

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

REMINDER: SUMMIT ELDERCARE WILL BE CLOSED THURSDAY 23RD AND FRIDAY 24TH FOR THANKSGIVING HOLIDAY.

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: 1-978-401-3123

Inclement weather line: 1-800-333-2535, ext. 69028

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
The importance of taking care of you as a caregiver.	11/2/2017 3:30-5 p.m.	88 Masonic Home Road, Charlton, MA (Meadowside)	Christine Petrone 508-434-3200 Ext.32012	Charlton
Memory and Music Special guest Michelle Parent Activities Director	11/8/17 1:30-3 p.m.	Briarwood 65 Briarwood Circle Worcester, MA	Julia Pauliukonis 508-852-2026	East Mountain St.
Caregiving tips for the Holidays.	11/20/17 2-3:30 p.m.	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton Street
Ways to Prepare For the Holidays	11/30/17 2-3:30 p.m.	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Ways to Take Care of Yourself	11/8/17 3:30-5 p.m.	101 Wason Ave Springfield, MA	Ericka Emerson 774-317-6155	Springfield
Stress Reduction During the Holidays	11/8/17 2:00-3:30p.m.	1081 Varnum Ave Lowell, MA	Emily Lemire 978-427-6830	Lowell

TIP OF THE MONTH:

Eat properly - A balanced diet is a fundamental part of any healthy lifestyle. Eating nutritious foods not only provides you with the energy you will need to take care of yourself, but to care for someone else, as well. Remember, too, not to skip meals. If you don't have time to cook or prepare food, try signing up for Meals on Wheels, a volunteer organization that delivers food to people in need. Get back to basics with plenty of fresh fruit and vegetables. Watch your salt and sugar intake. Drink plenty of water. Eat less red meat and more chicken or fish. Finally, avoid alcohol and caffeine.

ACTIVITIES CALENDAR

Room: Summit

NOVEMBER 1-3rd, 2017

Activities

Extras

Monday

Lunch:

Tuesday

Lunch:

Wednesday ¹

9:30 a.m.

Coffee Social

Hairdresser is here today.

10:50 a.m.

Exercise

News in Review 10:40

Lunch:

11:30 p.m.

Pathway to fitness

Rosary/communion 1:00

Turkey Divan

1:30 p.m.

Tree of Thanks

Happy Birthday Roy B!

Rice, Italian Blend

2:45 p.m.

Stretch & Pathway to fitness

Mandarin Oranges

3:00 p.m.

Musical Art

Thursday ²

9:30 a.m.

Coffee Social

News in Review 10:40

10:50 a.m.

Exercise

Lunch:

11:20 p.m.

Pathway to fitness

Helping Hands group 1:00

Grilled Ham Steak

1:00 p.m.

Jeopardy

Peas

2:30 p.m.

Stretch & Pathway to fitness

Scalloped Potatoes

3:00 p.m.

Word Mining/white board game

Gingerbread

Friday ³

9:30 a.m.

Coffee Social

Worship Service 10:40

10:50 a.m.

Exercise

News in Review 10:40

Lunch:

11:30 p.m.

Pathway to fitness

Knitting group 1:00

Baked Manicotti

1:00 p.m.

Bowling

Mens' group 12:45

Tomato Sauce

2:30 p.m.

Stretch & Pathway to fitness

Salad

3:00 p.m.

One to one social time/white board games

Fruit Cocktail

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

Room: Summit

November 6-10th 2017	Activities	Extras		
Monday 6	9:30 a.m.	Coffee Social		
	10:50 a.m.	Exercise to the 70s	Rosary/communion 10:30	
	Lunch: Stuffed Cabbage Tomato Sauce Rice Yellow Squash Pears	11:30 a.m.	Pathway to fitness	
		1:00 p.m.	Monday Matinee	
		2:45 p.m.	Stretch & Pathway to fitness	
	3:00 p.m.	Fall White Board Game		
Tuesday 7	9:30 a.m.	Coffee Social	Hair dresser is here today	
	10:50 a.m.	Exercise to the 70s	Mens' group 10:40	
	Lunch: Stuffed Chicken Thigh Supreme Sauce Mashed Potatoes Carrots, Jell-O	11:30 a.m.	Pathway to fitness	News in Review 10:40 MS support group 1:00 Rosary and communion 1:00.
		1:30 p.m.	Bingo	Participant Council 1:30
		2:30 p.m.	Stretch & Pathway to fitness	
	3:00 p.m.	Fall White Board Game		
Wednesday 8	9:30 a.m.	Coffee Social	Happy Birthday Eila M!	
	10:50 am.	Exercise with props	Hair dresser is here today.	
	Lunch: Hungarian Beef Goulash, Noodles Cauliflower Apple Crisp	11:30 a.m.	Pathway to fitness	Friendly Circle group meets at 10:40 in library.
		1:40 p.m.	Arts/Crafts	News in Review 10:40
		2:30 p.m.	Stretch & Pathway to fitness	Rosary/communion 1:00
	3:00 p.m.	Trivia		
Thursday 9	9:30 a.m.	Coffee Social		
	10:40 a.m.	Yoga & relaxation technique	News in Review 10:40	
	Lunch: Breakfast for lunch Scrambled Eggs Sausage Pattie, Waffle, Melon	11:20 p.m.	Pathway to fitness	Scot Andrews performs 1:00
		1:00 p.m.	Entertainment	
		2:30 p.m.	Stretch & Pathway to fitness	
	3:00 p.m.	One to One time		
Friday 10	9:30 a.m.	Coffee Social	Happy Birthday Kathryn L!	
	10:40 a.m.	Exercise & Yoga	Happy Birthday Pat B! 11/11	
	Lunch: Fish Florentine ½ Baked Potato Broccoli Pudding	11:30 p.m.	Pathway to fitness	News in Review 10:40
		1:30 p.m.	Veterans' Program of Recognition	Knitting 1:00 Men's group 12:45
		2:30 p.m.	Pathway to fitness	
	3:00 p.m.	Name 10	Larry Domenico Entertainer for our Veterans Program 1:30	

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, 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

Room: Summit

November 13 th -17 th , 2017	Activities	Extras		
Monday 13	9:30 a.m.	Coffee Social		
	10:50 a.m.	Exercise	Rosary 10:30	
	Lunch:	11:30 p.m.	Pathway to fitness	News in Review 10:40
	Meatloaf	1:00 p.m.	Watercolor fall painting	
	Mashed Potatoes	2:15 p.m.	Stretch & Pathway to fitness	Myths of Aging group 1:00
Zucchini	3:00 p.m.	One to one social time		
Peaches & Cream				
Tuesday 14	9:30 a.m.	Coffee Social	Hair dresser is here today.	
	10:50 a.m.	Exercise	News in Review 10:40	
	Lunch:	11:30 p.m.	Pathway to fitness	Men's group is held at 10:40
	Turkey Pot Pie	1:30 p.m.	Bingo	Multiple Sclerosis gr. 1:00
	Beets	2:30 p.m.	Stretch & Pathway to fitness	Rosary & Communion 1:00
Coffee Cake	3:00 p.m.	November trivia	or table games	
Wednesday 15	9:30 a.m.	Coffee Social	Hair dresser is here today.	
	10:50 a.m.	Exercise		
	Lunch:	11:30 p.m.	Pathway to fitness	News in Review 10:40
	BBQ Chicken Leg	1:40 p.m.	"Box of Thanks" craft	
	Rice Pilaf	2:30 p.m.	Stretch & Pathway to fitness	Rosary & Communion 1:00
Broccoli	3:00 p.m.	One to one social time	or table activities.	
Fruit Cocktail				
Thursday 16	9:30 a.m.	Coffee Social	News in Review 10:40	
	10:50 a.m.	Yoga & relaxation technique	Helping Hands group 1:00	
	Lunch:	11:30 p.m.	Pathway to fitness	
	Braised Pork Chop	1:00 p.m.	You be the judge	Happy Birthday Patricia B!
	Gravy, Wax Beans	2:30 p.m.	Stretch & Pathway to fitness	
Sweet Potatoes	3:00 p.m.	The Gratitude Game		
Frosted Cake				
Friday 17	9:30 a.m.	Coffee Social	News in Review 10:40	
	10:50 a.m.	Exercise		
	Lunch:	11:30 p.m.	Pathway to fitness	Knitting group meets at 1:00.
	Salisbury Steak	1:30 p.m.	Sing- along	Men's group meets at 12:45
	Mushroom Gravy	2:30 p.m.	Stretch & Pathway to fitness	
Mashed Potatoes	3:00 p.m.	One card bingo		
Vegetable Blend				
Mousse				

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ACTIVITIES CALENDAR

Room: Summit

November 20 th -24 th , 2017	Activities	Extras	
Monday 20 Lunch: Grilled Hot Dog Baked Beans Salad Tropical Fruit	9:30 a.m.	Coffee Social	Rosary 10:30
	10:50 a.m.	Exercise	News in Review 10:40
	11:30 p.m.	Pathway to fitness	Travel the World with Becky 1:00
	1:00 p.m.	Bullseye	
	2:30 p.m.	Stretch/Pathway to fitness	
	3:00 p.m.	Truth or Turkey?	
Tuesday 21 Lunch: Spaghetti & meatballs Zucchini Cookies	9:30 a.m.	Coffee Social	Hair dresser is here today. Appointments can be made with our receptionist.
	10:50 a.m.	Exercise	Men's group is held at 10:40
	11:30 p.m.	Pathway to fitness	News in Review 10:40
	1:40 p.m.	Thanksgiving Jingo	Multiple Sclerosis gr. meets at 1:00.
	2:30 p.m.	Stretch & Pathway to fitness	Rosary/Communion 1:00 or table activities
	3:00 p.m.	One to one social time	
Wednesday 22 Lunch: Corn Chowder Chicken Salad Pickled Beets Ice Cream	9:30 a.m.	Coffee Social	Hair dresser is here today.
	10:50 a.m.	Exercise	Friendly Circle group meets at 10:40 in library.
	11:30 p.m.	Pathway to fitness	
	1:40 p.m.	Reading of An Old Fashioned Thanksgiving	Rosary& Communion at 1:00 or table activities offered.
	2:30 p.m.	Stretch & Pathway to fitness	
	3:00 p.m.	Classical Music Appreciation	
Thursday 23 Lunch:	SUMMIT ELDERCARE IS CLOSED TODAY.		THANKSGIVING DAY
	WE WISH YOU AND YOUR FAMILY A WONDEFUL DAY!		
Friday 24 Lunch:	SUMMIT ELDERCARE IS CLOSED TODAY.		

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ACTIVITIES CALENDAR

Room: Summit

November 27 th -30 th , 2017	Activities	Extras		
Monday 27	9:30 a.m.	Coffee Social	Happy Birthday Carol L! News in Review 10:40 Rosary 10:30	
	10:50 a.m.	Exercise		
	Lunch:	11:30 a.m.	Pathway to fitness	Myths of Aging group 1:00
	Macaroni & Cheese	1:30 p.m.	Entertainment	
	Stewed Tomatoes	2:30 p.m.	Stretch & Pathway to fitness	
Sherbet	3:00 p.m.	Name That Tune	Dave Garden Entertains 1:30	
Tuesday 28	9:30 a.m.	Coffee Social	News in Review 10:40 Hair dresser is here today. Appointments can be made with our receptionist. Men's group 10:40 Rosary/communion 1:00	
	10:50 a.m.	Exercise		
	Lunch:	11:30 a.m.		Pathway to fitness
	Ranch Chicken, Beets	1:30 p.m.		Crafts
	Mashed Sweet Potatoes, Pineapple Chunks	2:30 p.m.		Stretch & Pathway to fitness
	3:00 p.m.	Poems of Thanks		
Wednesday 29	9:30 a.m.	Coffee Social	News in Review 10:40 Hair dresser is here today. Appointments can be made with our receptionist. Rosary/communion 1:00	
	10:50 a.m.	Exercise		
	Lunch:	11:30 a.m.		Pathway to fitness
	Pulled Pork	1:30 p.m.		Bingo
	Cole Slaw	2:30 p.m.		Stretch & Pathway to fitness
Red Potatoes	3:00 p.m.	One to one social time		
Cupcakes				
Thursday 30	9:30 a.m.	Coffee Social	Helping Hands group 1:00 Happy Birthday Peter P!	
	10:50 a.m.	Exercise		
	Lunch:	11:30 a.m.		Pathway to fitness
	Shepard's Pie	1:30 p.m.		Pokeno
	Gravy, Corn	2:30 p.m.		Stretch & Pathway to fitness
Mashed Potatoes	3:00 p.m.	One to one social time		
Strawberries & Cream				

Friday

Lunch:

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Important information

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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).

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Reminder: Summit Eldercare will be closed Thursday 23rd and Friday 24th for Thanksgiving.

Chapman Program Calendar

November, 2017

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: 1-978-401-3123

Inclement weather line: 1-800-333-2535, ext. 69028

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CAREGIVER CORNER

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The importance of taking care of you as a caregiver.	11/2/17 3:30-5p.m.	88 Masonic Home Road, Charlton, MA (Meadowside)	Christine Petrone 508-434-3200 Ext.32012	Charlton
Memory and Music Special guest Michelle Parent Activities Director	1:30-3p.m.	Briarwood 65 Briarwood Circle Worcester, MA	Julia Pauliukonis 508-852-2026	East Mountain St.
Caregiving tips for the Holidays.	11/20/17 2-3:30p.m	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton Street
Ways to Prepare For the Holidays	11/30/17 2-3:30p.m.	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Ways to Take Care of Yourself	11/8/17 3:30-5p.m.	101 Wason Ave Springfield, MA	April Monfett 774-317-6194	Springfield
Stress Reduction During the Holidays	11/8/17 2-3:30p.m	1081 Varnum Ave. Lowell, MA	Emily Lemire 978-427-6830	Lowell

TIP OF THE MONTH:

Eat properly - A balanced diet is a fundamental part of any healthy lifestyle. Eating nutritious foods not only provides you with the energy you will need to take care of yourself, but to care for someone else, as well. Remember, too, not to skip meals. If you don't have time to cook or prepare food, try signing up for Meals on Wheels, a volunteer organization that delivers food to people in need. Get back to basics with plenty of fresh fruit and vegetables. Watch your salt and sugar intake. Drink plenty of water. Eat less red meat and more chicken or fish. Finally, avoid alcohol and caffeine.

ACTIVITIES CALENDAR

Room: Chapman

November 1st-3rd, 2017

Activities

Extras

Monday

Lunch:

Tuesday

Lunch:

Wednesday¹

	9:30 a.m.	Coffee Social/table activities	Rosary/communion 1:00
	10:30 a.m.	Exercise/daily chronicle	
Lunch:	11:30 a.m.	Pathway to fitness	
Turkey Divan	1:15 p.m.	Thankful Turkey	
Rice	2:30 p.m.	Afternoon Stretch	
Italian Blend	2:45 p.m.	Sing- along	
Mandarin Oranges			

Thursday²

Lunch:

	9:30 a.m.	Coffee Social/table activities
	10:30 a.m.	Exercise /daily chronical sports games
Lunch:	11:30 a.m.	Pathway to fitness
Grilled Ham Steak	1:15 p.m.	Smile Bingo
Peas	2:30 p.m.	Afternoon Stretch
Scalloped Potatoes	2:45 p.m.	November trivia
Gingerbread		

Friday³

Lunch:

	9:30 a.m.	Coffee Social/table activities	
	10:30 a.m.	Friday fitness/daily chronicle	10:40 Worship Service in library
Lunch:	11:30 a.m.	Pathway to fitness	11:00 Reminiscence group
Baked Manicotti	1:15 p.m.	Arts/crafts or movie	
Salad	2:30 p.m.	Afternoon Stretch	
Fruit Cocktail	2:45 p.m.	Sing- along	

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

Room: Chapman

November 6 th -10th, 2017	Activities	Extras	
Monday 6	9:30 a.m.	Coffee Social/table activities	
	10:30 a.m.	Exercise/daily chronicle	
	11:00 a.m.	Bowling	
	Lunch:		
	Stuffed Cabbage	11:30 a.m. Pathway to fitness	
	Rice	1:30 p.m. Arts & crafts	Rosary/communion 10:30
Yellow Squash	2:30 p.m. Gentle Stretch	Summit room	
Pears	3:00 p.m. Hand massages/music		
Tuesday 7	9:30 a.m.	Coffee Social/table activities	
	10:30 a.m.	Exercise/daily chronicle	Hairdresser is here today.
	11:00 a.m.	Turkey Toss	Rosary/ Communion 1:00
	11:30 a.m.	Pathway to fitness	Happy Birthday Katie D!
	Stuffed Chicken	1:30 p.m. Make a Word or comedy	
	Thigh	2:30 p.m. Gentle Stretch	
Mashed Potatoes	3:00 p.m. Bulls eye		
Carrots	9:30 a.m. Coffee Social/table activities	Hairdresser is here today.	
Jell-O	10:30 a.m. Exercise/daily chronicle	Hair appointments can be made with our receptionist.	
Wednesday 8	11:30 a.m.	Pathway to fitness	
	1:30 p.m.	Bingo or Zen coloring	Rosary/communion 1:00
	Noodles	2:45 p.m. Afternoon stretch	
	Cauliflower	3:00 p.m. Sing a long	
	Apple Crisp	9:30 a.m. Coffee Social/table activities	
	Thursday 9	10:30 a.m.	Chair dancing/daily chronicle
11:00 a.m.		Ball toss	Scot Andrews performs 1:00
11:30 a.m.		Pathway to fitness	
Breakfast for Lunch		Entertainment	
Scrambled Eggs		1:00 p.m. Gentle Stretch	
Sausage Pattie, Waffle, Melon		2:30 p.m. 1:1 social time	
Friday 10	3:00 p.m.	Coffee Social/table activities	Veterans' Recognition Program 1:30 Summit Room
	9:30 a.m.	Friday Fitness	
	10:30 a.m.	Reminiscence group	Larry Domenico will perform for the program.
	11:00 a.m.	Pathway to fitness	
	11:30 a.m.	Afternoon stretch	
	Fish Florentine	1:00 p.m. F Troop or Veterans program	
½ Baked Potato	1:30 p.m. Table Ball		
Broccoli	3:00 p.m.		
Pudding			

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ACTIVITIES CALENDAR

Room: Chapman

November 13 th -17 th , 2017	Activities	Extras		
Monday 13	9:30 a.m.	Coffee social/table activities		
	10:30 a.m.	Exercise to country tunes	Rosary/Communion 10:30	
	Lunch:	11:30 a.m.	Pathway to fitness	Summit room
	Meatloaf	1:30 p.m.	Watercolor painting/sensory	
	Onion Gravy	2:30 p.m.	DVD	
	Mashed Potatoes	3:00 p.m.	Afternoon stretch	
Zucchini		Trivia		
Peaches & Cream				
Tuesday 14	9:30 a.m.	Coffee social/table activities		
	10:30 a.m.	Exercise & daily chronicle	Hairdresser is here today.	
	Lunch:	11:20 a.m.	Pathway to fitness	Hair appointments can be made with our receptionist.
	Turkey Pot Pie	1:00 p.m.	Afternoon stretch	
	Beets	1:30 p.m.	Bingo	Rosary/Communion 1:00
	Coffee Cake	2:30 p.m.	Ball games	Happy Birthday Theresa H!
Wednesday 15	9:30 a.m.	Coffee social/table activities		
	10:30 a.m.	Move & Groove to 70s tune	Hairdresser is here today.	
	Lunch:	11:00 a.m.	Target toss	Hair appointments can be made with our receptionist.
	BBQ Chicken Leg	11:30 a.m.	Pathway to fitness	
	Rice Pilaf	1:00 p.m.	Fruit Sensory	Rosary/communion 1:00
	Broccoli	2:45 p.m.	Trivia	
Fruit Cocktail				
Thursday 16	9:30 a.m.	Coffee social/table activities	Happy Birthday Shirley A!	
	10:30 a.m.	Sittersize/daily chronicle		
	Lunch:	11:00 a.m.	Name that tune	
	Braised Pork Chops	11:30 a.m.	Pathway to fitness	
	Sweet Potatoes	1:00 p.m.	Flower Turkey Pin Craft	
	Wax Beans	2:30 p.m.	Comedy DVD	
Frosted Cake	3:00 p.m.	Short stories		
Friday 17	9:30 a.m.	Coffee Social / table activities		
	10:30 a.m.	Friday Fitness/daily chronicle		
	Lunch:	11:30 a.m.	Pathway to fitness	Reminiscence group 11:00.
	Salisbury Steak	1:00 p.m.	Friday Matinee	Happy Birthday Pat C!11/18
	Mushroom Gravy	2:30 p.m.	Gentle relaxation stretches	
	Mashed Potatoes	3:00 p.m.	Sing a long	
Vegetable Blend				
Mousse				

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. Calendar is subject to change.

ACTIVITIES CALENDAR

Room: Chapman

November 20 th -24 th , 2017	Activities	Extras	
Monday ²⁰	9:30 a.m.	Coffee social/table activities	Rosary/Communion 10:30 Summit Room
	10:40 a.m.	Chair dancing	
	11:20 a.m.	Pathway to fitness	
	1:00 p.m.	November Bingo	
	2:15 p.m.	Watercolors/classical music/flowers	
	3:00 p.m.	Would You Rather?	
Lunch: Grilled Hot Dog Baked Beans Salad Tropical Fruit	9:30 a.m.	Coffee social/table activities	Hairdresser is here today. Hair appointments can be made with our receptionist.
	10:30 a.m.	Exercise with props	
	11:00 a.m.	Daily Chronicle	
	11:30 a.m.	Pathway to fitness	Rosary/Communion 1:00 Happy Birthday Lorraine B!
	1:00 p.m.	Afternoon Stretch	
	1:30 p.m.	Sing- along	
	3:00 p.m.	Hand massage	
Wednesday ²²	9:30 a.m.	Coffee social/table activities	Hairdresser is here today. Hair appointments can be made with our receptionist.
	10:30 a.m.	Chair dancing/daily chronicle	
	11:30 a.m.	Pathway to fitness	
	1:00 p.m.	Afternoon stretch	Rosary/Communion 1:00
	1:30 p.m.	I am Thankful for...	
	3:00 p.m.	Trivia	
Thursday ²³	Summit ElderCare is closed today. Happy Thanksgiving Day!		
Friday ²⁴	Summit ElderCare is closed today. We hope you enjoy your day!		

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ACTIVITIES CALENDAR

Room: Chapman

November 27 th -30 th , 2017	Activities	Extras		
Monday 27	9:30 a.m.	Coffee Social & puzzles	Rosary & communion Summit room 10:30	
	10:30 a.m.	Chair dancing		
	Lunch: Macaroni & cheese Stewed Tomatoes Sherbet	11:30 a.m.	Pathway to fitness	
		1:30 p.m.	Dave Gardens Performs	Entertainment 1:30
		2:30 p.m.	Afternoon stretch-relaxation	
		3:00 p.m.	One Card Bingo	Happy Birthday Carolyn W! 11/24
Tuesday 28	9:30 a.m.	Coffee Social & puzzles		
	10:30 a.m.	Chair dancing	Hairdresser is here today. Hair appointments can be made with our receptionist.	
	Lunch: Ranch Chicken Beets Mashed Sweet Potatoes, Pineapple Chunks	11:30 a.m.	Finish the Sentence Pathway to fitness	
		1:30 p.m.	Sing- along	Rosary/Communion 1:00
		2:30 p.m.	Afternoon stretch	
		3:00 p.m.	Poetry reading	
Wednesday 29	9:30 a.m.	Coffee Social & puzzles	Hairdresser is here today. Hair appointments can be made with our receptionist.	
	10:30 a.m.	Chair dancing		
	Lunch: Pulled Pork, Bun Cole Slaw Red Potatoes Cupcakes	11:30 a.m.	Sports games	
		1:00 p.m.	Comedy DVD	Rosary/Communion 1:00
		1:30 p.m.	Afternoon stretch	
		2:00 p.m.	Table Ball Toss	
Thursday 30	9:30 a.m.	Coffee Social/Zen coloring		
	10:30 a.m.	Exercise with props		
	Lunch: Shepard's Pie Gravy, Corn Mashed Potatoes Strawberries & Cream	11:30 a.m.	Target Toss	
		1:00 p.m.	Music to relax by	
		1:30 p.m.	Bowling	
		2:30 p.m.	Short Stories	
	3:00 p.m.	Table talk		

Friday

Lunch:

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