

August 2025

TCH EnrichedLIFE Monthly Program Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>August cont'd</div> <div>31</div> <div><div>9:30</div><div></div><div>Car/Van Rides to Church</div></div> <div><div>10:00</div><div></div><div>Car/Van Ride to CVS and Trader Joe's</div></div> <div><div>10:30</div><div></div><div>Spirit of Calm with ED</div></div> <div><div>11:00</div><div></div><div>Sunday Services - Harvard Memorial Church</div></div> <div><div>1:00</div><div></div><div>Tech Support with Liam O'Callaghan</div></div> <div><div>3:30</div><div></div><div>Oh Canada! With Amanda</div></div>	<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><div><div></div><div></div><div></div></div><div></div><div>Cognitive</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Emotional</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Entertainment</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Outing</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Physical</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Social</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Spiritual</div></div>	<div></div> <div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Cognitive</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Emotional</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Entertainment</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Outing</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Physical</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Social</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Spiritual</div></div>	<div></div> <div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Cognitive</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Emotional</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Entertainment</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Outing</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Physical</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Social</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Spiritual</div></div>	<div></div> <div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Cognitive</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Emotional</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Entertainment</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Outing</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Physical</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Social</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Spiritual</div></div>	<div></div> <div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Cognitive</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Emotional</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Entertainment</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Outing</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Physical</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Social</div></div> <div><div><div></div><div></div><div></div></div><div></div><div>Spiritual</div></div>
<div>9:30</div> <div></div> <div>Car/Van Rides to Church</div> <div>3</div>	<div>9:30</div> <div></div> <div>Gentle Yoga with Louise</div> <div>4</div>	<div>Sign up for Wednesday's Outing</div> <div>5</div>	<div>10:30</div> <div></div> <div>Exercise &amp; Balance 1 with Sergio</div> <div>6</div>	<div>Last Call: For an appointment... Salon Services on Pause...</div> <div>7</div>	<div>10:30</div> <div></div> <div>Exercise &amp; Balance 1 with Sergio</div> <div>1</div>	<div>10:00</div> <div></div> <div>Visit with "Julie" and Monica</div> <div>2</div>
<div>10:00</div> <div></div> <div>Car/Van Ride to CVS and Trader Joe's</div> <div>11:00</div> <div></div> <div>Sunday Services - Harvard Memorial Church</div> <div>1:00</div> <div></div> <div>Tech Support with Liam O'Callaghan</div> <div>3:30</div> <div></div> <div>History Lecture with Dr. Richard Brabander</div>	<div>10:00</div> <div></div> <div>Car/Van Ride to the Library, Star Market, and Post Office</div> <div>10:30</div> <div></div> <div>Exercise &amp; Balance 1 with Sergio</div> <div>11:00</div> <div></div> <div>Exercise &amp; Balance 2 with Sergio</div> <div>12:30</div> <div></div> <div>Visit with Batman the Bunny</div> <div>1:45</div> <div></div> <div>Resident Round Table</div> <div>3:00</div> <div></div> <div>Play Reading: view Lysistrata</div> <div>7:30</div> <div></div> <div>Monday Movie: Fanny and Alexander (Part 1 -1983)</div>	<div>10:00</div> <div></div> <div>Tai Chi with Ruth</div> <div>10:30</div> <div></div> <div>Stretch &amp; Tone 1 with Kingsley</div> <div>11:00</div> <div></div> <div>Stretch &amp; Tone 2 with Kingsley</div> <div>3:00</div> <div></div> <div>Board and Card Games</div> <div>4:00</div> <div></div> <div>Scrabble Group</div>	<div>11:00</div> <div></div> <div>Exercise &amp; Balance 2 with Sergio</div> <div>12:30</div> <div></div> <div>Outing: Porter Square Shops</div> <div>2:30</div> <div></div> <div>Flower Arranging</div> <div>2:30</div> <div></div> <div>Garden Group with Lisa</div> <div>3:30</div> <div></div> <div>Reflections Group</div> <div>7:30</div> <div></div> <div>Evening Movie: Fanny and Alexander (Part 2 - 1983)</div>	<div>9:00</div> <div></div> <div>Morning Meditation</div> <div>10:30</div> <div></div> <div>Stretch &amp; Tone 1 with Kingsley</div> <div>11:00</div> <div></div> <div>Stretch &amp; Tone 2 with Kingsley</div> <div>2:00</div> <div></div> <div>Tai Chi with Ruth</div> <div>2:30</div> <div></div> <div>Poetry Reading</div> <div>4:00</div> <div></div> <div>Fold or Flowers for Friday Cafe for the Homeless</div> <div>4:30</div> <div></div> <div>Let's Talk About It: A Spiritual Take on Current Events</div>	<div>11:00</div> <div></div> <div>Exercise &amp; Balance 2 with Sergio</div> <div>11:30</div> <div></div> <div>Optional Picnic Lunches in the Garden</div> <div>2:00</div> <div></div> <div>TCH Literary Society</div> <div>3:30</div> <div></div> <div>We Listen to Music</div>	<div>10:30</div> <div></div> <div>Movement for Health - with Anjelica</div> <div>2:00</div> <div></div> <div>Theater Arts Exploration</div> <div>3:30</div> <div></div> <div>Art History Tour</div> <div>7:30</div> <div></div> <div>Evening Movie: Mr. Holland's Opus (1996)</div>
<div>9:30</div> <div></div> <div>Car/Van Rides to Church</div> <div>10:00</div> <div></div> <div>Car/Van Ride to CVS and Trader Joe's</div> <div>10:00</div> <div></div> <div>Coffee &amp; Conversation</div> <div>11:00</div> <div></div> <div>Sunday Services - Harvard Memorial Church</div> <div>1:30</div> <div></div> <div>1st Sitting: Japanese Weaving with Mihoko</div> <div>2:30</div> <div></div> <div>2nd Sitting: Japanese Weaving with Mihoko</div> <div>3:30</div> <div></div> <div>Musical Lecture with Richard Travers</div> <div>10</div>	<div>10:00</div> <div></div> <div>Car/Van Ride to the Library, Star Market, and Post Office</div> <div>10:30</div> <div></div> <div>Exercise &amp; Balance 1 with Sergio</div> <div>11:00</div> <div></div> <div>Exercise &amp; Balance 2 with Sergio</div> <div>12:30</div> <div></div> <div>Visit with Batman the Bunny</div> <div>3:00</div> <div></div> <div>Play Reading</div> <div>7:30</div> <div></div> <div>Monday Movie: Alexander Nevsky (1939)</div> <div>11</div>	<div>Sign up for Wednesday's Outing</div> <div>12</div>	<div>10:30</div> <div></div> <div>Exercise &amp; Balance 1 with Sergio</div> <div>11:00</div> <div></div> <div>Exercise &amp; Balance 2 with Sergio</div> <div>11:30</div> <div></div> <div>Outing: Lunch (or including lunch)</div> <div>2:30</div> <div></div> <div>Flower Arranging</div> <div>2:30</div> <div></div> <div>Garden Group with Lisa</div> <div>7:30</div> <div></div> <div>Evening Movie: Maestro (2023)</div> <div>13</div>	<div>9:00</div> <div></div> <div>Morning Meditation</div> <div>10:30</div> <div></div> <div>Stretch &amp; Tone 1 with Kingsley</div> <div>11:00</div> <div></div> <div>Stretch &amp; Tone 2 with Kingsley</div> <div>2:00</div> <div></div> <div>Tai Chi with Ruth</div> <div>2:30</div> <div></div> <div>Poetry Reading</div> <div>4:00</div> <div></div> <div>Fold or Flowers for Friday Cafe for the Homeless</div> <div>4:30</div> <div></div> <div>Let's Talk About It: A Spiritual Take on Current Events</div> <div>14</div>	<div>Grab Your Passport - RoadTrip or Canada</div> <div>Podiatrist Visits Today</div> <div>10:30</div> <div></div> <div>Exercise &amp; Balance 1 with Sergio</div> <div>11:00</div> <div></div> <div>Exercise &amp; Balance 2 with Sergio</div> <div>11:30</div> <div></div> <div>Optional Picnic Lunches in the Garden</div> <div>2:00</div> <div></div> <div>The Write Stuff</div> <div>3:30</div> <div></div> <div>We Listen to *Live* Music</div> <div>15</div>	<div>10:30</div> <div></div> <div>Movement for Health - with Anjelica</div> <div>2:00</div> <div></div> <div>Theater Arts Exploration</div> <div>3:30</div> <div></div> <div>Art History Tour</div> <div>7:30</div> <div></div> <div>Evening Movie: Guys and Dolls (1955)</div> <div>16</div>
<div>9:30</div> <div></div> <div>Car/Van Rides to Church</div> <div>10:00</div> <div></div> <div>Car/Van Ride to CVS and Trader Joe's</div> <div>10:30</div> <div></div> <div>Spirit of Calm with ED</div> <div>11:00</div> <div></div> <div>Sunday Services - Harvard Memorial Church</div> <div>1:00</div> <div></div> <div>Tech Support with Liam O'Callaghan</div> <div>2:00</div> <div></div> <div>Zeren's Travel Adventures: Patagonia</div> <div>17</div>	<div>10:00</div> <div></div> <div>Car/Van Ride to the Library, Star Market, and Post Office</div> <div>10:30</div> <div></div> <div>Exercise &amp; Balance 1 with Sergio</div> <div>11:00</div> <div></div> <div>Exercise &amp; Balance 2 with Sergio</div> <div>12:30</div> <div></div> <div>Visit with Batman the Bunny</div> <div>3:00</div> <div></div> <div>Play Reading</div> <div>7:30</div> <div></div> <div>Monday Movie: A Single Man (2009)</div> <div>18</div>	<div>Return Library Books to Green Bins</div> <div>Sign up for Wednesday's Outing</div> <div>19</div>	<div>Library Pick-up/Drop-off Day</div> <div>20</div>	<div>9:00</div> <div></div> <div>Morning Meditation</div> <div>10:30</div> <div></div> <div>Stretch &amp; Tone 1 with Kingsley</div> <div>11:00</div> <div></div> <div>Stretch &amp; Tone 2 with Kingsley</div> <div>2:00</div> <div></div> <div>Tai Chi with Ruth</div> <div>2:30</div> <div></div> <div>Poetry Reading</div> <div>4:00</div> <div></div> <div>Fold or Flowers for Friday Cafe for the Homeless</div> <div>4:30</div> <div></div> <div>Let's Talk About It: A Spiritual Take on Current Events</div> <div>21</div>	<div>10:30</div> <div></div> <div>Exercise &amp; Balance 1 with Sergio</div> <div>11:00</div> <div></div> <div>Exercise &amp; Balance 2 with Sergio</div> <div>11:30</div> <div></div> <div>Optional Picnic Lunches in the Garden</div> <div>2:00</div> <div></div> <div>TCH Literary Society</div> <div>3:30</div> <div></div> <div>We Listen to Music</div> <div>22</div>	<div>A Happy Birthday to Lillian</div> <div>23</div>
<div>9:30</div> <div></div> <div>Car/Van Rides to Church</div> <div>10:00</div> <div></div> <div>Car/Van Ride to CVS and Trader Joe's</div> <div>11:00</div> <div></div> <div>Sunday Services - Harvard Memorial Church</div> <div>3:30</div> <div></div> <div>History Lecture with Paolo</div> <div>24</div>	<div>10:00</div> <div></div> <div>Car/Van Ride to the Library, Star Market, and Post Office</div> <div>10:30</div> <div></div> <div>Exercise &amp; Balance 1 with Sergio</div> <div>11:00</div> <div></div> <div>Exercise &amp; Balance 2 with Sergio</div> <div>12:30</div> <div></div> <div>Visit with Batman the Bunny</div> <div>3:00</div> <div></div> <div>Play Reading</div> <div>7:30</div> <div></div> <div>Monday Movie: The Brutalist (Part 1 - 2024)</div> <div>25</div>	<div>Sign up for Wednesday's Outing</div> <div>26</div>	<div>10:30</div> <div></div> <div>Eucharistic Service</div> <div>10:30</div> <div></div> <div>Exercise &amp; Balance 1 with Sergio</div> <div>11:00</div> <div></div> <div>Exercise &amp; Balance 2 with Sergio</div> <div>12:30</div> <div></div> <div>Outing: In The Great Outdoors</div> <div>2:30</div> <div></div> <div>Flower Arranging</div> <div>2:30</div> <div></div> <div>Garden Group with Lisa</div> <div>3:00</div> <div></div> <div>Wine and Cheese with TCH Friends</div> <div>7:30</div> <div></div> <div>Evening Movie: The Brutalist (Part 2 - 2024)</div> <div>27</div>	<div>A Happy Birthday to Marilyn!</div> <div>28</div>	<div>10:30</div> <div></div> <div>Exercise &amp; Balance 1 with Sergio</div> <div>11:00</div> <div></div> <div>Exercise &amp; Balance 2 with Sergio</div> <div>11:30</div> <div></div> <div>Optional Picnic Lunches in the Garden</div> <div>2:00</div> <div></div> <div>The Write Stuff</div> <div>3:30</div> <div></div> <div>We Listen to Music</div> <div>29</div>	<div>Play Music on the Porch Day!</div> <div>30</div>

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