April 2024

NewBridge on the Charles Memory Support Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GROUND FLOOR	**1** 9:00 Rise & Shine Check-In 10:00 Morning Exercise with Marie 11:00 Music Therapy with Chris Troubadours Choir Rehearsal (TAL) 12:00 Lunch 1:30 Chair Travel / 1:1 walks 2:30 Total Body Fitness w/ Christina 3:30 Snack & Chat 4:00 History of Music with Chris 5:00 Dinner 6:30 Evening Movie All Fools' Day	**2** 9:00 Rise & Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Drum Circle with Chris 12:00 Lunch 1:30 Fit for Life with Leah 2:30 Arts & Crafts w/ Marie 3:30 Snack & Chat 4:00 Mindstretcher Discussion w/ Pauline 5:00 Dinner 6:00 Sunset Program with Pauline 7:30 **Jazz Concert in II.**	**3** 9:00 Rise and Shine Check-In 10:00 Vigorous Minds with Chris 11:00 **Getting to Know You w/ Chris** 12:00 Lunch 1:30 Chair Travel / 1:1 Walks 2:30 Puzzles & Games w/ Pauline 3:30 Snack and Chat 4:00 Documentary 5:00 Dinner 6:00 Sunset Program with Pauline	**4** 9:00 Rise and Shine Check In 10:00 Morning Connections w/ Marie 11:00 Get Fit While You Sit w/ Jeff 12:00 Lunch 1:30 Chair Travel / 1:1 Walks 2:30 Trivia & Brain Teasers w/ Pauline 3:30 Snack and Chat 4:00 Flower Arrangements with Pauline 5:00 Dinner 6:00 Sunset Program with Pauline	**5** 9:00 Rise and Shine Check-In 10:00 Music Therapy w/ Chris 10:40 **Making Memories w/ 6th Grade Rashi Students** 11:00 Sports & Games w/ Marie/1:1 Fitness 12:00 Lunch 1:00 Chair Travel / 1:1 Walks 1:30 Musical Jeopardy w/ Eitan 2:00 Community Fitness Class 3:00 **WELCOMING SHABBAT** 3:45 Food & Travel w/ Pauline 5:00 Dinner 6:30 Sunset Program with Pauline	**6** 9:00 Rise & Shine Check-in 10:00 Dance Therapy w/ Jordyn 11:00 Music Therapy w/ Alex 12:00 Lunch 1:30 Chair Travel 2:30 Community Expressive Therapy w/ Alex and Jordyn 3:30 Refresh & Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie *Happy Birthday, Carolina!*
7 9:00 Rise & Shine Check-in 10:00 Music Therapy w/ Lance 11:00 Morning Exercise w/ Marie 12:00 Lunch 1:30 Chair Travel 2:30 **Herb Raffelson & Steve Heck in Concert** 3:30 Refresh & Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie *Happy Birthday, Natalie!*	**8** 9:00 Rise & Shine Check-In 10:00 Zumba with Shinel 11:00 Music Therapy with Chris Troubadours Choir Rehearsal (TAL) 12:00 Lunch 1:30 Arts & Crafts w/ Marie 2:30 Total Body Fitness w/ Christina 3:30 Snack & Chat 4:00 History of Music w/ Chris 5:00 Dinner 6:30 Evening Movie	**9** 9:00 Rise & Shine Check-In 10:00 Morning Exercise w/ Marie Walks with Shinel 11:00 Drum Circle with Chris 12:00 Lunch 1:00 Walks with Debbie 1:30 Fit for Life with Leah 2:30 Trivia & Brain Games w/ Shinel 3:30 Snack & Chat 4:00 Mindstretcher Discussion w/ Pauline 5:00 Dinner 6:00 Sunset Program with Pauline	**10** 9:00 Rise and Shine Check-In 10:00 Zumba with Shinel 11:00 Music Therapy with Chris 12:00 Lunch 1:30 Happy Hour with Pauline 2:30 **Fun w/ Food w/ Steve & Shinel** 3:30 Snack and Chat 4:00 Vigorous Minds with Chris 5:00 Dinner 6:00 Sunset Program with Pauline	**11** 9:00 Rise and Shine Check In 10:00 Current Events with Shinel 11:00 Get Fit While You Sit w/ Jeff Multi-sensory Experiences with Marie 12:00 Lunch 1:30 Puzzles & Games w/ Shinel 2:30 Afternoon Connections w/ Marie Gym 3:30 Snack and Chat 4:00 Flower Arrangements with Pauline 5:00 Dinner 6:00 Sunset Program with Pauline	**12** 9:00 Rise and Shine Check-In 10:00 Zumba w/ Shinel 10:40 **Making Memories w/ 6th Grade Rashi Students** 11:00 Drum Circle w/ Chris / 1:1 Fitness 12:00 Lunch 1:30 Spa with Shinel 2:00 Community Fitness Class 3:00 **Spring Celebration!** 3:30 **WELCOMING SHABBAT** 3:45 Food & Travel w/ Pauline 5:00 Dinner 6:30 Sunset Program with Pauline	**13** 9:00 Rise & Shine Check-in 10:00 Music Therapy w/ Suki 11:00 Drum Circle w/ Alex 12:00 Lunch 1:30 Chair Travel 2:30 **Mark Tavenner in Concert** 3:30 Refresh & Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie
14 9:00 Rise & Shine Check-in 10:00 Community Forum w/ Whitney 11:00 Morning Exercise w/ Marie 12:00 Lunch 1:30 Chair Travel 2:30 Sports & Games with Marie 3:30 Refresh & Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie *Happy Birthday, Niel!*	**15** 9:00 Rise & Shine Check-In 10:00 Zumba with Shinel 11:00 Music Therapy with Chris Troubadours Choir Rehearsal (TAL) 12:00 Lunch 1:30 Arts & Crafts w/ Marie 2:30 Total Body Fitness w/ Christina 3:30 Snack & Chat 4:00 History of Music w/ Chris 5:00 Dinner 6:30 Evening Movie	**16** 9:00 Rise & Shine Check-In 10:00 Morning Exercise with Marie 11:00 Music Therapy with Chris 12:00 Lunch 1:00 Chair Travel 1:30 Fit for Life with Leah 2:30 Afternoon Connections w/ Marie 3:30 Snack & Chat 4:00 Documentary 5:00 Dinner 6:00 Evening Comedy *Happy Birthday, Ron!*	**17** 9:00 Rise and Shine Check-In 10:00 Mindstretcher Discussion w/ Pauline 11:00 Music Therapy with Chris 12:00 Lunch 1:30 Chair Travel Documentary 2:30 Puzzles & Games w/ Pauline 3:30 Snack and Chat 4:00 Vigorous Minds with Chris 5:00 Dinner 6:00 Sunset Program with Pauline	**18** 9:00 Rise and Shine Check In 10:00 Current Events with Shinel 11:00 Get Fit While You Sit w/ Jeff Multi-sensory Experiences with Marie 12:00 Lunch 1:30 Puzzles & Games w/ Shinel 2:30 Afternoon Connections w/ Marie Gym 3:30 Snack and Chat 4:00 Flower Arrangements with Pauline 5:00 Dinner 6:00 **Sunset Cocktail Party w/ Pauline**	**19** 9:00 Rise and Shine Check-In 10:00 Zumba w/ Shinel 10:40 **Making Memories w/ 6th Grade Rashi Students** 11:00 Drum Circle w/ Chris / 1:1 Fitness 12:00 Lunch 1:30 Spa with Shinel 2:00 Community Fitness Class 3:00 **April Birthdays Celebration** 3:30 **WELCOMING SHABBAT** 3:45 Food & Travel w/ Pauline 5:00 Dinner 6:30 Sunset Program with Pauline	**20** 9:00 Rise & Shine Check-in 10:00 Dance Therapy w/ Jordyn 11:00 Music Therapy w/ Alex 12:00 Lunch 1:30 Chair Travel 2:30 **New England Beats in Concert** 3:30 Refresh & Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie
21 9:00 Rise & Shine Check-in 10:00 Music Therapy w/ Suki 11:00 Morning Exercise w/ Marie 12:00 Lunch 1:30 Chair Travel 2:30 **Reiki Meditation w/ Farah Andre** 3:30 Refresh & Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie	**22** 9:00 Rise & Shine Check-In 10:00 Zumba with Shinel 11:00 Music Therapy with Chris Troubadours Choir Rehearsal (TAL) 12:00 Lunch 1:30 Arts & Crafts w/ Marie 2:30 Total Body Fitness w/ Christina 3:30 Snack & Chat 4:00 History of Music w/ Chris 5:00 Dinner 6:30 Evening Movie Passover Begins Earth Day	**23** 9:00 Rise & Shine Check-In 10:00 Morning Exercise w/ Marie Walks with Shinel 11:00 **Getting to Know You w/ Chris** 12:00 Lunch 1:00 Walks with Debbie 1:30 Fit for Life with Leah 2:30 Trivia & Brain Games w/ Shinel 3:30 Snack & Chat 4:00 Mindstretcher Discussion w/ Pauline 5:00 Dinner 6:00 Sunset Program with Pauline	**24** 9:00 Rise and Shine Check-In 10:00 Zumba with Shinel 11:00 Music Therapy with Chris 12:00 Lunch 1:30 Happy Hour with Pauline 2:30 Bingo with Shinel 3:30 Snack and Chat 4:30 **Passover Service** 5:00 **Passover Dinner** 6:00 Sunset Program with Pauline Administrative Professionals Day	**25** 9:00 Rise and Shine Check In 10:00 Current Events with Shinel 11:00 Get Fit While You Sit w/ Jeff Multi-sensory Experiences with Marie 12:00 Lunch 1:30 Puzzles & Games w/ Shinel 2:30 Afternoon Connections w/ Marie Gym 3:30 Snack and Chat 4:00 Flower Arrangements with Pauline 5:00 Dinner 6:00 Sunset Program with Pauline	**26** 9:00 Rise and Shine Check-In 10:00 Zumba w/ Shinel 11:00 Drum Circle w/ Chris/1:1 Fitness 12:00 Lunch 1:00 Spa with Shinel 1:30 Christian Gathering / Chair Travel 2:00 Community Fitness Class 3:00 **WELCOMING SHABBAT** 3:45 Food & Travel w/ Pauline 5:00 Dinner 6:30 Sunset Program with Pauline Arbor Day	**27** 9:00 Rise & Shine Check-in 10:00 Dance Therapy w/ Jordyn 11:00 Music Therapy w/ Alex 12:00 Lunch 1:30 Chair Travel 2:30 Community Expressive Therapy w/ Alex and Jordyn 3:30 Refresh & Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie
28 9:00 Rise & Shine Check-in 10:00 Drama Therapy w/ Bree 11:00 Morning Exercise w/ Marie 12:00 Lunch 1:30 Chair Travel 2:30 **Piano Trio Performance** 3:30 Refresh & Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie	**29** 9:00 Rise & Shine Check-In 10:00 Zumba with Shinel 11:00 Music Therapy with Chris Troubadours Choir Rehearsal (TAL) 12:00 Lunch 1:30 Arts & Crafts w/ Marie 2:30 Total Body Fitness w/ Christina 3:30 Snack & Chat 4:00 History of Music w/ Chris 5:00 Dinner 6:30 Evening Movie *Happy Birthday, Mary Jane!*	**30** 9:00 Rise & Shine Check-In 10:00 Morning Exercise w/ Marie Walks with Shinel 11:00 Drum Circle with Chris **OUTING: Lunch at CK Shanghai** 12:00 Lunch 1:00 Walks with Debbie 1:30 Fit for Life with Leah 2:30 Trivia & Brain Games w/ Shinel 3:30 Snack & Chat 4:00 Mindstretcher Discussion w/ Pauline 5:00 Dinner 6:00 Sunset Program with Pauline				

Program is subject to change.

Salon: Thursdays

April 2024

NewBridge on the Charles Memory Support Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FIRST FLOOR	**1** 9:00 Rise & Shine Check-In 10:00 Music Therapy w/ Leticia 11:00 Morning Exercise with Marie Troubadours Choir Rehearsal (TAL) 12:00 Lunch 1:30 Chair Travel / 1:1 walks 2:30 Music Therapy with Chris 3:30 Snack & Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner All Fools' Day	**2** 9:00 Rise and Shine Check-In 10:00 Music Therapy with Chris 11:00 Fit for Life with Leah 12:00 Lunch 1:30 Puzzles, Tea & Gab w/ Pauline 2:30 Music Therapy w/ Chris / Gym 3:30 Snack & Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner 6:00 Sunset Program with Pauline 7:30 **Jazz Concert in IL**	**3** 9:00 Rise and Shine Check-In 10:00 Mindstretcher Discussion w/ Pauline 11:00 Total Body Fitness with Leah 12:00 Lunch 1:30 Chair Travel / 1:1 Walks 2:30 Music Therapy w/ Chris 3:30 Snack and Chat 4:00 Flower Arrangements w/ Pauline 5:00 Dinner 6:00 Sunset Program with Pauline	**4** 9:00 Rise and Shine Check-In 10:00 Trivia & Brain Teasers w/ Pauline 11:00 Morning Exercise w/ Marie 12:00 Lunch 1:30 Get Fit While You Sit 2:30 Afternoon Connections w/ Marie Gym 3:30 Snack and Chat 4:00 Sing Along with Marie 5:00 Dinner 6:00 Sunset Program with Pauline	**5** 9:00 Rise and Shine Check-In 10:00 Sports & Games w/ Marie **10:40 Making Memories w/ 6th Grade Rashi Students** 11:00 Food & Travel w/ Pauline 12:00 Lunch 1:30 Musical Jeopardy w/ Eitan 2:00 Community Fitness Class 3:00 **WELCOMING SHABBAT** 3:45 History of Music w/ Chris 5:00 Dinner 6:30 Sunset Program with Pauline	**6** 9:00 Rise & Shine Check-in 10:00 Music Therapy w/ Alex 11:00 Dance Therapy w/ Jordyn 12:00 Lunch 1:30 Chair Travel 2:30 Community Expressive Therapy w/ Alex and Jordyn 3:30 Refresh & Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie *Happy Birthday, Carolina!*
7 9:00 Rise & Shine Check-in 10:00 Morning Exercise w/ Marie 11:00 Music Therapy w/ Lance 12:00 Lunch 1:30 Chair Travel 2:30 **Herb Raffelson & Steve Heck in Concert** 3:30 Refresh & Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie *Happy Birthday, Natalie!*	**8** 9:00 Rise & Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Current Events w/ Shinel Troubadours Choir Rehearsal (TAL) 12:00 Lunch 1:30 Arts & Crafts/Jewelry w/ Shinel 2:30 Music Therapy with Chris 3:30 Snack & Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner	**9** 9:00 Rise and Shine Check-In 10:00 Current Events w/ Pauline Walks with Debbie 11:00 Fit for Life with Leah 12:00 Lunch 1:30 Tea, Puzzles & Gab w/ Pauline 2:30 Music Therapy w/ Chris / Gym 3:30 Snack & Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner 6:00 Sunset Program with Pauline	**10** 9:00 Rise and Shine Check-In 10:00 Mindstretcher Discussion w/ Pauline 11:00 Total Body Fitness with Leah 12:00 Lunch 1:30 Puzzles & Games with Shinel 2:30 Music Therapy w/ Chris 3:30 Snack and Chat 4:00 Flower Arrangements w/ Pauline 5:00 Dinner 6:00 Sunset Program with Pauline	**11** 9:00 Rise and Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Trivia & Brain Teasers w/ Pauline 12:00 Lunch 1:30 Get Fit While You Sit 2:30 **Fun w/ Food w/ Steve & Shinel** 3:30 Snack and Chat 4:00 Sing Along with Marie 5:00 Dinner 6:00 Sunset Program with Pauline	**12** 9:00 Rise and Shine Check-In 10:00 Sports & Games w/ Marie **10:40 Making Memories w/ 6th Grade Rashi Students** 11:00 Food & Travel w/ Pauline 12:00 Lunch 1:30 Puzzles with Marie 2:00 Community Fitness Class 3:00 **Spring Celebration!** 3:00 **WELCOMING SHABBAT** 3:45 History of Music w/ Chris 5:00 Dinner 6:30 Sunset Program with Pauline	**13** 9:00 Rise & Shine Check-in 10:00 Drum Circle w/ Alex 11:00 Music Therapy w/ Suki 12:00 Lunch 1:30 Chair Travel 2:30 **Mark Tavenner in Concert** 3:30 Refresh & Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie
14 9:00 Rise & Shine Check-in 10:00 Morning Exercise w/ Marie 11:00 Community Forum w/ Whitney 12:00 Lunch 1:30 Chair Travel 2:30 Dance Therapy with Whitney 3:30 Refresh & Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie *Happy Birthday, Niel!*	**15** 9:00 Rise & Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Current Events w/ Shinel Troubadours Choir Rehearsal (TAL) 12:00 Lunch 1:30 Arts & Crafts/Jewelry w/ Shinel 2:30 Music Therapy with Chris 3:30 Snack & Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner	**16** 9:00 Rise and Shine Check-In 10:00 Music Therapy with Chris 11:00 Fit for Life with Leah 12:00 Lunch 1:30 Chair Travel Documentary 2:30 Drum Circle with Chris 3:30 Snack & Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner 6:00 Evening Movie *Happy Birthday, Ron!*	**17** 9:00 Rise and Shine Check-In 10:00 Music Therapy with Chris 11:00 Total Body Fitness with Leah 12:00 Lunch 1:30 Chair Travel Documentary 2:30 Drum Circle with Chris 3:30 Snack and Chat 4:00 Flower Arrangements w/ Pauline 5:00 Dinner 6:00 Sunset Program with Pauline	**18** 9:00 Rise and Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Trivia & Brain Teasers w/ Pauline 12:00 Lunch 1:30 Get Fit While You Sit 2:30 Bingo with Shinel 3:30 Snack and Chat 4:00 Sing Along with Marie 5:00 Dinner 6:00 **Sunset Cocktail Party w/ Pauline**	**19** 9:00 Rise and Shine Check-In 10:00 Sports & Games w/ Marie **10:40 Making Memories w/ 6th Grade Rashi Students** 11:00 Food & Travel w/ Pauline 12:00 Lunch 1:30 Puzzles with Marie 2:00 Community Fitness Class 3:00 **April Birthdays Celebration** 3:30 **WELCOMING SHABBAT** 3:45 History of Music w/ Chris 5:00 Dinner 6:30 Sunset Program with Pauline	**20** 9:00 Rise & Shine Check-in 10:00 Drum Circle w/ Alex 11:00 Dance Therapy w/ Jordyn 12:00 Lunch 1:30 Chair Travel 2:30 **New England Beats in Concert** 3:30 Refresh & Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie
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