Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	or Calendar	10:00 Morning Exercise w/ Marie 11:00 Interactive Music with Maayan OUTING: Fuller Craft Museum w/ Whit 12:00 Lunch 1:30 Fitness Fusion with Leah / Dog Therapy 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  Happy Birthday, Ted!  All Fools' Day	10:00 Zumba with Shinel 11:00 Dance, Drama & Music w/ Alicia 12:00 Lunch 1:15 Interfaith Service (conserv) w/ Chr 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	10:00 Current Events with Shinel 11:00 Get Fit While You Sit w/ Jeff 12:00 Lunch 1:30 Puzzles with Shinel 2:30 Afternoon Connections w/ Marie Gym 3:30 Snack and Chat 4:00 Moments That Matter – Temple Beth Shalom 6th Graders with Maayan 5:00 Dinner 7:30 Cherry Kim Pianist in GMH w/	10:00 Zumba w/ Shinel 10:40 Making Memories w/ 6 <sup>th</sup> Graders/Rashi 11:00 Drama, Dance & Music w/ Alicia/ 1:1 Fitness 12:00 Lunch 1:30 Chair Travel Documentary 2:00 Community Fitness Class 2:45 Community Music with Eitan 3:30 Welcoming Shabbat 4:00 Relaxation Group with Alicia 5:00 Dinner	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 Alex & Jordyn 3:30 Snack and Chat 4:00 Relaxation group with Jordyn 5:00 Dinner 6:30 Evening Movie
10:00 Morning Connections w/ Marie 11:00 Music Therapy with Suki 12:00 Lunch 1:30 Chair Travel 2:30 Drum Circle with Suki 3:30 Refresh & Relax 4:00 Afternoon Connections w Marie 5:00 Dinner 6:30 Evening Movie	10:00 Current Events with Shinel 11:00 Interactive Music with Maayan 12:00 Lunch 1:30 Baby Farm Animals Visit 2:30 Mindful Motion & Strength w/ Christina 3:30 Snack & Chat 4:00 Table Talk & Reminiscing w/ Whitney 5:00 Dinner 6:00 Evening Movie	10:00 Morning Exercise w/ Marie 11:00 Music Therapy with Chris OUTING: Bamboo Lunch w/ Whitney 12:00 Lunch 1:30 Fitness Fusion with Leah / Dog Therapy 2:30 Trivia & Brain Games w/ Shinel/ Gym 3:30 Snack & Chat 4:00 Vigorous Minds with Chris	10:00 Zumba with Shinel 11:00 Dance, Drama & Music w/ Alicia 12:00 Lunch 1:15 Interfaith Service (conserv) w/ Chri 1:30 Floral Arrangements w/ Pauline 2:30 Fun with Food Demo w/ Steve & Shinel 3:30 Snack and Chat 4:00 Vigorous Minds with Chris 5:00 Dinner 6:00 Sightseeing Walk and Visit to the	10:00 Music Therapy with Chris 11:00 Get Fit While You Sit w/ Jeff 12:00 Lunch 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	10:00 Zumba w/ Shinel 11:00 Morning Connection w/ Marie / 1:1 Fitness 12:00 Lunch 1:30 Chair 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 Evening Movie	9:00 Rise & Shine Check-in 10:00 Music & Movement with Alex 11:00 Music Therapy with Suki 12:00 Lunch 1:30 Chair Travel 2:30 Community Expressive Therapy with Alex & Suki 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 Morning Connections w/ Marie 11:00 Music Therapy with Lance 12:00 Lunch 1:30 Seinfeld in the M&B room 2:15 The Carousel Dancers 3:30 Snack and Chat 4:00 Relaxation Group with Marie 5:00 Dinner 6:30 Evening Manyinday		9:00 Rise & Shine Check-In 10:00 Interactive Music with Maayan 11:00 Dance Therapy with Whitney 12:00 Lunch 1:30 Fitness Fusion with Leah / Dog Therapy 2:30 Trivia & Brain Games w/ Shinel / Gym 3:30 Snack & Chat 4:00 Music Therapy with Chris	9:00 Rise and Shine Check-In 10:00 Zumba with Shinel 11:00 Dance, Drama & Music w/ Alicia 11:00 Men's Group with Alan & Whitney (1st Fl) 12:00 Lunch 1:15 Interfaith Service (conserv) w/ Chris 1:30 Seinfeld in the M&B Room 2:30 Bingo with Shinel 3:30 Snack and Chat 4:00 Vigorous Minds with Chris 5:00 Dinner 6:00 Evening Movie  Happy Birthday, Ron!	10:00 Music Therapy with Chris 11:00 Brain, Body Fit w/ Christina 12:00 Lunch 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	11:00 Morning Connection w/ Marie / 1:1 Fitness 12:00 Lunch 1:30 Chair 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 Evening Movie	9:00 Rise & Shine Check-in 10:00 Music Therapy with Alex 11:00 Dance Therapy with Jordyn 12:00 Lunch 1:00 Chair Travel / Walks with Alex 2:00 Creative Connections with Alex & Jordyn 3:00 Snack and Chat 3:30 Levon Hovespian & Michael Korn in Concert 4:30 Relaxation group with Jordyn 5:00 Dinner 6:30 Evening Movie
10:00 Morning Connections w/ Marie 11:00 Music Therapy with Lance 12:00 Lunch 12:00 Easter Lunch 1:30 Easter Service (conservatory & 919) 2:30 Drum Circle with Lance 3:30 Refresh & Relax 4:00 Afternoon Connections w 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 Arts & Crafts w/ Marie 2:00 Mindful Motion & Strength w/ Christina 3:15 Snack and Chat with Marie 4:00 Sing Along with Nancy Flathe & 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: Museum of Fine Arts Tour 12:00 Lunch 1:30 Fitness Fusion with Leah / Dog Therapy 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 Dance, Drama & Music w/ Alicia 12:00 Lunch 1:15 Interfaith Service (conserv) w/ Chri 1:30 Floral Arrangements w/ Pauline 2:30 Bingo with Shinel 3:15 April Birthdays Celebration! (Gr F 4:00 Vigorous Minds with Chris 5:00 Dinner 6:00 Sightseeing Walk and Visit to the Resident Art Gallery w/ Pauline	11:00 Brain, Body Fit w/ Christina 12:00 Lunch 1:30 Puzzles with Shinel 2:30 History of Music w/ Chris /	10:00 Zumba w/ Shinel 10:40 Making Memories w/ 6 <sup>th</sup> Graders/Rashi 11:00 Morning Connection w/ Marie / 1:1 Fitness 12:00 Lunch 1:30 Chair Travel Documentary 2:00 Community Fitness Class 2:45 Troubadours Choir w/ Chris (1 fl)	9:00 Rise & Shine Check-in 10:30 Music Therapy with Alex 11:00 Dance Therapy with Jordyn 12:00 Lunch 1:00 Chair Travel / Walks with Jordyn 2:00 Creative Connections with Alex & Jordyn 3:00 Snack and Chat 3:30 Silent Movie with Richard Hughes 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 Music Therapy with Suki 12:00 Lunch 2:00 Drum Circle with Suki 3:00 Snack and Chat 3:30 Emilian & Rodica Bades in Concert	9:00 Rise & Shine Check-In 10:00 Current Events with Shinel 11:00 Dance Therapy with Whitney 12:00 Lunch 1:30 Arts & Crafts w/ Marie 2:00 Mindful Motion & Strength w/ Christina 3:00 Snack & Chat 3:30 Afternoon Stretch with Whitney	9:00 Rise & Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Morning Connections with Shinel OUTING: Blue Hills Reservation w/ Whitney 12:00 Lunch 1:30 Fitness Fusion with Leah / Dog Therapy 2:30 Trivia & Brain Games w/ Shinel / Gym 3:30 Snack & Chat 4:00 Music Therapy with Chris	9:00 Rise and Shine Check-In 10:00 Zumba with Shinel 11:00 Community Forum with Whitney 12:00 Lunch 1:15 Interfaith Service (conserv) w/ Chri 1:30 Floral Arrangements w/ Pauline 2:30 Bingo with Shinel 3:30 Snack and Chat 4:00 Vigorous Minds with Chris	A .	1 2025	

Resident Art Gallery w/ Pauline

6:00 Sightseeing Walk and Visit to the

5:00 Dinner

5:00 Dinner

6:30 Evening Movie

4:30 Relaxation with Marie

3:30 Afternoon Stretch with Whitney 4:00 Table Talk & Reminiscing w/ Whitney

5:00 Dinner

6:00 Evening Movie

4:00 Music Therapy with Chris

6:00 Evening Movie

Happy Birthday, Mary Jane!

5:00 Dinner

NewBridge on the Charles Memory Support Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JAMA		10:00 Current Events with Shinel/Walk w/Deb 11:00 Music Therapy with Chris OUTING: Fuller Craft Museum w/ Whit 12:00 Lunch	9:00 Rise and Shine Check-In 10:00 Music Therapy with Chris Flower Arrangement w/ Pauline 11:00 Mindful Motion & Strength w/ Leah 12:00 Lunch 1:15 Interfaith Service (conserv) w/ Chris	10:00 Morning Exercise w/ Marie 11:00 Trivia & Brain Teasers w/ Pauline / Walks with Debbie 12:00 Lunch	9:00 Rise and Shine Check-In 10:00 Sports & Games w/ Marie 10:40 Making Memories w/ 6 <sup>th</sup> Graders 11:00 Food & Travel w/ Pauline / You, Me & Exercise 12:00 Lunch	9:00 Rise & Shine Check-in 10:00 Dance Therapy with Jordyn 11:00 Music Therapy with Alex 12:00 Lunch 1:30 Chair Travel
First Floor	r Calendar	2:30 Drum Circle with Chris / Gym 3:30 Snack & Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner 6:00 Evening Movie	1:30 Puzzles & Games with Shinel 2:30 Drama, Dance & Music with Alicia 3:30 Snack and Chat 4:00 Mindstretcher Discussion w/ Pauline 5:00 Dinner 6:00 Sightseeing Walk w/ Pauline	1:30 Get Fit While You Sit w/ Jeff 2:30 Bingo with Shinel /Gym 3:30 Snack and Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner 7:30 Cherry Kim Pianist in GMH w/	1:30 Chair Travel Documentary 2:00 Community Fitness Class 2:45 Community Music with Eitan 3:30 Welcoming Shabbat 4:00 Documentary 5:00 Dinner 6:00 Sunset Program with Pauline	2:30 Community Expressive Therapy with Alex & Jordyn 3:30 Snack and Chat 4:00 Relaxation group with Alex 5:00 Dinner 6:30 Evening Movie
10:00 Music Therapy with Suki 11:00 Morning Connections w/ Marie 12:00 Lunch 1:30 Chair Travel 2:30 Sports & Games with Marie 3:30 Refresh & Relax 4:00 Drum Circle with Suki 5:00 Dinner	9:00 Rise & Shine Check-In 10:00 Morning Connections with Marie 11:00 Mindful Movement & Strength with Leah 12:00 Lunch 1:30 Baby Farm Animal Visit 2:30 Interactive Music with Maayan 3:30 Snack & Chat 4:00 Moments That Matter – Temple Beth Shalom 6 <sup>th</sup> Graders with Marie and Maayan 5:00 Dinner 6:00 Evening Movie	9:00 Rise and Shine Check-In 10:00 Current Events with Shinel/Walk w/Deb 11:00 Morning Connections with Marie OUTING: Bamboo Lunch w/ Whitney 12:00 Lunch 1:30 Dog Therapy Visit / Documentary 2:30 Drum Circle with Chris / Gym 3:30 Snack & Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner	9:00 Rise and Shine Check-In 10:00 Music Therapy with Chris Flower Arrangement w/ Pauline 11:00 Mindful Motion & Strength w/ Leah 12:00 Lunch 1:15 Interfaith Service (conserv) w/ Chris 1:30 Puzzles & Games with Shinel 2:30 Dance, Drama & Music w/ Alicia 3:30 Snack and Chat 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 Get Fit While You Sit w/ Jeff 2:30 Fun with Food Demo w/ Steve & Shinel / 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 Morning Connections w/ Shinel / You, Me & Exercise 12:00 Lunch 1:30 Chair 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 Evening Movie	9:00 Rise & Shine Check-in 10:00 Music Therapy with Suki 11:00 Music & Movement with Alex 12:00 Lunch 1:30 Chair Travel 2:30 Community Expressive Therapy with Alex & Suki 3:30 Snack and Chat 4:00 Relaxation group with Alex 5:00 Dinner 6:30 Evening Movie
9:00 Rise & Shine Check-in 10:00 Music Therapy with Lance 11:00 Morning Connections w/ Marie 12:00 Lunch 1:30 Seinfeld in the M&B Room 2:15 The Carousel Dancers 3:30 Snack and Chat 4:00 Relaxation Group with Lance 5:00 Dinner		11:00 Music Therapy with Chris 12:00 Lunch 1:30 Dog Therapy Visit / Documentary 2:30 Drum Circle with Chris / Gym 3:30 Snack & Chat 4:00 Afternoon Connections with Marie 4:30 Passover Seder w/ Rabbi Karen followed by dinner	9:00 Rise and Shine Check-In 10:00 Drama, Dance & Music w/ Alicia 11:00 Music Therapy with Chris 11:00 Men's Group with Alan & Whitney 12:00 Lunch 1:15 Interfaith Service (conserv) w/ Chris 1:30 Puzzles & Games with Shinel 2:00 Fitness Fusion with Leah 3:00 Snack and Chat 3:30 Afternoon Movement with Whitney 4:00 Art-Making with Alicia 5:00 Dinner 6:00 Sightseeing Walk w/ Pauline Happy Birthday, Ron!		9:00 Rise and Shine Check-In 10:00 Sports & Games w/ Marie 11:00 Morning Connections w/ Shinel / You, Me & Exercise 12:00 Lunch 1:30 Chair Travel Documentary	9:00 Rise & Shine Check-in 10:00 Dance Therapy with Jordyn 11:00 Music Therapy with Alex 12:00 Lunch 1:00 Chair Travel / Walks with Alex 2:00 Creative Connections with Alex & Jordyn 3:00 Snack and Chat 3:30 Levon Hovespian & Michael Korn in Concert 4:30 Relaxation group with Alex 5:00 Dinner 6:30 Evening Movie
9:00 Rise & Shine Check-in 10:00 Music Therapy with Lance 11:00 Morning Connections w/ Marie 12:00 Easter Lunch 1:30 Easter Service (conservatory & 919) 2:30 Sports & Games with Marie 3:30 Refresh & Relax 4:00 Drum Circle with Lance 5:00 Dinner 6:30 Evening Movie	9:00 Rise & Shine Check-In 10:00 Morning Connections with Marie 11:00 Mindful Movement & Strength with Leah 12:00 Lunch 1:30 Arts & Crafts / Jewelry with Shinel 2:30 Interactive Music with Maayan 3:30 Snack & Chat with Maayan 4:00 Afternoon Connections w/ Marie 5:00 Dinner 6:00 Evening Movie	10:00 Current Events with Shinel/Walk w/Deb 11:00 Music Therapy with Chris OUTING: Museum of Fine Arts Tour w/Whitney 12:00 Lunch 1:30 Dog Therapy Visit / Documentary 2:30 Sing Along w/ Mary & Friends & Chris / Gym 3:30 Snack & Chat	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 3:15 April Birthdays Celebration! (gr fl) 4:00 Mindstretcher Discussion w/ Pauline 5:00 Dinner	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 with Leah 2:30 Bingo with Shinel and 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/ 6 <sup>th</sup> Grader 11:00 Food & Travel w/ Pauline / You, Me & Exercise 12:00 Lunch	9:00 Rise & Shine Check-in 10:00 Dance Therapy with Jordyn 11:00 Music Therapy with Alex 12:00 Lunch 1:00 Chair Travel / Walks with Jordyn 2:00 Creative Connections with Alex & Jordyn 3:00 Snack and Chat 3:30 Silent Movie w/ Richard Hughes 4:30 Relaxation group with Alex 5:00 Dinner 6:30 Evening Movie
10:00 Music Therapy with Suki 11:00 Morning Connections w/ Marie 12:00 Lunch 2:00 Drum Circle with Suki 3:00 Snack and Chat 3:30 Emilian & Rodica Bades in	9:00 Rise & Shine Check-In	Deb 11:00 Music Therapy with Chris OUTING: Blue Hills Reservation w/ Whit 12:00 Lunch 1:30 Dog Therapy Visit / Documentary 2:30 Dog Therapy Visit / Chris / Chris	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	A .	1 2025	

3:30 Community Forum with Whitney

6:00 Sightseeing Walk w/ Pauline

5:00 Dinner

4:00 Mindstretcher Discussion w/ Pauline

Concert

5:00 Dinner

4:30 Relaxation with Suki

6:30 Evening Movie

3:30 Snack & Chat

6:00 Evening Movie

5:00 Dinner

4:00 Moments That Matter – Temple Beth

Shalom 6<sup>th</sup> Graders with Marie

6:00 Evening Movie

5:00 Dinner

4:00 Afternoon Connections w/ Marie

Happy Birthday, Mary Jane!

NewBridge on the Charles Memory Support Assisted Living