



Monthly News

We would like to welcome each of our new participants!

We look forward to serving your needs.

We continue to expand and grow in large part due to our existing participants and their caregivers. Thank you so much for your referrals and we hope that you will continue to spread the word about our program.

If the PACE center is closed and you need urgent medical advice and assistance, call the Center to reach the answering service who will page our on-call medical staff. Please do not call this number for an emergency. For emergencies, please call 911.

Important information

If you need to stay home for a non-medical reason on a day that you are scheduled to come into the Center, please call the transportation service to cancel your ride. Please also call the Center after 8 a.m. to let us know you won't be coming in.

Please remember to wear your transportation name badge when being transported to the site. This is for your safety.

Please do not bring food items from home into the Center. Many of our participants are on special diets, or have allergies, and the sharing of food may pose a hazard to their well-being. However, if you are planning on bringing in a birthday cake, please let us know the day before. All birthday cakes must be store bought (sorry, we cannot accept homemade cakes).

Transportation note:

Pick up and drop off times may vary due to various unavoidable circumstances. These circumstances include weather, road conditions, and delays with previous pick up and drop offs on the same day. Please note that the afternoon transport does not leave the center until each participant is helped onto the van individually to ensure safety and security. If you have any questions or concerns about your transportation times, please speak with the Transportation Coordinator at the site.

SUMMIT ROOM CALENDAR MAY, 2018

Summit ElderCare contact information

55 Cinema Blvd. Leominster, MA 01453

1-978-401-3100 (TRS 711) • 8 a.m.–5 p.m., Monday–Friday

Activities Coordinator: Cynthia Sidloski: 1-978-401-3100

Inclement weather line (toll-free): 1-855-508-3722

Transportation service: Need A Lift Medivan: 1-978-534-0041, then press 0



Caregiver Corner

Caregivers and family members are welcome and highly encouraged to attend any and all of our support groups. Below are the groups scheduled for this month. Each group offers education, support and the opportunity to meet other caregivers and family members. Refreshments are offered at each group as well.

Topic	Date/Time	Location	Contact	Sponsoring site
Open Forum	5/1/18 3:00-4:30 p.m.	88 Masonic Home Road, Charlton, MA (Meadowside)	Christine Petrone 508-434-3200 Ext.32012	Charlton
Open Forum	5/9/18 1:30-3 p.m.	Briarwood 65 Briarwood Circle Worcester, MA	Julia Pauliukonis 508-852-2026	East Mountain St.
Open Forum	5/21/18 2-3:30 p.m.	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton Street
Open Forum	5/31/18 2-3:30 p.m.	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Open Forum	5/9/18 3:30-5 p.m.	101 Wason Ave Springfield, MA	Ericka Emerson 774-317-6155	Springfield
Upcoming Summer Events	5/9/18 2:00-3:30p.m.	1081 Varnum Ave Lowell, MA	Emily Lemire 978-427-6830	Lowell

Tip of the month:

When you are a caregiver, finding time to nurture yourself might seem impossible. But you owe it to yourself to find the time. Without it, you may not have the mental or physical strength to deal with all of the stress you experience as a caregiver. Give yourself permission to rest and to do things that you enjoy on a daily basis. You will be a better caregiver for it

Activities calendar

MAY1-4th, 2018

Room: Summit

	Activities	Extras
Monday Lunch:		
Tuesday ¹ Lunch: Beef Stroganoff Noodles Carrots Brownies	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. May Day Watercolor 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to One social times	Men's group 10:40 MS support group 1:00 Rosary/communion 1:00
Wednesday ² Lunch: Tuna Roll Corn Chowder Pickled Beets Ice Cream	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:00 p.m. Family Feud 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Share a memory	Rosary/communion 1:00 National "Grump Out Day"- Be Happy Today! Happy Birthday Carol M!
Thursday ³ Lunch: Meatloaf Gravy, Mashed Potatoes Green Beans Peaches	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle Exercise/Yoga 11:30 p.m. Pathway to fitness Sports games 1:00 p.m. Stretch & Pathway to fitness 2:30 p.m. Trivial Pursuit 3:00 p.m.	Painting Group with Ed C. 1:00 Helping Hands group 1:00
Friday ⁴ Lunch: Chicken Pot Pie Salad Dressing Frosted Cake	9:30 a.m. May The 4 th Be With You 10:50 a.m. Star Wars Trivia & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Entertainment 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to One social times	Worship Service 10:40 News in Review 10:40 Mens' group 12:45 Knitting group 1:00 Scot Andrews Entertains Happy Birthday Shirley M! Happy Birthday Mark A! & Barbara A! 5/6

Note: **Summit Program Calendar** Coffee/Tea Social begins at 8:00 daily. Lunch is served at 12:00. Afternoon snack & chat daily. Group activities, independent activities and 1:1 interactions occur daily. Color art, word search, newspaper, magazines and the computer are available throughout the day. Pathway to fitness is a walking group that occurs multiple times daily. This calendar is subject to change

Activities calendar

MAY 7th-11th, 2018

Room: Summit

	Activities	Extras
Monday 7 Lunch: Hamburgers Baked Beans Ambrosia	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle 11:30 a.m. Exercise/Yoga Pathway to fitness 1:30 p.m. Jeopardy 2:45 p.m. Stretch & Pathway to fitness 3:00 p.m. White Board Game	National Nurses Week! Rosary& communion 10:30
Tuesday 8 Lunch: Stuffed Chicken Breast with supreme sauce Bean B lend Coffee Cake	9:30 a.m. Coffee Social 10:50 a.m. Daily chronicle & Exercise 11:30 a.m. Pathway to fitness Bingo 1:30 p.m. 2:30 p.m. Stretch & Pathway to fitness Anniversary of V-E Day 3:00 p.m. trivia	Hair dresser is here today Mens' group 10:40 MS support group 1:00 Rosary and communion 1:00.
Wednesday 9 Lunch: Shepard's Pie Gravy, Salad Dressing Jell-O	9:30 a.m. Coffee Social 10:50 a.m. Exercise 11:30 a.m. Pathway to fitness 1:30 p.m. Flip Flop Craft 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Name 5 for 5	National Receptionist Day! Hair dresser is here today. Book Club 11-11:45 Friendly Circle group meets at 10:40 in library. News in Review 10:40 Rosary/communion 1:00
Thursday 10 Lunch: Veal Parmesan Tomato Sauce, Cheese Ziti, Yellow Squash Pears	9:30 a.m. Coffee Social 10:40 a.m. Exercise & Calming Ideas 11:20 p.m. Pathway to fitness 1:30 p.m. Arts & Crafts/Herb Plantings 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to One time	News in Review 10:40 Participant Council 12:45
Friday Lunch: 11 BBQ Chicken Leg Rice Pilaf Broccoli Ice Cream Sandwich	9:30 a.m. Coffee Social Exercise 10:40 a.m. 11:30 p.m. Pathway to fitness 1:30 p.m. Mothers' Day Tea and watercolor painting 2:30 p.m. Pathway to fitness 3:00 p.m. Trivia	Men's group 1:00 Knitting group 1:00

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Activities calendar

MAY 14-18th, 2018

Room: Summit

	Activities	Extras
Monday 14 Lunch: Stuffed Cabbage Rice, Tomato Sauce Italian Blend Veggies Sherbet	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle 11:30 p.m. Exercise/Yoga Pathway to fitness 1:30 p.m. Luau Party with Dave 2:45 p.m. Stretch & Pathway to fitness 3:00 p.m. One to one social time	Rosary & Communion 10:30 News in Review 10:40 Dave Garden Entertains 1:30 Happy Birthday Helen M!
Tuesday 15 Lunch: Grilled Ham Steak Pineapple Sauce Scalloped Potatoes Cookies	9:30 a.m. Coffee Social 10:50 a.m. Daily chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. White Board Crossword 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Once card bingo	Book Club 11-11:45 Hair dresser is here today. Men's group is held at 10:40 Multiple Sclerosis gr. 1:00 Rosary & Communion 1:00 or table games Happy Birthday Jane L!
Wednesday 16 Lunch: Baked Fish Peas & Carrots Wild Rice Tartar Sauce Apple Cobbler	9:30 a.m. Coffee Social 10:50 a.m. Daily chronicle & Exercise 11:30 p.m. Pathway to fitness 1:40 p.m. Table activities 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Trivia	Hair dresser is here today. Rosary & Communion 1:00
Thursday 17 Lunch: Roast Turkey Gravy, Cranberry Sauce Mashed Potatoes Green Beans Mandarin Oranges	9:30 a.m. Coffee Social 10:50 a.m. Yoga & relaxation technique 11:30 p.m. Pathway to fitness 1:00 p.m. Patio Social or movie 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to one social	News in Review 10:40 Helping Hands group 1:00
Friday 18 Lunch: Macaroni & cheese Stewed Tomatoes Fruit Cup	9:30 a.m. Coffee Social 10:50 a.m. Daily chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Spring Bird Nest Craft 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. May Trivia	Men's group meets at 12:45 Knitting group meets at 1:00. Happy Birthday Loretta A! Happy Birthday Agnes W. & Aylsa Z! 5/19

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Activities calendar

May 21-25th, 2018

Room: Summit

	Activities	Extras
Monday 21 Lunch: Ranch Chicken Red Potatoes Corn Pears	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle Exercise/Yoga 11:30 p.m. Pathway to fitness 1:00 p.m. Penny Ante 2:30 p.m. Stretch & pathway to fitness 3:00 p.m. One card bingo	Rosary & communion 10:30 Wellness Group 1:00 Happy birthday Kathy L!
Tuesday 22 Lunch: Taco Stuffed Potato Cheese, Sour Cream, Lettuce, & Tomatoes Pudding	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise Pathway to fitness 11:30 p.m. 1:30 p.m. Arts & Crafts 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Relaxing music/table activity	Book Club 11-11:45 Hair dresser is here. Men's group is held at 10:40 Multiple Sclerosis support group 1:00. Rosary/Communion 1:00
Wednesday 23 Lunch: American Chop Suey Zucchini Cupcakes	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise Pathway to fitness 11:30 p.m. 1:30 p.m. Whalom Park DVD & reminisce 2:45 p.m. Stretch & Pathway to fitness 3:00 p.m. Pink Flamingo facts	Friendly Circle group 10:40 Rosary/Communion 1:00
Thursday 24 Lunch: Braised Pork Chop Gravy, Cauliflower Mashed Potatoes Tropical Fruit	9:30 a.m. Coffee Social 10:50 a.m. Yoga with Jo/relaxation tips 11:30 p.m. Pathway to fitness 1:00 p.m. Bingo 2:45 p.m. Stretch & Pathway to fitness 3:00 p.m. Person, Place, or Thing?	Spanish 101 with AI 10:45
Friday 25 Lunch: Chicken Marsala Ziti Italian Blend Vegetables Strawberry Shortcake	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise Pathway to fitness 11:15 p.m. 1:30 p.m. Memorial Day: Plantings, Poetry & Music on our patio in remembrance of those that passed in war as well as our friends from Summit	Men's group meets at 12:45 Knitting group meets at 1:00. Happy Birthday Marion L! 5/27

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Activities calendar

May 28th-31th, 2018

Room: Summit

	Activities	Extras
Monday Lunch:	<p align="center">Summit ElderCare is closed today to observe Memorial Day. We hope you enjoy your day.</p>	
Tuesday ²⁹ Lunch: Grilled Hot Dog Potato Salad Tossed Salad, Dressing	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle Exercise 11:30 a.m. Pathway to fitness 1:30 p.m. White Board Games 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to one social time	Hair dresser is here. Men's group is held at 10:40 Multiple Sclerosis support group 1:00. Rosary/Communion 1:00 Happy Birthday Charlotte V!
Wednesday ³⁰ Lunch: Salisbury Steak Onion Gravy, Waxed beans, Mashed Potatoes, Peaches n Cream	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle Exercise 11:30 a.m. Pathway to fitness 1:30 p.m. Spelling Bee 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to one social time	Hair dresser is here. Fun & Games group with Debi 10:30 Rosary/Communion 1:00 Happy Birthday Helen B!
Thursday ³¹ Lunch: Pizza Vegetable Soup Salad, Dressing Fruit Cocktail	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle Exercise /Yoga 11:30 a.m. Pathway to fitness 1:30 p.m. Sing along on the patio 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to one social time	
Friday Lunch:		

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May, 2018 Chapman program

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Open forum	5/21/18 2-3:30p.m	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton Street
Open forum	5/31/18 2-3:30p.m.	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Open forum	5/9/18 3:30-5p.m.	101 Wason Ave Springfield, MA	April Monfett 774-317-6194	Springfield
Upcoming Summer Events	5/9/18 2-3:30p.m	1081 Varnum Ave. Lowell, MA	Emily Lemire 978-427-6830	Lowell

Tip of the month:

When you are a caregiver, finding time to nurture yourself might seem impossible. But you owe it to yourself to find the time. Without it, you may not have the mental or physical strength to deal with all of the stress you experience as a caregiver. Give yourself permission to rest and to do things that you enjoy on a daily basis. You will be a better caregiver for it



Activities calendar

May1st-4th, 2018

Room: Chapman

	Activities	Extras
Monday Lunch:	.	
Tuesday 1 Lunch:	9:30 a.m. Coffee Social/table activities 10:30 a.m. Chair dancing/daily chronicle 11:30 a.m. Pathway to fitness 1:00 p.m. Craft-May Day Baskets 2:30 p.m. Gentle stretch 2:45 p.m. Poetry reading	Hair Dresser is here today. Rosary & Communion 1:00 Summit room
Wednesday 2 Lunch:	9:30 a.m. Coffee Social/table activities 10:30 a.m. Chair dancing/daily chronicle 11:30 a.m. Pathway to fitness 1:00 p.m. Brain games 2:30 p.m. Gentle stretch 2:45 p.m. Poetry reading	Hair Dresser is here today. Rosary & Communion 1:00 Summit room
Thursdays Lunch:	9:30 a.m. Coffee Social/table activities 10:30 a.m. Chair dancing/daily chronicle 11:30 a.m. Pathway to fitness 1:00 p.m. Spring Watercolor paintings 2:15 p.m. Chair Dancing 3:00 p.m. Hand Massages 1:1	
Friday 4 Lunch:	9:30 a.m. Coffee Social/table activities 10:30 a.m. Yoga & daily chronicle 11:30 a.m. Pathway to fitness 1:30 p.m. Entertainment 2:45 p.m. Friday Fitness 3:00 p.m. One to one social	10:40 Worship Service in library 11:00 Reminiscence group Scot Andrews performs 1:30

Note: **Chapman Program Calendar** Morning coffee/tea social starts at 8:00 every day. Lunch is served at 12:00. Afternoon snack & chat occurs daily. Group activities, independent activities and 1:1 interactions occur throughout the day. Music, color art, computer, newspaper, word search, crossword puzzles and use of the Multisensory room are provided daily. Pathway to fitness is a walking group that walks daily.



Activities calendar

May 7th-11th, 2018

Room: Chapman

	Activities	Extras
Monday 7 Lunch:	9:30 a.m. Coffee Social/table activities 10:30 a.m. Exercise/daily chronicle 11:00 a.m. Bowling 11:30 a.m. Pathway to fitness 1:00 p.m. Sitcom 1:30 p.m. Charades 2:30 p.m. Chair Dancing 3:00 p.m. 1:1 Chat	Rosary/communion 10:30 Summit room
Tuesday 8 Lunch:	9:30 a.m. Coffee Social/table activities 10:30 a.m. Exercise 11:00 a.m. Daily chronicle 11:30 a.m. Pathway to fitness 1:30 p.m. Herb Plantings 2:30 p.m. Sing -along 3:00 p.m. Trivia	Hairdresser is here today. Rosary/ Communion 1:00 Summit room.
Wednesday 9 Lunch:	9:30 a.m. Coffee Social/table activity 10:30 a.m. Exercise/Yoga 11:30 a.m. Daily chronicle Pathway to fitness 1:30 p.m. Bingo 2:45 p.m. Afternoon stretch 3:00 p.m. Sing a long	Hairdresser is here today. Hair appointments can be made with our receptionist. Rosary/communion 1:00 Summit room
Thursday 10 Lunch:	9:30 a.m. Coffee Social/table activities 10:30 a.m. Chair dancing/daily chronicle Ball toss 11:00 a.m. Pathway to fitness 11:30 a.m. Paper plate Sunflower craft 1:30 p.m. Sittersize 2:45 p.m. 1:1 social time 3:00 p.m.	
Friday 11 Lunch:	9:30 a.m. Coffee Social/table activities 10:30 a.m. Yoga and Daily Chronicle 11:00 a.m. Target Toss 11:30 a.m. Pathway to fitness 1:00 p.m. Mother's Day Tea and Painting 2:30 p.m. Friday Fitness 3:00 p.m. Sing a- long	Reminiscence Group 1:00

Note:

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Activities calendar

May 14th-18th, 2018

Room: Chapman

	Activities	Extras
Monday 14 Lunch:	9:30 a.m. Coffee social/table activity 10:30 a.m. Exercise Daily Chronicle 11:30 a.m. Pathway to fitness Favorite Sitcoms DVD 1:00 p.m. Entertainment 1:30 p.m. Sittersize 2:30 p.m. Sing-along 3:00 p.m.	Rosary and communion 10:30 Summit room Dave Garden Performs 1:30
Tuesday 15 Lunch:	9:30 a.m. Coffee social/table activities 10:30 a.m. Exercise/Yoga & daily chronicle 11:30 a.m. Pathway to fitness 1:00 p.m. Afternoon stretch 1:30 p.m. Karaoke-sing a-long 3:00 p.m. Name 5	Hairdresser is here today. Hair appointments can be made with our receptionist. Rosary/Communion Summit room 1:00
Wednesday 16 Lunch:	9:30 a.m. Coffee social/table activities 10:30 a.m. Fitness Fun & daily chronicle 11:00 a.m. Target toss 11:30 a.m. Pathway to fitness 1:30 p.m. Arts & Craft 2:45 p.m. Poems & short stories	Hairdresser is here today. Hair appointments can be made with our receptionist. Rosary& Communion Summit room 1:00
Thursday 17 Lunch:	9:30 a.m. Coffee social/table activities 10:30 a.m. Sittersize & daily chronicle 11:00 a.m. Baking 11:30 a.m. Pathway to fitness 1:00 p.m. Thursday Matinee 2:30 p.m. Afternoon stretch 3:00 p.m. Hand massages 1:1	
Friday 18 Lunch:	9:30 a.m. Coffee Social / table activities 10:30 a.m. Yoga & daily chronicle 11:30 a.m. Pathway to fitness 1:00 p.m. Reminiscence group 1:30 p.m. Chair Dancing 3:00 p.m. Sing a long	Reminiscence group 1:00.

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Activities calendar

May 21st-25th, 2018

Room: Chapman

	Activities	Extras
Monday 21 Lunch:	9:30 a.m. Coffee social/table activities 10:30 a.m. Exercise/Yoga 11:00 a.m. Daily Chronicle 11:30 a.m. Pathway to fitness 1:00 p.m. Afternoon Stretch 1:30 p.m. Bingo 3:00 p.m. Baseball Trivia	Rosary and communion in Summit room 10:30
Tuesday 22 Lunch:	9:30 a.m. Coffee social/table activities 10:30 a.m. Exercise/Yoga 11:00 a.m. Daily Chronicle 11:30 a.m. Pathway to fitness 1:00 p.m. Afternoon Stretch 1:30 p.m. Patio Social or movie 3:00 p.m. Hand massages	Hairdresser is here today. Hair appointments can be made with our receptionist. Rosary/Communion in Summit room 1:00
Wednesday 23 Lunch:	9:30 a.m. Coffee social/table activities 10:30 a.m. Chair dancing/daily chronicle 11:30 a.m. Pathway to fitness 1:00 p.m. Gentle Stretch 1:30 p.m. Rhythm Band 3:00 p.m. Person, Place, or Thing?	Hairdresser is here today. Rosary/Communion in Summit Room 1:00
Thursday 24 Lunch:	9:30 a.m. Coffee social/table activities 10:30 a.m. Quick Bread Baking 11:00 a.m. Exercise 11:30 a.m. Pathway to fitness 1:30 p.m. Barnard Racing 2:45 p.m. Afternoon Stretch 3:00 p.m. Farming Facts	
Friday 25 Lunch:	9:30 a.m. Coffee social/table activities 10:30 a.m. Exercise & Yoga 11:00 a.m. Pathway to fitness 11:30 a.m. Pathway to fitness 1:00 p.m. Reminiscence group 1:30 p.m. Lawrence Welk to America with Love 2:30 p.m. Friday Fitness	Reminiscence group 1:00 Happy Birthday Connie G! 5/27

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Activities calendar

May 28th-31st, 2018

Room: Chapman

	Activities	Extras
Monday 28 Lunch:	<p>Summit ElderCare is closed today to celebrate Memorial Day. We hope you enjoy your day!</p>	
Tuesday 29 Lunch:	9:30 a.m. Coffee social/table activities 10:30 a.m. Chair dancing/daily chronicle 11:30 a.m. Pathway to fitness 1:00 p.m. Gentle Stretch 1:30 p.m. Fish for a Song 3:00 p.m. Person, Place, or Thing?	Rosary/communion 1:00 Summit Room
Wednesday 30 Lunch:	9:30 a.m. Coffee social/table activities 10:30 a.m. Chair dancing/daily chronicle 11:30 a.m. Pathway to fitness 1:00 p.m. Gentle Stretch 1:30 p.m. Patio Social 3:00 p.m. Person, Place, or Thing?	Rosary/communion 1:00 Summit Room
Thursday 31 Lunch:	9:30 a.m. Coffee social/table activities 10:30 a.m. Chair dancing/daily chronicle 11:30 a.m. Pathway to fitness 1:00 p.m. Gentle Stretch Rhythm Band on the patio or 1:30 p.m. Newsies Musical 3:00 p.m. Person, Place, or Thing?	
Friday Lunch:		

Note:

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