



# MAY 2024

| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY   |
|---|--|--|---|---|--|--|
|   |  |  | <b>10:30 Rise Up</b><br><b>11:15 Strength &amp; Mobility</b><br><b>11:30 Knitting &amp; Crocheting</b><br><b>12:00 Q &amp; A w/ Trainer</b><br><b>12:30 Fashion Show Meeting</b><br><b>1:00 Hydro Fit/ Virtual Concert</b><br><b>2:15 &amp; 7:45 Movie</b>  | <b>10:30 Rise Up &amp; Tech Help</b><br><b>11:00 Art Class</b><br><b>11:15 Strength &amp; Mobility</b><br><b>12:00 Q &amp; A w/ Trainer</b><br><b>1:00 Hydro Fit</b><br><b>2:00 Lecture: Richard Travers</b><br><b>2:15 &amp; 745 Movie</b>   | <b>10:30 Rise Up</b><br><b>11:15 Strength &amp; Mobility</b><br><b>11:30 Trivia &amp; Tech</b><br><b>12:00 Q &amp; A w/Trainer</b><br><b>1:30 Lecture : Barry Pell/ Morocco</b><br><b>2:00 Scrabble &amp; Bridge</b><br><b>2:15&amp;7:45 Movie</b><br><b>3:00 Happy Hour</b> | <b>10:30 Virtual Concert</b><br><b>11:00 Tech Help</b><br><b>11:30 Drop In Scrabble</b><br><b>12:00 Chair exercise</b><br><b>12:45 Low Impact Exercise</b><br><b>2:15 &amp; 745 Movie</b><br><b>3:00 Cornhole</b>        |
| <b>10-Chair Exercise</b><br><b>10:45-Low Impact Exercise</b><br><b>11:30 Documentary: The Crown</b><br><b>11:30 Coffee &amp; Conversation</b><br><b>12:30 Resident Walk in Park</b><br><b>2:15 &amp; 7:45 Movie</b><br><b>2:30 Scrabble</b><br><b>3:30 Drop In Billiards</b>    | <b>10:30 Rise Up</b><br><b>11:15 Strength &amp; Mobility</b><br><b>12:00 Q &amp; A w/ Trainer</b><br><b>12:30 Tai Chi</b><br><b>1:00 Storytelling w/ Professor Zack</b><br><b>1:30 Concert: Piano</b><br><b>1:00 Hydro Fit</b><br><b>2:15 &amp; 745 Movie</b>            | <b>10:30 Rise up</b><br><b>11:15 Strength &amp; Mobility</b><br><b>11:15 Stretch and Smile</b><br><b>12:00 Q &amp; A w /trainer</b><br><b>12:00 Q &amp; A w/ Trainer</b><br><b>1:00 Writing Group</b><br><b>2:15 &amp; 7:45 Movie</b><br><b>2:30 Camera Club &amp; Putting</b> | <b>10:30 Rise Up</b><br><b>11:15 Strength &amp; Mobility</b><br><b>11:30 Knitting &amp; Crocheting</b><br><b>12:00 Q &amp; A w/ Trainer</b><br><b>12:30 Fashion Show Meeting</b><br><b>1:00 Hydro Fit/ Virtual Concert</b><br><b>2:00 Art Program: Scarf Painting</b><br><b>2:15 &amp; 7:45 Movie</b> | <b>10:30 Rise Up &amp; Tech Help</b><br><b>11:00 Art Class</b><br><b>11:15 Strength &amp; Mobility</b><br><b>12:00 Q &amp; A w/ Trainer</b><br><b>1:00 Hydro Fit</b><br><b>2:00 FASHION SHOW</b><br><b>2:15 &amp; 745 Movie</b>   | <b>10:30 Rise Up</b><br><b>11:15 Strength &amp; Mobility</b><br><b>11:30 Trivia &amp; Tech</b><br><b>12:00 Q &amp; A w/ Trainer</b><br><b>1:30 Virtual Concert</b><br><b>2:00 Scrabble &amp; Bridge</b><br><b>2:15 &amp; 745 Movie</b><br><b>3:00 Happy Hour</b>             | <b>10:30 Virtual Concert</b><br><b>11:00 Tech Help</b><br><b>11:30 Drop In Scrabble</b><br><b>12:00 Resident Walk in the Park</b><br><b>1:30 Life in the 50's</b><br><b>2:15 &amp; 745 Movie</b><br><b>3:00 Cornhole</b> |
| <b>9:30 Field Trip to Chico's</b><br><b>10:30 Coffee &amp; Conversation</b><br><b>11:30 Documentary: The Crown</b><br><b>1:00 Drop in Scrabble</b><br><b>2:15 &amp; 7:45 Movie</b><br><b>3:00 Virtual Concert</b><br><b>3:15 Pinball Competition</b>                            | <b>10:30 Rise Up</b><br><b>11:15 Strength &amp; Mobility</b><br><b>12:00 Q &amp; A w/ Trainer</b><br><b>12:30 Tai Chi</b><br><b>1:00 Storytelling w/ Professor Zack</b><br><b>1:00 Hydro Fit</b><br><b>2:15 &amp; 745 Movie</b><br><b>3:00 Concert: Lexington Choral</b> | <b>10:30 Rise up</b><br><b>11:15 Strength &amp; Mobility &amp; Stretch &amp; Smile</b><br><b>12:00 Q &amp; A w /trainer</b><br><b>1:00 Writing Group</b><br><b>2:00 Lecture: Judy Kummer</b><br><b>2:15 &amp; 7:45 Movie</b><br><b>2:30 Camera Club &amp; Putting</b>          | <b>10:30 Rise Up</b><br><b>11:15 Strength &amp; Mobility</b><br><b>11:30 Knitting &amp; Crocheting</b><br><b>12:00 Q &amp; A w/ Trainer</b><br><b>12:30 Fashion Show Meeting</b><br><b>1:00 Hydro Fit/ Virtual Concert</b><br><b>2:00 Concert: Sears and Connor</b><br><b>2:15 &amp; 7:45 Movie</b>   | <b>10:30 Rise Up &amp; Tech Help</b><br><b>11:00 Art Class</b><br><b>11:15 Strength &amp; Mobility</b><br><b>12:00 Q &amp; A w/ Trainer</b><br><b>1:00 Hydro Fit</b><br><b>2:00 English Tea Party</b><br><b>2:15 &amp; 745 Movie</b>  | <b>10:30 Rise Up</b><br><b>11:15 Strength &amp; Mobility</b><br><b>11:30 Trivia &amp; tech</b><br><b>12:00 Q &amp; A w/ Trainer</b><br><b>1:30 Virtual Concert</b><br><b>2:15 &amp; 745 Movie</b><br><b>3:00 Happy Hour</b>  | <b>10:30 Virtual Concert</b><br><b>11:00 Tech Help</b><br><b>11:30 Drop In Scrabble</b><br><b>12:00 Chair exercise</b><br><b>12:45 Low Impact Exercise</b><br><b>2:15 &amp; 745 Movie</b><br><b>3:00 Cornhole</b>        |
| <b>10:00 Chair Exercise</b><br><b>10:45 Low Impact Exercise</b><br><b>11:30 Documentary: The Crown</b><br><b>11:30 Coffee &amp; Conversation</b><br><b>1:00 Drop In Scrabble</b><br><b>2:00 Trip to Coolidge Corner</b><br><b>3:00 Virtual Concert</b><br><b>3:15 Billiards</b> | <b>10:30 Rise Up</b><br><b>11:15 Strength &amp; Mobility</b><br><b>12:00 Q &amp; A w/ Trainer</b><br><b>12:30 Tai Chi</b><br><b>1:00 Storytelling w/ Professor Zack</b><br><b>1:00 Hydro Fit</b><br><b>2:15 &amp; 745 Movie</b><br><b>3:00 Walk around Reservoir</b>     | <b>10:30 Rise up</b><br><b>11:15 Strength &amp; Mobility</b><br><b>11:15 Stretch &amp; Smile</b><br><b>12:00 Q &amp; A w /trainer</b><br><b>1:00 Writing Group</b><br><b>2:15 &amp; 7:45 Movie</b><br><b>2:30 Camera Club &amp; Putting</b><br><b>3:30 Reservoir Walk</b>      | <b>10:30 Rise Up</b><br><b>11:15 Strength &amp; Mobility</b><br><b>11:30 Knitting &amp; Crocheting</b><br><b>12:00 Q &amp; A w/ Trainer</b><br><b>1:00 Hydro Fit/ Virtual Concert</b><br><b>2:00 Intro to Quilting</b><br><b>2:15 &amp; 7:45 Movie</b>  | <b>10:30 Rise Up &amp; Tech Help</b><br><b>11:00 Art Class</b><br><b>11:15 Strength &amp; Mobility</b><br><b>12:00 Q &amp; A w/ Trainer</b><br><b>1:00 Hydro Fit</b><br><b>1:30 Concert: John Robertson</b><br><b>2:15 &amp; 745 Movie</b>  | <b>10:30 Rise Up</b><br><b>11:15 Strength &amp; Mobility</b><br><b>11:30 Trivia &amp; Tech</b><br><b>12:00 Q &amp; A w/ Trainer</b><br><b>1:30 Virtual Concert</b><br><b>2:15 &amp; 745 Movie</b><br><b>3:00 Happy Hour</b>  | <b>10:30 Virtual Concert</b><br><b>11:00 Tech Help</b><br><b>11:30 Drop In Scrabble</b><br><b>12:00 Resident Walk in the Park</b><br><b>1:30 Life in the 60's</b><br><b>2:15 &amp; 745 Movie</b><br><b>3:00 Cornhole</b> |
| <b>10:30 Coffee &amp; Conversation</b><br><b>11:30 Documentary: The Crown</b><br><b>1:00 Drop In Scrabble</b><br><b>1:30 Resident Walk in the Park</b><br><b>2:00 Bocce</b><br><b>2:00 Trip to Auto Museum</b><br><b>2:15 &amp; 745 Movie</b><br><b>3:00 Virtual Concert</b>    | <b>10:30 Rise Up</b><br><b>11:15 Strength &amp; Mobility</b><br><b>12:00 Q &amp; A w/ Trainer</b><br><b>12:30 Tai Chi</b><br><b>1:00 Storytelling w/ Professor Zack</b><br><b>1:00 Hydro Fit</b><br><b>2:15 &amp; 745 Movie</b><br><b>3:00 Walk around Reservoir</b>     | <b>10:30 Rise up</b><br><b>11:15 Strength &amp; Mobility</b><br><b>11:15 Stretch &amp; Smile</b><br><b>12:00 Q &amp; A w /trainer</b><br><b>1:00 Writing Group</b><br><b>2:15 &amp; 7:45 Movie</b><br><b>2:30 Camera Club &amp; Putting</b><br><b>3:30 Reservoir Walk</b>      | <b>10:30 Rise Up</b><br><b>11:15 Strength &amp; Mobility</b><br><b>11:30 Knitting &amp; Crocheting</b><br><b>12:00 Q &amp; A w/ Trainer</b><br><b>1:00 Hydro Fit/ Virtual Concert</b><br><b>1:30 Walk along the reservoir</b><br><b>2:15 &amp; 7:45 Movie</b>   | <b>10:30 Rise Up &amp; Tech Help</b><br><b>11:00 Art Class</b><br><b>11:15 Strength &amp; Mobility</b><br><b>12:00 Q &amp; A w/ Trainer</b><br><b>1:00 Hydro Fit &amp; Book Club</b><br><b>1:30 Virtual Concert:</b><br><b>2:15 &amp; 745 Movie</b><br><b>3:30 Walk in the Park</b> | <b>10:30 Rise Up</b><br><b>11:15 Strength &amp; Mobility</b><br><b>11:30 Trivia &amp; Tech</b><br><b>12:00 Q &amp; A w/ Trainer</b><br><b>1:30 Virtual Concert</b><br><b>2:15 &amp; 745 Movie</b><br><b>3:00 Happy Hour</b>  |  |