:30 TED Talk- Unleash your JOY!
 - 7:00 Family Favs Film Night

- 17**
- 10:00 Total Fitness Class
 - 11:00 Music & Memories
 - 1:00 Court Cases-Round Table
 - 2:30 Bingo
 - 3:45 Saturday Sundae Social
 - 7:00 Classic Movie Night!

- 18**
- 10:00 Core Fitness
 - 11:00 Mindfulness & Meditation
 - 1:00 Rick Steves Travel Docs
 - 2:00 Sunday Coffee Talk
 - 3:00 Group Crossword Puzzle
 - 3:30 Walk the Block
 - 7:00 Comedy Movie Night

- 19**
- 10:00 Stretch & Strengthening
 - 11:00 Jeopardy Challenge
 - 1:00 Bocce Challenge
 - 2:00 Helen Sagan - Opera Lecture
 - 3:00 Mix & Mingle Happy Hour
 - 3:30 Monday Matinee
 - 7:00 Romance Movie Night

- 20**
- 9:00 Tuesday Tech Support
 - 10:00 Strength Training Workout
 - 11:00 Art Studio
 - 1:00 Anagrams
 - 2:00 Bingo
 - 3:30 Trip Down Memory Lane
 - 4:00 Tai Chi Class
 - 7:00 Sci-Fi Movie Night

- 21**
- 10:00 Circuit Training Class
 - 11:00 News & Views Discussion
 - 1:00 Great Courses of America- Capitalism vs. Socialism
 - 2:30 Yoga with Sergio
 - 3:30 The Crown (NF Series)
 - 4:00 Tech Support Sessions
 - 7:00 Movie Night

- 22**
- 10:00 Strength Training Workout
 - 11:00 New England History Group
 - 1:00 Guided Imagery Session
 - 1:30 Cooking Group
 - 2:00 Jeff Todd Presents- Gene Kelley
 - 3:00 Mix & Mingle Happy Hour
 - 4:00 Tai Chi Class
 - 7:00 Thursday Night Thriller

- 23**
- 10:00 Core Fitness
 - 11:00 Korean Culture 101
 - 1:00 Spiritual Reflections
 - 1:30 Pilates Stretch
 - 2:00 Shabbat
 - 2:30 Pokeno Game
 - 3:30 Travel Documentary- Costa Rica
 - 7:00 Family Favs Film Night

- 24**
- 10:00 Total Fitness Class
 - 11:00 Music & Memories
 - 1:00 Court Cases-Round Table
 - 2:30 Bingo
 - 3:45 Saturday Sundae Social
 - 7:00 Classic Movie Night!

- 25**
- 10:00 Core Fitness
 - 11:00 Mindfulness & Meditation
 - 1:00 Rick Steves Travel Docs
 - 2:00 Sunday Coffee Talk
 - 2:00 Jackie Arons Trio Entertains
 - 3:00 Group Crossword Puzzle
 - 3:30 Walk the Block
 - 7:00 Comedy Movie Night

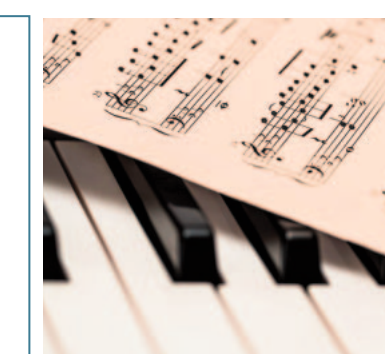
- 26** Happy Birthday Edgar
- 10:00 Stretch & Strengthening
 - 11:00 Jeopardy Challenge
 - 1:00 Bocce Challenge
 - 2:00 Our Planet Series (NF)
 - 3:00 Mix & Mingle Happy Hour
 - 3:30 Monday Matinee
 - 7:00 Romance Movie Night

- 27**
- 9:00 Tuesday Tech Support
 - 10:00 Strength Training Workout
 - 11:00 Art Studio
 - 1:00 Anagrams
 - 2:00 Bingo
 - 3:30 Trip Down Memory Lane
 - 4:00 Tai Chi Class
 - 7:00 Sci-Fi Movie Night

- 28**
- 10:00 Circuit Training Class
 - 11:00 News & Views Discussion
 - 1:00 Great Courses of America- Why Stars Shine
 - 2:30 Yoga with Sergio
 - 3:30 The Crown (NF Series)
 - 4:00 Tech Support Sessions
 - 7:00 Movie Night

- 29**
- 10:00 Strength Training Workout
 - 11:00 New England History Group
 - 1:00 Guided Imagery Session
 - 1:30 Cooking Group
 - 2:00 Guest Speaker, Steven Collins- Robert Frost
 - 3:00 Mix & Mingle Happy Hour
 - 4:00 Tai Chi Class
 - 7:00 Thursday Night Thriller

- 30**
- 10:00 Core Fitness
 - 11:00 Korean Culture 101
 - 1:00 Spiritual Reflections
 - 1:30 Pilates Stretch
 - 2:00 Shabbat
 - 2:30 Pokeno Game
 - 3:15 John Clark Presents- Rumba, Samba, Tango
 - 7:00 Family Favs Film Night



All transportation and medical appointment requests can be made at the front reception desk. We will do our best to accommodate your needs. Note: daily schedules will now be delivered to your door daily on the overnight reception shift rather than weekly.

PROGRAM

- – Cognitive
- – Emotional
- – Physical
- – Social