

**SUNDAY****MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY**

10 Green Way  
Wayland, MA 01778

508-358-0700

www.traditionsofwayland.com

**1**  
10:00 Dumbbell Exercises  
10:30 Trivia: Transportation  
1:00 Nail Care  
1:30 Barre & Balance  
2:00 **Community Service**  
3:00 Happy Hour  
6:00 Nature Documentary

**2**  
**9:00 Mass at St. Ann Church**  
10:00 Thera Bands  
10:30 Rick Steves  
1:30 Standing Tai Chi  
**2:00 Outing Meeting**  
3:00 Connect & Converse  
6:00 Film Club

**3**  
9:00 Morning Mass  
10:00 Barre & Balance  
10:30 News Discussion  
1:30 Nature Walk  
2:00 Bingo  
3:00 Ice Cream Sundae Bar  
6:00 Documentary

**4**  
9:00 News and Coffee  
10:00 Thera Bands  
11:00 Errand Outing  
1:30 Seated Tai Chi  
2:00 Jeopardy  
3:00 Happy Hour  
6:00 Film Club

**5**  
9:00 Morning Mass  
10:00 Barre and Balance  
10:45 Tech Support  
1:00 Nail Care  
1:30 Thera Bands  
3:00 Happy Hour  
6:00 Musical

**6**  
9:00 News this Week  
10:00 Strength Training  
10:45 TED Talk  
1:30 Barre & Balance  
2:00 Card Sales  
2:45 Featured Film  
3:30 Cards & Games

**7**  
9:00 Morning Mass  
10:00 Yoga & Meditation  
10:30 Current Events  
1:30 Nature Walk  
2:00 Cards & Games  
2:30 Featured Film

**8**  
10:00 Dumbbell Exercises  
10:30 Trivia: Literature  
1:00 Nail Care  
1:30 Barre & Balance  
2:00 **Community Service**  
3:00 Happy Hour  
6:00 Nature Documentary

**9**  
**9:00 Mass at St. Ann Church**  
10:00 Thera Bands  
10:30 Rick Steves  
1:30 Standing Tai Chi  
**2:00 Travel Lecture by John**  
3:00 Connect & Converse  
6:00 Film Club

**10**  
9:00 Morning Mass  
10:00 Barre & Balance  
10:30 News Discussion  
1:30 Nature Walk  
2:00 Bingo  
3:00 Ice Cream Sundae Bar  
6:00 Documentary

**11 Veteran's Day**  
9:00 News and Coffee  
10:00 Thera Bands  
11:00 Errand Outing  
1:30 Seated Tai Chi  
**2:00 Veteran's Coffee Social**  
3:00 Veteran's Day Gathering  
6:00 Film Club

**12**  
9:00 Morning Mass  
10:00 Barre and Balance  
10:45 Tech Support  
1:00 Nail Care  
1:30 Thera Bands  
**2:00 Book Club**  
3:00 Happy Hour  
6:00 Musical

**13**  
9:00 News this Week  
10:00 Strength Training  
10:45 TED Talk  
1:30 Barre & Balance  
2:00 Card Sales  
2:45 Featured Film  
3:30 Cards & Games

**14**  
9:00 Morning Mass  
10:00 Yoga & Meditation  
10:30 Current Events  
1:15 Nature Walk  
2:00 Cards & Games  
2:30 Featured Film

**15**  
10:00 Dumbbell Exercises  
10:30 Trivia: 50 States  
1:00 Nail Care  
1:30 Barre & Balance  
2:00 **Community Service**  
3:00 Happy Hour  
6:00 Nature Documentary

**16**  
**9:00 Mass at St. Ann Church**  
10:00 Thera Bands  
10:30 Rick Steves  
1:30 Standing Tai Chi  
**2:00 Resident Council**  
3:00 Connect & Converse  
6:00 Film Club

**17 Family Event**  
9:00 Morning Mass  
10:00 Barre and Balance  
10:30 Country of the Week  
**2-4 Turkey Stroll**  
2:30 Bingo  
3:00 Ice Cream Sundae Bar  
6:00 Documentary

**18**  
9:00 News and Coffee  
10:00 Thera Bands  
11:00 Errand Outing  
1:30 Seated Tai Chi  
2:00 Jeopardy  
3:00 Happy Hour  
6:00 Film Club

**19**  
9:00 Morning Mass  
10:00 Barre and Balance  
10:45 Tech Support  
1:00 Nail Care  
1:30 Thera Bands  
3:00 Happy Hour  
6:00 Musical

**20**  
9:00 News this Week  
10:00 Strength Training  
10:45 TED Talk  
1:30 Barre & Balance  
2:00 Card Sales  
2:45 Featured Film  
3:30 Cards & Games

**21**  
9:00 Morning Mass  
10:00 Yoga  
10:30 Current Events  
1:30 Nature Walk  
2:00 Cards and Games  
2:30 Featured Film

**22**  
10:00 Dumbbell Exercises  
10:30 Trivia: American History  
1:00 Nail Care  
1:30 Barre & Balance  
**2:30 Mass with Father Dave**  
3:00 Happy Hour  
6:00 Nature Documentary

**23**  
**9:00 Mass at St. Ann Church**  
10:00 Thera Bands  
10:30 Rick Steves  
1:30 Standing Tai Chi  
**2:00 Engagement Forum**  
3:00 Connect & Converse  
6:00 Film Club

**24**  
9:00 Morning Mass  
10:00 Barre and Balance  
10:30 Country of the Week  
1:30 Nature Walk  
**2:00 Michael Leidig Piano**  
3:00 Ice Cream Sundae Bar  
6:00 Documentary

**25 Thanksgiving**  
9:00 News and Coffee  
10:00 Thera Bands  
10:30 Documentary  
1:30 Seated Tai Chi  
2:00 Cards and Games  
3:00 **Neighbor Gathering**  
6:00 Film Club

**26**  
9:00 Morning Mass  
10:00 Barre and Balance  
10:45 Tech Support  
1:00 Nail Care  
1:30 Thera Bands  
3:00 Happy Hour  
6:00 Musical

**27**  
9:00 News this Week  
10:00 Strength Training  
10:45 TED Talk  
1:30 Barre & Balance  
2:00 Card Sales  
2:45 Featured Film  
3:30 Cards & Games

**28**  
9:00 Morning Mass  
10:00 Yoga  
10:30 Current Events  
1:15 Nature Walk  
2:00 Cards and Games  
2:30 Featured Film

**29**  
10:00 Dumbbell Exercises  
10:30 Trivia: Music  
1:00 Nail Care  
1:30 Barre & Balance  
**2:00 Community Service**  
3:00 Happy Hour  
6:00 Nature Documentary

**30**  
**9:00 Mass at St. Ann Church**  
9:00 International News  
10:00 Thera Bands  
10:30 Rick Steves  
1:30 Standing Tai Chi  
**2:00 Music and Singing**  
3:00 Connect & Converse  
6:00 Film Club

