





# September 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Happy Birthday!!</b></p> <p>Sue Scammell 9/1 Mat Leupold 9/7 Laura Birkmeir 9/17 Rose Lothrop 9/20</p>			<p><b>1</b></p> <p>10:00 Barre &amp; Balance Class 10:30 Nail Spa 1:30 Yoga Flow 2:00 Boston History Presentation: Scollay Square 3:00 <b>John Clark Hispanic Music Presentation with Refreshments</b> 6:00 Conspiracies Documentary Series</p>	<p><b>2</b></p> <p>8:45 Morning Mass 10:00 Weight Class 10:30 Group Jeopardy 1:30 Bingo for Charity! 2:30 Guided Meditation 3:00 Beer &amp; Pretzels Social 6:00 Open Billiards Game</p>	<p><b>3</b></p> <p>10:00 Strength Training Class 10:30 Coloring for Mindfulness 1:00 Thera Bands Class 1:30 Scrabble Group 2:30 Back to School Film Series</p>
<p><b>4</b></p> <p>8:45 Morning Mass 10:00 Thera Bands 10:30 New York Times Crosswords 2:00 Billiards &amp; Games 2:30 Outdoor Walking Club 3:00 Netflix Hour: Cable Girls</p>	<p><b>5 Labor Day</b></p> <p>10:00 Strength Training 10:30 Netflix Docuseries "Animal" 1:30 Outdoor Walking Club 2:00 Matinee Special: The Age of Adeline</p>	<p><b>6</b></p> <p>9:00 News &amp; Views 10:00 Barre &amp; Balance Class 10:30 Travel Tales: Maine 1:30 Tai Chi/Qi Gong 2:00 Creative Creations: Wine Bottle Vases 3:00 Cider Social Hour 6:00 On the Silver Screen...</p>	<p><b>7</b></p> <p>8:45 Morning Mass 10:00 Qi gong 10:30 Scrabble Group 1:00 Thera Bands Class 2:00 <b>Steve King Concert and Sing along</b> 3:00 Rosé Social Hour 6:00 Film: Viewer's Choice</p>	<p><b>8</b></p> <p>10:00 Barre &amp; Balance Class 10:30 Nail Spa 1:30 Yoga Flow 2:00 <b>Special Lecture from Author Joy Viola</b> 3:00 Book Club Social 4:00 Great British Baking Show 6:00 Pop Culture Documentary</p>	<p><b>9</b></p> <p>8:45 Morning Mass 10:00 Weight Class 10:30 Group Jeopardy 1:30 Bingo for Charity! 2:30 Guided Meditation 3:00 Beer &amp; Pretzels Social 6:00 Open Billiards Game</p>	<p><b>10</b></p> <p>10:00 Strength Training Class 10:30 Coloring for Mindfulness 1:00 Thera Bands Class 1:30 Scrabble Group 2:30 Back to School Film Series</p>
<p><b>11 National Assisted Living Week</b></p> <p>8:45 Morning Mass 10:00 Thera Bands 10:30 New York Times Crosswords 2:00 Billiards &amp; Games 2:30 Outdoor Walking Club 3:00 Netflix Hour: Cable Girls</p>	<p><b>12</b></p> <p>10:00 Strength Training 10:30 Netflix Docuseries "Animal" 11:00 Local Errands 11:30 Joy Week: Cultural Lunch 1:30 Outdoor Walking Club 2:00 Universal Yums: Cider History and Tasting 3:00 Mocktail Monday</p>	<p><b>13</b></p> <p>9:00 News &amp; Views 10:00 Barre &amp; Balance Class 10:30 Joy Week: Hand Massages 1:30 Joy Week: Field Day 3:00 Cider Social Hour 6:00 On the Silver Screen...</p>	<p><b>14</b></p> <p>8:45 Morning Mass 10:00 Qi gong 10:30 Scrabble Group 2:00 Joy Week: Street Dance Party at LCB Freeman Lake 3:00 Rosé Social Hour 6:00 Film: Viewer's Choice</p>	<p><b>15</b></p> <p>10:00 Barre &amp; Balance Class 10:30 Nail Spa 1:00 Yoga Flow 1:30 Joy Week: Piano Concert with Michael Leiding 3:00 Sangria &amp; Tapas Social 4:00 Great British Baking Show 6:00 Arts &amp; Cultural Documentary</p>	<p><b>16 Celebrating Oktoberfest</b></p> <p>8:45 Morning Mass 10:00 Weight Class 10:30 Prost! Oktoberfest Presentation 1:30 Bingo for Charity! 2:30 Guided Meditation 2:30 Joy Week: Oktoberfest Social 6:00 Open Billiards Game</p>	<p><b>17</b></p> <p>10:00 Strength Training Class 10:30 Scrabble Group 1:00 Thera Bands Class 1:30 Joy Week: Build Your own Sundaes 2:30 Back to School Film Series</p>
<p><b>18</b></p> <p>8:45 Morning Mass 10:00 Thera Bands 10:30 New York Times Crosswords 2:00 Billiards &amp; Games 2:30 Outdoor Walking Club 3:00 Netflix Hour: Cable Girls</p>	<p><b>19</b></p> <p>10:00 Strength Training 10:30 Netflix Docuseries "Animal" 11:00 Local Errands 1:30 Outdoor Walking Club 2:00 Universal Yums: Baking Apples 3:00 <b>Rob Shain Music and Pet Therapy</b></p>	<p><b>20</b></p> <p>9:00 News &amp; Views 10:00 Barre &amp; Balance Class 10:30 Travel Tales: West Indies 1:30 Tai Chi/Qi Gong 2:00 Resident Council 3:00 Cider Social Hour 6:00 On the Silver Screen...</p>	<p><b>21</b></p> <p>8:45 Morning Mass 10:00 Qi gong 10:30 <b>Mark West Classical Piano Concert</b> 1:30 Thera Bands Class 2:00 Classical Music Appreciation Program 3:00 Rosé Social Hour 6:00 Film: Viewer's Choice</p>	<p><b>22</b></p> <p>10:00 Barre &amp; Balance Class 10:30 Nail Spa 1:30 Yoga Flow 2:00 Boston History Presentation: Great Molasses Flood of 1919 3:00 Sangria &amp; Tapas Social 4:00 Great British Baking Show 6:00 Nature Documentary: Our Planet, One Planet</p>	<p><b>23</b></p> <p>8:45 Morning Mass 10:00 Weight Class 10:30 Group Jeopardy 1:30 Bingo for Charity! 2:30 Guided Meditation 3:00 Beer &amp; Pretzels Social 6:00 Open Billiards Game</p>	<p><b>24</b></p> <p>10:00 Strength Training Class 10:30 Coloring for Mindfulness 1:00 Thera Bands Class 1:30 Scrabble Group 2:30 Back to School Film Series</p>
<p><b>25</b></p> <p>8:45 Morning Mass 10:00 Thera Bands 10:30 New York Times Crosswords 2:00 Billiards &amp; Games 2:30 Outdoor Walking Club 3:00 Netflix Hour: Cable Girls</p>	<p><b>26</b></p> <p>10:00 Enhabit Health Lecture: Low Vision 10:30 Strength Training 11:00 Local Errands 1:30 Outdoor Walking Club 2:00 Universal Yums: Rosh Hashanah Treats 3:00 Mocktail Monday</p>	<p><b>27</b></p> <p>9:00 News &amp; Views 10:00 Barre &amp; Balance Class 10:30 Travel Tales: Opening! 1:30 Tai Chi/Qi Gong 2:00 Creative Creations: Harvest Potpourri 3:00 Cider Social Hour 6:00 On the Silver Screen...</p>	<p><b>28</b></p> <p>8:45 Morning Mass 10:00 Qi gong 1:00 Thera Bands Class 1:30 <b>Signature Art Class: Wooden Decor Workshop</b> 3:00 Post- Art Class Social 6:00 Film: Viewer's Choice</p>	<p><b>29</b></p> <p>10:00 Barre &amp; Balance Class 10:30 Nail Spa 1:30 Yoga Flow 2:00 Boston History Presentation: Made in MA 3:00 Sangria &amp; Tapas Social 4:00 Great British Baking Show 6:00 Foodie Documentary</p>	<p><b>30</b></p> <p>8:45 Morning Mass 10:00 Weight Class 10:30 Group Jeopardy 1:30 Bingo for Charity! 2:30 Guided Meditation 3:00 Beer &amp; Pretzels Social 6:00 Open Billiards Game</p>	

\*Calendar subject to change

**Car Schedule as of September 1st**

**Local Errands**

Mondays at 11:00 AM: CVS and Stop&Shop

\*if you would like to visit the library or bank, please indicate on sign up and we will accommodate you the best we can

**Doctors Appointments**

Fridays from 10:00 am- 2 pm: please sign up as early as possible