

March 2024

TCH EnrichedLIFE Monthly Program Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>March cont'd</div> <div>31</div> <div><div>A Happy Birthday to Bob!</div><div>Happy Easter!</div><div>9:30 Car/Van Rides to Church</div><div>10:00 Car/Van Ride to CVS and Trader Joe's</div><div>10:00 Coffee & Conversation</div><div>10:30 Spirit of Calm with Ed</div><div>1:00 Scrabble Group</div><div>7:00 An Evening Concert with NEC</div></div>	<div></div> <div></div> <div><div><div><div></div><div></div><div></div></div><div>THE CAMBRIDGE HOMES</div></div></div> <div>360 Mount Auburn Street Cambridge, MA 02138 (617) 876-0369</div>	<div></div> <div></div> <div>360 Mount Auburn Street Cambridge, MA 02138 (617) 876-0369</div>	<div></div> <div></div> <div><div><div></div><div></div><div></div></div><div>ENRICHEDLIFE</div><div>AN ASSISTED LIVING LIFESTYLE</div></div>	<div></div> <div></div> <div><div><div></div><div></div><div></div></div><div>ENRICHEDLIFE</div><div>AN ASSISTED LIVING LIFESTYLE</div></div>	<div></div> <div></div> <div><div><div></div><div></div><div></div></div><div>ENRICHEDLIFE</div><div>AN ASSISTED LIVING LIFESTYLE</div></div>	<div></div> <div></div> <div><div><div></div><div></div><div></div></div><div>ENRICHEDLIFE</div><div>AN ASSISTED LIVING LIFESTYLE</div></div>
<div>9:30 Car/Van Rides to Church</div> <div>10:00 Car/Van Ride to CVS and Trader Joe's</div> <div>10:00 Coffee & Conversation</div> <div>10:30 Spirit of Calm with Ed</div> <div>1:00 Scrabble Group</div> <div>2:00 Maple Syrup 101</div> <div>3:30 Celtics Watch Party</div>	<div>9:30 Gentle Yoga with Louise</div> <div>10:00 Car/Van Ride to Star Market and Collins Branch Library</div> <div>10:15 Handwork Group</div> <div>10:30 Exercise & Balance 1 with Sergio</div> <div>11:00 Exercise & Balance 2 with Sergio</div> <div>12:30 Visit with Cali the Bunny</div> <div>1:45 Resident Round Table</div> <div>3:00 Ceramics Open Studio</div> <div>3:00 Play Reading</div> <div>6:00 Evening Arts 1</div> <div>7:00 Evening Arts 2</div>	<div>Sign up for Wednesday's Outing</div> <div>10:00 Tai Chi with Ruth</div> <div>10:30 Stretch & Tone 1 with Kingsley</div> <div>11:00 Resident Directory Update Appointments</div> <div>11:00 Stretch & Tone 2 with Kingsley</div> <div>2:00 Parkinson's Support Group</div> <div>3:45 BB&N Music with a Purpose Concert</div>	<div>9:30 Gentle Yoga</div> <div>10:30 Exercise & Balance 1 with Sergio</div> <div>11:00 Exercise & Balance 2 with Sergio</div> <div>12:30 Outing: Porter Square Shops</div> <div>2:30 Winter Garden with Lisa</div> <div>3:15 Flower Arranging</div> <div>3:30 Peer Support Circle</div> <div>7:30 Evening Movie</div>	<div>A Happy Birthday to Jerry!</div> <div>9:00 Morning Meditation</div> <div>10:30 Stretch & Tone 1 with Kingsley</div> <div>11:00 Stretch & Tone 2 with Kingsley</div> <div>1:15 Tai Chi with Ruth</div> <div>2:30 Poetry Reading</div> <div>3:45 Just Desserts with Club4</div> <div>7:00 Musical Lecture with Richard Travers</div>	<div>10:30 Exercise & Balance 1 with Sergio</div> <div>11:00 Exercise & Balance 2 with Sergio</div> <div>12:45 Men's Lunch</div> <div>1:00 Creative Arts</div> <div>2:00 Jewelry Making and More!</div> <div>3:00 We Listen to Music</div>	<div>A Happy Birthday to Beverly, Lynda & to Nick!</div> <div>10:00 Zumba Exercise Class</div> <div>10:45 30 minute Mindfulness</div> <div>2:00 Theater Arts Exploration</div> <div>3:30 American History Tour: Ken Burns' "Country Music"</div> <div>7:30 Evening Movie</div> <div>10:00 Reset Your Clocks - Spring Forward</div>
<div>A Happy Birthday to Ginny P!</div> <div>Did you reset your clock?</div> <div>9:30 Car/Van Rides to Church</div> <div>10:00 Car/Van Ride to CVS and Trader Joe's</div> <div>10:00 Coffee & Conversation</div> <div>1:00 Scrabble Group</div> <div>1:00 Tech Support with Liam O'Callaghan</div> <div>3:30 History Lecture with Paolo</div> <div>7:00 Evening Concert</div>	<div>10:00 Car/Van Ride to Star Market and Collins Branch Library</div> <div>10:15 Handwork Group</div> <div>10:30 Exercise & Balance 1 with Sergio</div> <div>11:00 Exercise & Balance 2 with Sergio</div> <div>12:30 Visit with Cali the Bunny</div> <div>2:00 Gentle Yoga with Louise</div> <div>3:00 Ceramics Open Studio</div> <div>3:00 Play Reading</div> <div>6:00 Evening Arts 1</div> <div>7:00 Evening Arts 2</div>	<div>10:00 Tai Chi with Ruth</div> <div>10:30 Stretch & Tone 1 with Kingsley</div> <div>11:00 Resident Directory Update Appointments</div> <div>11:00 Stretch & Tone 2 with Kingsley</div> <div>2:00 Parkinson's Support Group</div> <div>3:00 CommuniTea with the TCH Friends</div> <div>4:30 Personal Training with David</div>	<div>9:30 Gentle Yoga</div> <div>10:30 Exercise & Balance 1 with Kingsley</div> <div>11:00 Exercise & Balance 2 with Kingsley</div> <div>2:30 Winter Garden with Lisa</div> <div>3:15 Flower Arranging</div> <div>3:30 Reflections Group</div> <div>7:30 Evening Movie</div>	<div>It's Pi Day!</div> <div>9:00 Morning Meditation</div> <div>10:30 Stretch & Tone 1 with Kingsley</div> <div>11:00 Stretch & Tone 2 with Kingsley</div> <div>1:15 Tai Chi with Ruth</div> <div>2:30 Poetry Reading</div> <div>3:45 Just Desserts with Club4</div> <div>7:00 Evening Ceramics</div>	<div>10:30 Exercise & Balance 1 with Sergio</div> <div>11:00 Exercise & Balance 2 with Sergio</div> <div>1:00 Creative Arts</div> <div>1:30 Ballroom Dancing with Michael</div> <div>2:00 Jewelry Making and More!</div> <div>3:00 We Listen to Music</div>	<div>10:00 Zumba Exercise Class</div> <div>10:45 30 minute Mindfulness</div> <div>2:00 Theater Arts Exploration</div> <div>3:30 American History Tour: Ken Burns' "Country Music"</div> <div>7:30 Evening Movie</div>
<div>Happy St. Patrick's Day!</div> <div>9:30 Car/Van Rides to Church</div> <div>10:00 Car/Van Ride to CVS and Trader Joe's</div> <div>10:00 Coffee & Conversation</div> <div>10:30 Spirit of Calm with Ed</div> <div>1:00 Scrabble Group</div> <div>1:30 1st Sitting: Japanese Weaving with Mihoko</div> <div>2:30 2nd Sitting: Japanese Weaving with Mihoko</div> <div>3:30 History Lecture with Dr. Richard Brabander</div>	<div>Return Library Books to Green Bins</div> <div>10:00 Car/Van Ride to Star Market and Collins Branch Library</div> <div>10:15 Handwork Group</div> <div>10:30 Exercise & Balance 1 with Sergio</div> <div>11:00 Exercise & Balance 2 with Sergio</div> <div>12:30 Visit with Cali the Bunny</div> <div>2:00 Gentle Yoga with Louise</div> <div>3:00 Ceramics Open Studio</div> <div>3:00 Play Reading</div> <div>6:00 Evening Arts 1</div> <div>7:00 Evening Arts 2</div>	<div>Return Library Books to Green Bins</div> <div>Sign up for Wednesday's Outing</div> <div>10:00 Tai Chi with Ruth</div> <div>10:30 Stretch & Tone 1 with Kingsley</div> <div>11:00 Resident Directory Update Appointments</div> <div>11:00 Stretch & Tone 2 with Kingsley</div> <div>2:00 Parkinson's Support Group</div> <div>2:00 Wine Discussion Group</div> <div>3:30 British Serial Comedies</div>	<div>Grab Your Passport - Library Pick-up/Drop-off Day</div> <div>9:30 Gentle Yoga</div> <div>10:30 Exercise & Balance 1 with Sergio</div> <div>11:00 Exercise & Balance 2 with Sergio</div> <div>12:30 Outing: Museum Visit</div> <div>2:30 Winter Garden with Lisa</div> <div>3:15 Flower Arranging</div> <div>3:30 Peer Support Circle</div> <div>7:30 Evening Movie</div>	<div>9:00 Morning Meditation</div> <div>10:30 Stretch & Tone 1 with Kingsley</div> <div>11:00 Stretch & Tone 2 with Kingsley</div> <div>1:15 Tai Chi with Ruth</div> <div>2:30 Poetry Reading</div> <div>3:45 Just Desserts with Club4</div> <div>7:00 Evening Ceramics</div>	<div>9:30 Health Assist Wellness Clinic</div> <div>10:30 Exercise & Balance 1 with Sergio</div> <div>11:00 Exercise & Balance 2 with Sergio</div> <div>1:00 Creative Arts</div> <div>2:00 Jewelry Making and More!</div> <div>3:00 We Listen to Music</div>	<div>10:00 Personal Training with David</div> <div>2:00 Theater Arts Exploration</div> <div>3:30 American History Tour: American Presidents (more of Marilyn's work)</div> <div>7:30 Evening Movie</div>
<div>9:30 Car/Van Rides to Church</div> <div>10:00 Car/Van Ride to CVS and Trader Joe's</div> <div>10:00 Coffee & Conversation</div> <div>1:00 Scrabble Group</div> <div>1:00 Tech Support with Liam O'Callaghan</div> <div>3:00 Zeren's Travel Adventures: European Museums Off the Beaten Path</div>	<div>A Happy Birthday to Allie</div> <div>10:00 Car/Van Ride to Star Market and Collins Branch Library</div> <div>10:15 Handwork Group</div> <div>10:30 Exercise & Balance 1 with Sergio</div> <div>11:00 Exercise & Balance 2 with Sergio</div> <div>12:30 Visit with Cali the Bunny</div> <div>2:00 Gentle Yoga with Louise</div> <div>3:00 Ceramics Open Studio</div> <div>3:00 Play Reading</div> <div>6:00 Evening Arts 1</div> <div>7:00 Evening Arts 2</div>	<div>Sign up for Wednesday's Outing</div> <div>10:00 Tai Chi with Ruth</div> <div>10:30 Stretch & Tone 1 with Kingsley</div> <div>11:00 Resident Directory Update Appointments</div> <div>11:00 Stretch & Tone 2 with Kingsley</div> <div>1:45 Food Forum</div> <div>3:00 Longy School of Music Concert</div> <div>3:00 Parkinson's Support Group</div> <div>7:15 Michael Leidig on Piano</div>	<div>9:30 Gentle Yoga</div> <div>10:30 Exercise & Balance 1 with Sergio</div> <div>11:00 Exercise & Balance 2 with Sergio</div> <div>12:30 Outing: In The Great Outdoors</div> <div>2:30 Winter Garden with Lisa</div> <div>3:15 Flower Arranging</div> <div>3:30 Reflections Group</div> <div>7:30 Evening Movie</div>	<div>9:00 Morning Meditation</div> <div>10:30 Stretch & Tone 1 with Kingsley</div> <div>11:00 Stretch & Tone 2 with Kingsley</div> <div>1:15 Tai Chi with Ruth</div> <div>2:30 Poetry Reading</div> <div>3:30 Wine and Cheese with TCH Friends</div> <div>3:45 Just Desserts with Club4</div> <div>7:00 Evening Ceramics</div>	<div>A Happy Birthday to Joan Canz!</div> <div>10:30 Exercise & Balance 1 with Sergio</div> <div>11:00 Exercise & Balance 2 with Sergio</div> <div>1:00 Creative Arts</div> <div>2:00 Jewelry Making and More!</div> <div>3:00 We Listen to Music</div>	<div>10:00 Zumba Exercise Class</div> <div>10:45 30 minute Mindfulness</div> <div>2:00 Theater Arts Exploration</div> <div>3:30 American History Tour</div> <div>7:30 Evening Movie</div>

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