



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 9:00 Morning Mass 10:00 Yoga 10:30 Music & Singing 1:00 Current Events 1:15 Nature Walk 1:45 Cards & Games 2:30 Movie: Notes on a Scandal	2 9:00 News in the Parlor 10:00 Dumbbell Exercises 10:30 Story behind a Song 1:00 Nail Spa 1:30 Barre & Balance 2:00 Bridge 3:00 Happy Hour 6:00 Nature Documentary	3 9:00 Today in History 10:00 Thera Bands 10:30 R.Steves: Germany's Black Forest and Cologne 1:30 Strength & Tai Chi 2:00 Engagement Forum 3:00 Games & Drinks 6:00 Movie: The Client	4 9:00 Morning Mass 10:00 Barre and Balance 10:30 Music and Singing 1:00 Nail /spa 1:30 Nature Walk 2:00 Hometown History 3:00 Piano Performance by Lee & Wine 6:00 Dinner @ Lotus Blossum	5 9:00 Boston Globe & Coffee 10:00 Thera Bands 10:45 Create in the Kitchen 11:00 Errand Outing 1:30 Tai Chi 2:00 Tech Support 3:00 Open Bar 6:00 M: The African Queen	6 9:00 Morning Mass 10:00 Barre and Balance 10:45 Art Studio 1:00 Elm Bank 1:30 Cards and Games 2:30 Thera Bands 3:00 Happy Hour 6:00 Mus: Dancer in the Dark	7 9:00 Boston Globe & Coffee 10:00 Strength Training 10:45 TED Talk 1:00 Today in History 1:30 Barre & Balance 2:15 Movie: Butch Cassidy And the Sundance Kid 3:00 Cards & Games	
8 9:00 Morning Mass 10:00 Yoga 10:30 Music & Singing 1:00 Current Events 1:15 Nature Walk 1:45 Cards & Games 2:30 Movie: Beauty and the Beast	9 9:00 News in the Parlor 10:00 Dumbbell Exercises 10:30 Story behind a Song 1:00 Nail Spa 1:30 Barre & Balance 2:00 Bridge 3:00 Happy Hour 6:00 Nature Documentary	10 9:00 Today in History 10:00 Thera Bands 10:30 R.Steves: Germany's Dresden and Leipzig 1:30 Strength & Tai Chi 2:00 Bingo 3:00 Games & Drinks 6:00 M:The Bridge on River K.	11 9:00 Morning Mass 10:00 Barre and Balance 10:30 Music and Singing 1:00 Nail Spa 1:30 Nature Walk 2:00 Hometown History 3:00 Sangria Social 6:00 Documentary	12 9:00 Boston Globe & Coffee 10:00 Thera Bands 10:45 Create in the Kitchen 1:30 Tai Chi and Walk 2:00 Book Club 2:00 Veteran's Coffee Social 3:00 Open Bar 6:00 Movie: Ben-Hur	13 9:00 Morning Mass 10:00 Barre and Balance 10:45 Art Studio 1:15 Ice Cream Outing 2:30 Thera Bands 3:00 Working Man's Duo & Happy Hour 6:00 Musical: 42 nd Street	14 9:00 Boston Globe & Coffee 10:00 Strength Training 10:45 TED Talk 1:00 Today in History 1:30 Barre & Balance 2:15 Movie: Sunset Blvd 3:00 Cards & Games	
15 9:00 Morning Mass 10:00 Yoga 10:30 Music & Singing 1:00 Current Events 1:15 Nature Walk 1:45 Cards & Games 2:30 Movie: Singing in the Rain	16 9:00 News in the Parlor 10:00 Dumbbell Exercises 10:30 Story Behind a Song 1:00 Nail Spa 1:30 Barre & Balance 2:00 Bridge 3:00 Happy Hour 6:00 Nature Documentary	17 9:00 Today in History 10:00 Thera Bands 10:30 Rick Steves: Germany's Frankfurt and Nurnberg 1:30 Strength & Tai Chi 2:00 Resident Council 3:00 Games & Drinks 6:00 Movie: My Fair Lady	18 9:00 Morning Mass 10:00 Barre and Balance 10:30 Music and Singing 1:00 Nail Spa 1:30 Nature Walk 2:00 Hometown History 3:00 Sangria Social 6:00 Dinner @ Soul of India	19 9:00 Boston Globe & Coffee 10:00 Thera Bands 10:30 Create in the Kitchen 1:30 Tai Chi 2:00 Tech Support 3:00 Open Bar 6:00 Movie: Mary Poppins	20 9:00 Morning Mass 10:00 Barre and Balance 10:45 Art Studio 1:00 Mount Auburn 2:30 Thera Bands 3:00 Happy Hour 6:00 Musical: Everyone Says I Love You	21 9:00 Boston Globe & Coffee 10:00 Strength Training 10:45 TED Talk 1:00 Today in History 1:30 Barre & Balance 2:15 Movie: Brining up Baby 3:00 Cards & Games	
22 9:00 Morning Mass 10:00 Yoga 10:30 Music & Singing 1:15 Nature Walk 1:45 Cards and Games 2:30 Movie: Julie and Julia	23 9:00 News in the Parlor 10:00 Dumbbell Exercises 10:30 Story behind a Song 1:00 Nail Spa 1:30 Barre & Balance 2:00 Bridge 3:00 Happy Hour 6:00 Nature Documentary	24 9:00 Today in History 10:00 Thera Bands 10:30 Rick Steves: Germany's Hamburg and Luther Trail 1:30 Strength & Tai Chi 2:00 Bingo 3:00 Games & Drinks 6:00 Movie: Seabiscuit	25 9:00 Morning Mass 10:00 Barre and Balance 10:30 Music and Singing 1:00 Nail Spa 1:30 Nature Walk 2:00 Hometown History 3:00 Sangria Social 6:00 Documentary	26 9:00 Boston Globe & Coffee 10:00 Thera Bands 10:45 Create in the Kitchen 1:30 Tai Chi 2:00 Poetry & Literature 3:00 Open Bar 6:00 Movie: Funny Girl	27 Summer Luau 9:00 Morning Mass 10:00 Barre and Balance 10:45 Art Studio 1:30 Thera Bands 2:00 Retro Politan Band and Summer Party 6:00 Musical: South Pacific	28 9:00 Boston Globe & Coffee 10:00 Strength Training 10:45 TED Talk 1:00 Today in History 1:30 Barre & Balance 2:15 Movie: Shadow of a Doubt 3:00 Cards & Games	
29 9:00 Morning Mass 10:00 Yoga 10:30 Music & Singing 1:00 Current Events 1:15 Nature Walk 1:45 Cards and Games 2:30 Movie: The Rainmaker	30 10:00 Dumbbell Exercises 10:30 Story behind a Song 1:00 Nail Spa 1:30 Barre & Balance 2:00 Bridge 2:30 Mass with Father Dave 3:00 Happy Hour 6:00 Nature Documentary	31 9:00 Today in History 10:00 Thera Bands 10:30 Rick Steves: Germany's Romantic Rhine & Rothenburg 1:30 Strength & Tai Chi 2:00 Outing Committee 3:00 Games & Drinks 6:00 Movie: Apollo 13				 10 Green Way Wayland, MA 01778 508-358-0700 www.traditionsofwayland.com	