

Life	Enrichment					INDEPENDENT LIVING
	Sunday Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Marce Easter 9:00 10:00 10:00 11:30 1:30 1:45 4:30	Aqua Fitness & Open Swim with Steve Services at Parish Church Needham (Rides Available) [FL] Sudbury Farms/ Trade Joe's Shopping Trip [FL] Brunch Served until 2pm [DR] Mahjong (Resident Led) [L] Musical Performance with Brian Kane [B] Evening Movie [MT]	Please Sign up for all Outings at The Concierge Desk		Location Keys	Aqua Fitness & 1 10:00 Open Swim with Steve Movement w/Steve: Strength, Core & More [FC] Walking Group [FL] Musical Performance with strolling violinist and vocalist VioLynne [B] Mix and Mingle [B] Shabbat Candle Lighting [B]	CVS Shopping Trip [FL] Seated Zumba [FC] Six Penny Card Game (Resident Led) [MR] BINGO [B] Evening Movie [MT]
9:00 10:00 10:00 11:30 1:30 2:30	Swim with Steve Services at Parish 10:00 Movement w/Steve:	10:00 Functional Movement for Better Balance w/Lisa [FC] 11:15 Resident Meeting with Sara Rizzari [B] 2:00 BINGO [B] 3:15 Musical Performance with Alexandria Connolly [B] 3:30 Open Swim with Steve 7:15 Evening Movie [MT]	9:00 Aqua Fitness & Open Swim with Steve 10:00 Train your Brain for Better Balance with Steve [FC] 11:30 Meditation with Lynn [M] 2:00 News Now with Journalist Susan Sprecher [B] 3:30 Open Swim with Steve 3:30 Seated Yoga with Diane Shufro [FC] 7:15 Evening Movie [MT]	10:00 Functional Movement for Better Balance w/Lisa [FC] 7 11:30 Outing: Chinese Lunch at Noah's Kitchen (Brookline) [FL] 10:00 2:00 BINGO [B] 2:45 3:30 Black Jack with Ethan [B] 4:00 7:15 Evening Movie [MT] 4:30 7:15 T:15	Aqua Fitness & 0 10:00 Open Swim with Steve 11:30 Movement w/Steve: Strength, Core & More [FC] Walking Group [FL] 2:00 Musical Performance with Clyde Wheatley [B] Mix and Mingle [B] 3:30 Shabbat Candle Lighting [B] 7:15 Evening Movie [MT]	CVS Shopping Trip [FL] Seated Zumba [FC] Six Penny Card Game (Resident Led) [MR] Artificial Intelligence (AI) Lecture with Joe Tennyson [MT] BINGO [B] Evening Movie [MT]
Dayligh 9:00 10:00 10:00 11:30 1:30 2:30 4:30	Aqua Fitness & Open Swim with Steve Services at Parish Church Needham (Rides Available) [FL] Open Swim with Steve Steve 10:00 Movement w/Steve:	10:00 Functional Movement for Better Balance w/ Lisa [FC] 11:30 Table Tennis with Lynn [SF] 2:00 BINGO [B] 2:00 Catholic Mass and Communion with Father Le Blanc [AL] 3:30 Calligraphy Class with Ethan [B] 3:30 Open Swim with Steve 7:15 Evening Movie [MT]	9:00 Aqua Fitness & Open Swim with Steve 10:00 Train your Brain for Better Balance with Steve [FC] 11:30 Meditation with Lynn [M] 2:00 Lecture with Rose Doherty: The History of Park Street [MT] 3:00 Massage Therapy with Joanne S. [MA] 3:30 Open Swim with Steve 7:15 Evening Movie [MT]	10:00 Functional Movement for Better Balance w/Lisa [FC] 11:30 Outing: Lunch at Hearthstone Pizza (Needham) [FL] 2:00 BINGO [B] 3:30 Lecture with Photojournalist Barry Pell: A Year in Chile [MT] 3:30 Open Swim with Steve 7:15 Evening Movie [MT] 9:00 10:00 11:30 4:00 4:00 4:30 7:15	Aqua Fitness & Open Swim with Steve Movement w/Steve: Strength, Core & More [FC] Walking Group [FL] Musical Performance with David Fuller [B] Irish Step Dance Performance [B] Mix and Mingle [B] Shabbat Candle Lighting [B] Evening Movie [MT] 1:00 1:00 2:00 7:15	CVS Shopping Trip [FL] Seated Zumba [FC] Musical Performance with Piano Protege Cai [LR] Six Penny Card Game (Resident Led) [MR] BINGO [B] Evening Movie [MT]
St. Patr 9:00 10:00 10:00 11:30 1:30 2:30	Aqua Fitness & Open Swim with Steve Services at Parish Church Needham Steve	10:00 Functional Movement for Better Balance w/Lisa [FC] 11:30 Table Tennis with Lynn [SF] 2:00 BINGO [B] 3:30 Musical Performance with Vocalist Colleen Marshall [LR] 3:30 Open Swim with Steve 7:15 Evening Movie [MT]	9:00 Aqua Fitness & Open Swim with Steve 10:00 Train your Brain for Better Balance with Steve [FC] 11:30 Meditation with Lynn [M] 2:00 Lecture with Award Winning Historian John Horrigon: The Roaring Twenties [MT] 3:30 Open Swim with Steve 3:30 Seated Yoga with Diane Shufro [FC] 7:15 Evening Movie [MT]	10:00 Functional Movement for Better Balance w/Lisa [FC] 11:30 12:30 Outing: Auschwitz: Not Long Ago. Not Far Away Exhibit [FL] 2:00 BINGO [B] 3:30 Open Swim with Steve 7:15 Evening Movie [MT] 9:00 10:00 9:00 10:00 10:00 10:00 4:00 7:15	Aqua Fitness & Open Swim with Steve Movement w/Steve: Strength, Core & More [FC] Walking Group [FL] Author Interview with Poet Zvi Seisling [LR] Musical Performance with David & Marcia Burbank [B] Mix and Mingle [B] Shabbat Candle Lighting [B] Evening Movie [MT]	CVS Shopping Trip [FL] Seated Zumba [FC] Six Penny Card Game (Resident Led) [MR] Artificial Intelligence (AI) Lecture with Joe Tennyson [MT] BINGO [B] Evening Movie [MT]
9:00 10:00 10:00 11:30 1:30 2:30	Swim with Steve Services at Parish Church Needham (Rides 10:00 Open Swim with Steve 10:00 Movement w/Steve: Strength,	10:00 Functional Movement for Better Balance w/Lisa [FC] 11:30 Table Tennis with Lynn [SF] 2:00 Current Events with NE Prof. Dan Urman [B] 3:00 BINGO [B] 3:30 Open Swim with Steve 4:00 Monthly SongFest with Harry Cohen [LR] 7:15 Evening Movie [MT]	9:00 Aqua Fitness & Open Swim with Steve 10:00 Train your Brain for Better Balance with Steve [FC] 11:30 Meditation with Lynn [M] 2:30 Lecture with Michael Perry: Yellowstone in Winter [MT] 3:30 Open Swim with Steve 3:30 Seated Yoga with Diane Shufro [FC] 7:15 Evening Movie [MT]	10:00 Functional Movement for Better Balance w/Lisa [FC] 2:00 BINGO [B] 3:30 Art Demonstration & Exhibit with Margo Ezekiel [B] 3:30 Open Swim with Steve 7:15 Evening Movie [MT] 9:00 10:00 11:30 1:30 4:00 4:30 7:15	Aqua Fitness & Open Swim with Steve Movement w/Steve: Strength, Core & More [FC] Walking Group [FL] Wingate Reads Book Club led by Mercy Wheeler [LR] Musical Performance with Tom Madden [B] Mix and Mingle [B] Shabbat Candle Lighting [B] Evening Movie [MT]	CVS Shopping Trip [FL] Seated Zumba [FC] Six Penny Card Game (Resident Led) [MR] BINGO [B] Evening Movie [MT] Continued at top