

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2025

Memory Support Assisted Living Ground Floor Calendar

9:00 Rise & Shine Check-in 10:00 Morning Connections w/ Marie 11:00 Music Therapy with Lance 12:00 Lunch 1:45 Drum Circle with Lance 2:45 Snack and Chat 3:00 Brain Beats Performance 4:15 Relaxation with Marie 5:00 Dinner 6:30 Evening Movie	9:00 Rise & Shine Check-In 10:00 Current Events with Shinel 11:00 Interactive Music with Maayan 12:00 Lunch 1:30 Baby Farm Animals 2:30 Zumba with Shinel 3:00 Snack and Chat 4:00 Community Forum with Whitney 5:00 Dinner 6:00 Evening Movie Cinco de Mayo	9:00 Rise & Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Interactive Music with Maayan OUTING: the Davis Museum with Whitney 12:00 Lunch 1:30 Fitness Fusion with Leah 2:30 Trivia & Brain Games w/ Shinel /Gym 3:30 Snack & Chat 4:00 Music Therapy with Chris 5:00 Dinner 6:00 Evening Movie	9:00 Rise and Shine Check-In 10:00 Zumba with Shinel 11:00 Mindful Motion & Strength w/ Christina 12:00 Lunch 1:15 Interfaith Service (conserv) w/ Chris 1:30 Floral Arrangements w/ Pauline 2:30 Fun w/ Food w/ Steve and Shinel 3:30 Snack and Chat 4:00 Vigorous Minds with Chris 5:00 Dinner 6:00 Sightseeing Walk and Visit to the Resident Art Gallery w/ Pauline	9:00 Rise and Shine Check In 10:00 Music Therapy with Chris 11:00 Brain, Body Fit w/ Christina 12:00 Lunch 1:00 Sm Group Reminiscing w/ Louise 1:30 Puzzles w/ Shinel 2:30 History of Music with Chris / Gym 3:30 Snack and Chat 4:00 Moments that Matter w/ Temple Beth Shalom Students & Marie 5:00 Dinner 7:30 Doox of Yale Acapella in GMH	9:00 Rise and Shine Check-In 10:00 Zumba w/ Shinel 10:40 Making Memories w/ 6th Graders 11:00 Morning Connection w/ Marie / 1:1 Fitness 12:00 Lunch 1:30 Travel Documentary 2:00 Community Fitness Class 2:45 Troubadours Choir with Danielle & Pauline (1 fl) 3:30 Welcoming Shabbat 4:00 Documentary 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise & Shine Check-in 10:30 Music Therapy with Suki 11:00 Dance Therapy with Jordyn 12:00 Lunch 1:30 Chair Travel 2:30 Drum Circle with Suki 3:30 Snack and Chat 4:00 Relaxation group with Jordyn 5:00 Dinner 6:30 Evening Movie
9:00 Rise & Shine Check-in 10:00 Morning Connections w/ Marie 11:00 Drama, Dance & Music w/ Alicia 12:00 Mother's Day Luncheon 1:00 Chair Travel Documentary 2:00 Art-Making with Alicia 3:00 Snack and Chat 3:30 Trivia & Music w/ Barry Scott 3:30 Snack and Chat 4:00 Relaxation Group with Marie 5:00 Dinner 6:30 Evening Movie Mother's Day National Skilled Nursing Care Week	9:00 Rise & Shine Check-In 10:00 Zumba with Shinel 11:00 Interactive Music with Maayan 12:00 Lunch 1:30 Travel Documentary 2:00 Mindful Motion & Strength w/ Christina 3:00 Sing Along with Shinel 3:30 Snack and Chat 4:00 Interactive Music with Maayan 5:00 Dinner 6:00 Evening Movie	9:00 Rise & Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Interactive Music with Maayan OUTING: Lilacs @ Arnold Arboretum with Whitney 12:00 Lunch 1:30 Fitness Fusion with Leah / 2:30 Trivia & Brain Games w/ Shinel /Gym 3:30 Snack & Chat 4:00 Music Therapy with Chris 5:00 Dinner 6:00 Evening Movie	9:00 Rise and Shine Check-In 10:00 Current Events with Shinel 11:00 Music with Danielle in Music Room / Men's Group w/ Alan & Whitney 12:00 Lunch 1:15 Travel Documentary / Interfaith Service (conserv) w/ Chris 2:00 Floral Arrangements w/ Pauline 3:00 Mother's Day Celebration Gr Fl 4:00 Vigorous Minds with Chris 5:00 Dinner 6:00 Sightseeing Walk and Visit to the Resident Art Gallery w/ Pauline	9:00 Rise and Shine Check In 10:00 Music Therapy with Chris 11:00 Brain, Body Fit w/ Christina 12:00 Lunch 1:00 Sm Group Reminiscing w/ Louise 1:30 Puzzles with Shinel 2:30 History of Music w/ Chris / Gym 3:30 Snack and Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise and Shine Check-In 10:00 Food & Travel with Pauline 11:00 Morning Connection w/ Marie / 1:1 Fitness 12:00 Lunch 1:30 Travel Documentary 2:00 Community Fitness Class 2:45 Troubadours Choir w/ Chris (1 fl) 3:30 Welcoming Shabbat 4:00 Documentary 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise & Shine Check-in 10:30 Music Therapy with Emily 11:00 Dance Therapy with Jordyn 12:00 Lunch 1:30 Chair Travel 2:30 Drum Circle with Emily 3:30 Snack and Chat 4:00 Relaxation group with Jordyn 5:00 Dinner 6:30 Evening Movie Armed Forces Day
9:00 Rise & Shine Check-in 10:00 Morning Connections w/ Marie 11:00 Music Therapy with Lance 12:00 Lunch 2:00 Drum Circle with Lance 3:00 Snack and Chat 3:30 Mark Tavenner in Concert 4:30 Relaxation with Marie 5:00 Dinner 6:30 Evening Movie	9:00 Rise & Shine Check-In 10:00 Dance Therapy with Whitney 11:00 Interactive Music with Maayan 12:00 Lunch 1:30 Arts & Crafts w/ Marie / Zoey the Therapy Dog 2:00 Mindful Motion & Strength w/ Christina 3:00 Snack and Chat 3:30 Afternoon Stretch with Whitney 4:00 Sing Along with Nancy Flathe & Maayan 5:00 Dinner 6:00 Evening Movie Victoria Day (Canada)	9:00 Rise & Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Interactive Music with Maayan 12:00 Lunch 1:30 Fitness Fusion with Leah 2:30 Music Therapy with Danielle/ Gym 3:30 Snack & Chat 4:00 Vigorous Minds with Chris 5:00 Dinner 6:00 Evening Movie	9:00 Rise and Shine Check-In 10:00 Music Therapy with Chris 11:00 Current Events with Pauline 12:00 Lunch 1:00 Travel Documentary 2:30 Floral Arrangements w/ Pauline 3:30 Snack and Chat 4:00 Vigorous Minds with Chris 5:00 Dinner 6:00 Evening Movie	9:00 Rise and Shine Check In 10:00 Music Therapy with Chris 11:00 Brain, Body Fit w/ Christina 12:00 Lunch 1:00 Sm Group Reminiscing w/ Louise 1:30 Puzzles with Shinel 2:30 History of Music w/ Chris / Gym 3:30 Snack and Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise and Shine Check-In 10:00 Zumba w/ Shinel 10:40 Making Memories w/ 6th Graders/Rashi 11:00 Morning Connection w/ Marie / 1:1 Fitness 12:00 Lunch 1:30 Travel Documentary 2:00 Community Fitness Class 2:45 Troubadours Choir w/ Chris (1 fl) 3:30 Welcoming Shabbat 4:00 Documentary 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise & Shine Check-in 10:30 Music Therapy with Alex 11:00 Dance Therapy with Jordyn 12:00 Lunch 1:30 Chair Travel 2:30 Community Expressive Therapy with Jordyn and Alex 3:30 Flamenco Performance w/ Yosi 4:30 Relaxation group with Jordyn 5:00 Dinner 6:30 Evening Movie
9:00 Rise & Shine Check-in 10:00 Morning Connections w/ Marie 11:00 Dance Therapy with Jordyn 12:00 Lunch 1:00 Chair Travel Documentary 2:00 Creative Connections with Jordyn 3:00 Snack and Chat 4:00 Afternoon Connections with Marie 5:00 Dinner 6:30 Evening Movie	9:00 Rise & Shine Check-In 10:00 Zumba with Shinel 11:00 Memorial Day Music with Maayan 12:00 Lunch 1:30 Arts & Crafts w/ Marie 2:00 Mindful Motion & Strength w/ Christina 3:00 Snack and Chat 3:30 Afternoon Stretch with Whitney 4:00 Table Talk & Reminiscing w/ Whitney 5:00 Dinner 6:00 Evening Movie Memorial Day	9:00 Rise & Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Interactive Music with Maayan OUTING: The Boston Aquarium w/ Whitney 12:00 Lunch 1:30 Fitness Fusion with Leah 2:30 Trivia & Brain Games w/ Shinel /Gym 3:30 Snack & Chat 4:00 Music Therapy with Chris 5:00 Dinner 6:00 Evening Movie	9:00 Rise and Shine Check-In 10:00 Current Events with Shinel 11:00 Dance Therapy with Whitney 12:00 Lunch 1:15 Travel Documentary / Interfaith Service (conserv) w/ Chris 1:30 Floral Arrangements w/ Pauline 2:30 Bingo with Shinel 3:30 Snack and Chat 4:00 Vigorous Minds with Chris 5:00 Dinner 6:00 Sightseeing Walk and Visit to the Resident Art Gallery w/ Pauline	9:00 Rise and Shine Check In 10:00 Music Therapy with Chris 11:00 Brain, Body Fit w/ Christina 12:00 Lunch 1:00 Sm Group Reminiscing w/ Louise 1:30 Puzzles with Shinel 2:30 History of Music w/ Chris / Gym 3:30 Snack and Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise and Shine Check-In 10:00 Zumba w/ Shinel 10:40 Making Memories w/ 6th Graders 11:00 Morning Connection w/ Marie/1:1 Fitness 12:00 Lunch 1:30 Travel Documentary 2:00 Community Fitness Class 2:45 Troubadours Choir w/ Chris (1 fl) 3:30 Welcoming Shabbat 4:00 Documentary 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise & Shine Check-in 10:30 Music Therapy with Alex 11:00 Dance Therapy with Jordyn 12:00 Lunch 1:30 Chair Travel 2:30 Community Expressive Therapy with Jordyn and Alex 3:30 Herb Raffelson & Steve Heck in Concert 4:30 Relaxation group with Jordyn 5:00 Dinner 6:30 Evening Movie

Programs subject to change.

Salon: Thursdays

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2025

Memory Support Assisted Living First Floor Calendar

9:00 Rise & Shine Check-in 10:00 Music Therapy with Lance 11:00 Morning Connections w/ Marie 12:00 Lunch 1:45 Sports & Games with Marie 2:45 Snack and Chat 3:00 Brain Beats Performance 4:15 Relaxation with Lance 5:00 Dinner 6:30 Evening Movie	9:00 Rise & Shine Check-In 10:00 Morning Exercise with Marie 11:00 Fitness Fusion with Leah 12:00 Lunch 1:30 Baby Farm Animals 2:30 Interactive Music with Maayan 3:30 Snack & Chat 4:00 Moments that Matter w/ Temple Beth Shalom Students & Marie 5:00 Dinner 6:00 Evening Movie <i>Cinco de Mayo</i>	9:00 Rise and Shine Check-In 10:00 Current Events with Shinel/Walk w/ Deb 11:00 Music Therapy with Chris OUTING: the Denis Museum w/ Whitney 12:00 Lunch 1:30 Documentary 2:30 Drum Circle with Chris & Danielle/ Gym 3:30 Snack & Chat 4:00 Afternoon Connections w/ Marie / Music Support Group w/ Danielle 5:00 Dinner 6:00 Evening Movie	9:00 Rise and Shine Check-In 10:00 Flower Arrangement w/ Pauline 11:00 Music Therapy with Chris 12:00 Lunch 1:15 Interfaith Service (conserv) w/ Chris 1:30 Puzzles & Games with Shinel 2:00 Fitness Fusion w/ Leah 3:00 Snack and Chat 3:15 Community Forum with Whitney 4:00 Mindstretcher Discussion w/ Pauline 5:00 Dinner 6:00 Sightseeing Walk w/ Pauline	9:00 Rise and Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Trivia & Brain Teasers w/ Pauline / Walks with Shinel & Debbie 12:00 Lunch 1:30 Brain, Body Fit w/ Leah 2:30 Fun w/ Food w/ Steve & Shinel / Gym 3:30 Snack and Chat 4:00 Guess That Tune with Chris 5:00 Dinner 7:30 Doxx of Yale Acapella in GMH	9:00 Rise and Shine Check-In 10:00 Sports & Games w/ Marie 10:40 Making Memories w/ 6th Graders 11:00 Food & Travel w/ Pauline 12:00 Lunch 1:30 Travel Documentary 2:00 Community Fitness Class 2:45 Troubadours Choir with Danielle & Pauline (1 fl) 3:30 Welcoming Shabbat 4:00 Documentary 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise & Shine Check-In 10:30 Dance Therapy with Jordyn 11:00 Music Therapy with Suki 12:00 Lunch 1:30 Chair Travel 2:30 History of Dance with Jordyn 3:30 Snack and Chat 4:00 Relaxation group with Suki 5:00 Dinner 6:30 Evening Movie
9:00 Rise & Shine Check-in 10:00 Drama, Dance & Music w/ Alicia 11:00 Morning Connection with Marie 12:00 Mother's Day Luncheon 1:00 Chair Travel Documentary 2:00 Sports & Games w/ Marie 3:00 Snack and Chat 3:30 Trivia & Music w/ Barry Scott 3:30 Snack and Chat 4:00 Relaxation Group with Alicia 5:00 Dinner 6:30 Evening Movie <i>Mother's Day National Skilled Nursing Care Week</i>	9:00 Rise & Shine Check-In 10:00 Morning Exercise with Marie 11:00 Fitness Fusion with Leah 12:00 Lunch 1:30 Arts & Crafts / Jewelry with Shinel 2:30 Dance Therapy with Whitney 3:30 Snack & Chat 4:00 Moments that Matter w/ Temple Beth Shalom Students w/ Whitney & Marie 5:00 Dinner 6:00 Evening Movie	9:00 Rise and Shine Check-In 10:00 Current Events w/ Shinel/Walk w/ Deb 11:00 Music Therapy with Chris OUTING: Lilacs @ Arnold Arboretum w/ Whitney 12:00 Lunch 1:30 Documentary 2:30 Drum Circle with Chris / Gym 3:30 Snack & Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner 6:00 Evening Movie	9:00 Rise and Shine Check-In 10:00 Flower Arrangement w/ Pauline 11:00 Music Therapy with Chris / Men's Group with Alan & Whitney (Gr Fl) 12:00 Lunch 1:15 Interfaith Service (conserv) w/ Chris 1:30 Puzzles & Games with Shinel 2:00 Fitness Fusion w/ Leah 3:00 Mother's Day Celebration Gr Fl 4:00 Mindstretcher Discussion w/ Pauline 5:00 Dinner 6:00 Sightseeing Walk w/ Pauline	9:00 Rise and Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Trivia & Brain Teasers w/ Pauline / Walks with Shinel & Debbie 12:00 Lunch 1:30 Brain, Body Fit w/ Leah 2:30 Bingo with Shinel & Marie / Gym 3:30 Snack and Chat 4:00 Guess That Tune with Chris 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise and Shine Check-In 10:00 Sports & Games w/ Marie 11:00 Food & Travel w/ Pauline 12:00 Lunch 1:30 Travel Documentary 2:00 Community Fitness Class 2:45 Troubadours Choir w/ Chris 3:30 Welcoming Shabbat 4:00 Documentary 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise & Shine Check-in 10:30 Dance Therapy with Jordyn 11:00 Music Therapy with Emily 12:00 Lunch 1:30 Chair Travel 2:30 History of Dance with Jordyn 3:30 Snack and Chat 4:00 Relaxation group with Emily 5:00 Dinner 6:30 Evening Movie <i>Armed Forces Day</i>
9:00 Rise & Shine Check-in 10:00 Music Therapy with Lance 11:00 Morning Connections w/ Marie 12:00 Lunch 2:00 Sports & Games with Marie 3:00 Snack and Chat 3:30 Mark Tavenner in Concert 4:30 Relaxation with Lance 5:00 Dinner 6:30 Evening Movie	9:00 Rise & Shine Check-In 10:00 Morning Exercise with Marie 11:00 Fitness Fusion with Leah 12:00 Lunch 1:30 Travel Documentary / Zoey the Therapy Dog 2:30 Interactive Music with Maayan 3:30 Snack & Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner 6:00 Evening Movie <i>Victoria Day (Canada)</i>	9:00 Rise and Shine Check-In 10:00 Music Therapy with Danielle /Walk w/ Deb 11:00 Vigorous Minds with Chris 12:00 Lunch 1:30 Documentary 2:30 Sing Along with Mary & Friends & Chris / Gym 3:30 Snack & Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner 6:00 Evening Movie	9:00 Rise and Shine Check-In 10:00 Flower Arrangement w/ Pauline 11:00 Music Therapy with Chris 12:00 Lunch 1:00 Travel Documentary 2:00 Fitness Fusion w/ Leah 3:00 Snack and Chat 3:30 Mindstretcher Discussion w/ Pauline 4:30 Music Relaxation / Seinfeld on t.v. 5:00 Dinner 6:00 Evening Movie	9:00 Rise and Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Trivia & Brain Teasers w/ Pauline / Walks with Shinel & Debbie 12:00 Lunch 1:30 Brain, Body Fit w/ Leah 2:30 Bingo with Shinel & Marie / Gym 3:30 Snack and Chat 4:00 Guess That Tune with Chris 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise and Shine Check-In 10:00 Sports & Games w/ Marie 10:40 Making Memories w/ 6th Graders 11:00 Food & Travel w/ Pauline 12:00 Lunch 1:30 Travel Documentary 2:00 Community Fitness Class 2:45 Troubadours Choir w/ Chris 3:30 Welcoming Shabbat 4:00 Documentary 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise & Shine Check-in 10:30 Dance Therapy with Jordyn 11:00 Music Therapy with Alex 12:00 Lunch 1:30 Chair Travel 2:30 Community Expressive Therapy with Jordyn and Alex 3:30 Flamenco Performance w/ Yosi 4:30 Relaxation group with Alex 5:00 Dinner 6:30 Evening Movie
9:00 Rise & Shine Check-in 10:00 Dance Therapy with Jordyn 11:00 Morning Connections w/ Marie 12:00 Lunch 1:00 Chair Travel Documentary 2:00 Sports & Games with Marie 3:00 Snack and Chat 4:00 Creative Connections w/ Jordyn 5:00 Dinner 6:30 Evening Movie	9:00 Rise & Shine Check-In 10:00 Morning Exercise with Marie 11:00 Fitness Fusion with Leah 12:00 Lunch 1:30 Arts & Crafts / Jewelry with Shinel 2:30 Memorial Day Music with Maayan 3:30 Snack & Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner 6:00 Evening Movie <i>Memorial Day</i>	9:00 Rise and Shine Check-In 10:00 Current Events with Shinel/Walk w/ Deb 11:00 Music Therapy with Chris OUTING: The Boston Aquarium w/ Whit 12:00 Lunch 1:30 Documentary 2:30 Drum Circle with Chris & Danielle / Gym 3:30 Snack & Chat 4:00 Afternoon Connections w/ Marie / Music Support Group w/ Danielle 5:00 Dinner 6:00 Evening Movie	9:00 Rise and Shine Check-In 10:00 Flower Arrangement w/ Pauline 11:00 Music Therapy with Chris 12:00 Lunch 1:15 Interfaith Service (conserv) w/ Chris 1:30 Puzzles & Games with Shinel 2:00 Fitness Fusion w/ Leah 3:00 Snack and Chat 3:30 Tennis with Friends & Whitney 4:00 Mindstretcher Discussion w/ Pauline 5:00 Dinner 6:00 Sightseeing Walk w/ Pauline	9:00 Rise and Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Trivia & Brain Teasers w/ Pauline / Walks with Shinel & Debbie 12:00 Lunch 1:30 Brain, Body Fit w/ Leah 2:30 Bingo with Shinel & Marie / Gym 3:30 Snack and Chat 4:00 Guess That Tune with Chris 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise and Shine Check-In 10:00 Sports & Games w/ Marie 10:40 Making Memories w/ 6th Grader 11:00 Food & Travel w/ Pauline 12:00 Lunch 1:30 Community Music with Danielle 2:00 Community Fitness Class 2:45 Troubadours Choir w/ Chris 3:30 Welcoming Shabbat 4:00 Documentary 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise & Shine Check-in 10:30 Dance Therapy with Jordyn 11:00 Music Therapy with Alex 12:00 Lunch 1:30 Chair Travel 2:30 Community Expressive Therapy with Jordyn and Alex 3:30 Herb Raffelson & Steve Heck in Concert 4:30 Relaxation group with Alex 5:00 Dinner 6:30 Evening Movie

Programs subject to change.

Salon: Thursdays