



# Monthly News

We would like to welcome each of our new participants!

We look forward to serving your needs.

We continue to expand and grow in large part due to our existing participants and their caregivers. Thank you so much for your referrals and we hope that you will continue to spread the word about our program.

**If the PACE center is closed and you need urgent medical advice and assistance, call the Center to reach the answering service who will page our on-call medical staff. Please do not call this number for an emergency. For emergencies, please call 911.**

## Important information

If you need to stay home for a non-medical reason on a day that you are scheduled to come into the Center, please call the transportation service to cancel your ride. Please also call the Center after 8 a.m. to let us know you won't be coming in.

Please remember to wear your transportation name badge when being transported to the site. This is for your safety.

Please do not bring food items from home into the Center. Many of our participants are on special diets, or have allergies, and the sharing of food may pose a hazard to their well-being. However, if you are planning on bringing in a birthday cake, please let us know the day before. All birthday cakes must be store bought (sorry, we cannot accept homemade cakes).

## Transportation note:

Pick up and drop off times may vary due to various unavoidable circumstances. These circumstances include weather, road conditions, and delays with previous pick up and drop offs on the same day. Please note that the afternoon transport does not leave the center until each participant is helped onto the van individually to ensure safety and security. If you have any questions or concerns about your transportation times, please speak with the Transportation Coordinator at the site.

**Reminder Summit ElderCare will be closed October 8<sup>th</sup> Columbus Day.**

**CHAPMAN PROGRAM CALENDAR**

**OCTOBER, 2018**

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## Summit ElderCare contact information

55 Cinema Blvd. Leominster, MA 01453

**1-978-401-3100 (TRS 711) • 8 a.m.–5 p.m., Monday–Friday**

Activities Coordinator: Cynthia Sidloski: 1-978-401-3100

Inclement weather line (toll-free): 1-855-508-3722

Transportation service: Need A Lift Medivan: 1-978-534-0041, then press 0



# Caregiver Corner

Caregivers and family members are welcome and highly encouraged to attend any and all of our support groups. Below are the groups scheduled for this month. Each group offers education, support and the opportunity to meet other caregivers and family members. Refreshments are offered at each group as well.

Topic	Date/Time	Location	Contact	Sponsoring site
Dealing with change in seasons and impact on mood.	10/2/18 3:00-4:30 p.m.	<b>108 Thompson Road Webster, MA</b>	<b>Annette Mercado 508-434-3200 Ext.32033</b>	Webster
Open Discussion	10/10/18 1:30-3 p.m.	<b>Briarwood 65 Briarwood Circle Worcester, MA</b>	<b>508-852-2026</b>	East Mountain St.
Dealing with difficult behaviors	10/15/18 2-3:30 p.m.	<b>1369 Grafton Street Worcester, MA</b>	<b>Pat Lazarek 508-373-7400</b>	Grafton Street
Open Discussion	10/25/18 2-3:30 p.m.	<b>55 Cinema Boulevard Leominster, MA</b>	<b>Donna Ferro 978-401-3100</b>	Leominster
Alzheimer's Disease and Caregiving	10/10/18 3:30-5 p.m.	<b>101 Wason Ave Springfield, MA</b>	<b>April Monfett 774-317-6194</b>	Springfield
Rehab. Dept. to discuss Safety Techniques	10/10/18 2:00-3:30p.m.	<b>1081 Varnum Ave Lowell, MA</b>	<b>Emily Lemire 978 427-6830</b>	Lowell

## Tip of the month:

**Get connected.** Organizations such as the Red Cross and the Alzheimer's Association offer classes on caregiving, and local hospitals may have classes specifically about the disease your loved one is facing.



# Activities calendar

October 1<sup>st</sup>-5<sup>th</sup>-4<sup>th</sup>, 2018

Room: Chapman

	Activities	Extras
<b>Monday 1</b> <b>Lunch:</b> Stuffed peppers Tomato sauce, rice, salad, dressing	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:00 p.m. Arts/crafts- Coffee filter frame 2:30 p.m. Gentle Stretch 3:00 p.m. One to One social times	Rosary/communion 10:45 Library
<b>Tuesday 2</b> <b>Lunch:</b> Baked fish, tartar sauce, ½ Baked potato, carrots, pudding	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Bingo 2:30 p.m. Gentle Stretch 3:00 p.m. Name That Tune	Rosary/communion 1:00
<b>Wednesday 3</b> <b>Lunch:</b> Chicken griller, roll, ranch dressing lettuce, tomato red potatoes, ice cream	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:00 p.m. Fall Arts/crafts 2:30 p.m. Gentle Stretch 3:00 p.m. Poetry readings	Rosary/communion 1:00
<b>Thursday 4</b> <b>Lunch:</b> Pork riblette, sweet Potatoes, green beans, peaches	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. What's in the bag? 2:30 p.m. Gentle Stretch 3:00 p.m. Sing -along	
<b>Friday 5</b> <b>Lunch:</b> Beef stew, biscuit, brownies	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:00 p.m. Reminiscing group 2:30 p.m. Gentle Stretch 3:00 p.m. Aromatherapy	Worship Service 10:40 In the library

**Note:** **Summit Program Calendar** Coffee/Tea Social begins at 8:00 daily. Lunch is served at 12:00. Afternoon snack & chat daily. Group activities, independent activities and 1:1 interactions occur daily. Color art, word search, newspaper, magazines and the computer are available throughout the day. Pathway to fitness is a walking group that occurs multiple times daily. This calendar is subject to change

# Activities calendar

October 8<sup>th</sup>-12<sup>th</sup>, 2018

Room: Chapman

	Activities	Extras
<b>Monday 8</b> <b>Lunch:</b>	<b>Summit Eldercare is closed for Columbus Day!</b>	
<b>Tuesday 9</b> <b>Lunch:</b> Baked ham, pineapple sauce, Brussel sprouts, home fries, peaches n cream	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 a.m. Pathway to fitness 1:30 p.m. Entertainment 2:45 p.m. Gentle Stretch 3:00 p.m. Trivia	Hair dresser is here today  Rosary and communion 1:00.  Dave Garden performs 1:30
<b>Wednesday 10</b> <b>Lunch:</b> Hamburgers, roll lettuce, tomatoes, steak fries, pineapple chunks	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 a.m. Pathway to fitness 1:30 p.m. Sing- along 2:30 p.m. Gentle Stretch 3:00 p.m. Name 5 for 5	Hair dresser is here today.  Rosary/communion 1:00
<b>Thursday 11</b> <b>Lunch:</b> N.E. clam chowder, tuna roll bean salad, cup cakes	9:30 a.m. Coffee Social 10:50 a.m. Exercise & Calming Ideas 11:20 p.m. Pathway to fitness 1:00 p.m. Bingo 2:30 p.m. Gentle Stretch 3:00 p.m. One to One time	
<b>Friday 12</b> <b>Lunch:</b> Braised pork chops, gravy, mashed potatoes, turnip, apple crisp	9:30 a.m. Coffee Social 10:40 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:00 p.m. Reminiscing group 2:00 p.m. Karaoke 2:30 p.m. Gentle Stretch 3:00 p.m. Trivia	

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# Activities calendar

October 15<sup>th</sup>-19<sup>th</sup>, 2018

Room: Chapman

	Activities	Extras
<b>Monday 15</b>  <b>Lunch:</b> Grilled hot dog, roll, baked beans, cole slaw, mandarin oranges	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:15 p.m. Yoga with Jorge 2:45 p.m. Reminiscing time 3:00 p.m. One to one social time	Rosary & Communion 10:30 in library  Yoga with Special Guest 1:15
<b>Tuesday 16</b>  <b>Lunch:</b> BBQ chicken leg, rice pilaf, wax beans ice cream sandwich	9:30 a.m. Coffee Social & Baking 10:50 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Bingo 2:30 p.m. Gentle Stretch 3:00 p.m. One card bingo	Hair dresser is here today. Rosary & Communion 1:00 or table games
<b>Wednesday 17</b>  <b>Lunch:</b> Lasagna, zucchini, cookies	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Short Stories 2:30 p.m. Gentle Stretch 3:00 p.m. Trivia	Hair dresser is here today.  Rosary & Communion 1:00
<b>Thursday 18</b>  <b>Lunch:</b> Fish n chips, tartar sauce, cole slaw ambrosia	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:00 p.m. Movie or table activities 2:30 p.m. Gentle Stretch 3:00 p.m. One to one social	
<b>Friday 19</b>  <b>Lunch:</b> Roast turkey, gravy, Butternut squash, stuffing, cranberry sauce, jell-O	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:00 p.m. Reminiscing group 2:30 p.m. Friday Fitness Fun 3:00 p.m. October Trivia	

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# Activities calendar

October 22<sup>nd</sup>- 26th, 2018

Room: Chapman

	Activities	Extras
<b>Monday 22</b> <b>Lunch:</b> Chicken cordon bleu, supreme sauce, peas, rice pilaf, tropical fruit	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:00 p.m. Bingo 2:30 p.m. Gentle Stretch 3:00 p.m. Hand massage with lotions	Rosary & communion 10:30 in library
<b>Tuesday 23</b> <b>Lunch:</b> American chop suey, Summer squash, jell-o cake	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. October Sensory Activity 2:30 p.m. Gentle Stretch 3:00 p.m. Relaxing music/table activity	Hair dresser is here. Rosary/Communion 1:00
<b>Wednesday 24</b> <b>Lunch:</b> Pot roast, gravy, mashed potatoes, broccoli, mousse	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Bowling/Target toss 2:30 p.m. Gentle Stretch 3:00 p.m. Zen Coloring	Hair dresser is here. Rosary/Communion 1:00
<b>Thursday 25</b> <b>Lunch:</b> Soup & sandwich, Coffee cake	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:00 p.m. Sing- along 2:45 p.m. Gentle Stretch 3:00 p.m. Person, Place, or Thing?	
<b>Friday 26</b> <b>Lunch:</b> Taco stuffed potato, 1/2 baked potato, sour cream, cheese, lettuce, tomato, pears	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:00 p.m. Reminiscing group 2:30 p.m. Comedy DVD 3:00 p.m. Gentle Stretch	

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# Activities calendar

October 29<sup>th</sup>-31<sup>st</sup>, 2018

Room: Chapman

	Activities	Extras
<b>Monday 29</b> <b>Lunch:</b> Swedish meatballs, gravy, noodles, carrots, fruit cocktail	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 a.m. Pathway to fitness 1:15 p.m. Yoga with Jorge 2:30 p.m. Table Activities 3:00 p.m. One to one social time	Rosary/communion 10:45 Library  Special Guest- Yoga 1:15
<b>Tuesday 30</b> <b>Lunch:</b> Beef burgundy, ziti, Italian blend vegetable, frosted cake	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 a.m. Pathway to fitness 1:00 p.m. Movie or table activities 2:30 p.m. Gentle Stretch 3:00 p.m. One card bingo	Hair dresser is here.  Rosary/Communion 1:00
<b>Wednesday 31</b> <b>Lunch:</b> Bourbon Chicken Spanish rice, spinach, peaches	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 a.m. Costume Parade/prizes! 1:30 p.m. Entertainment 2:45 p.m. Stretch & Pathway to fitness 3:00 p.m. One to one social time	Hair dresser is here.  Rosary/Communion 1:00  <i>Halloween Party with Andy Ross! 1:30                      If you have a costume please bring it in.</i>
<b>Thursday</b> <b>Lunch:</b>		
<b>Friday</b> <b>Lunch:</b>		

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**Reminder Summit ElderCare will be closed October 8<sup>th</sup> Columbus Day.**

## SUMMIT ROOM CALENDAR OCTOBER, 2018

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Dealing with change in seasons and impact on mood.	10/10/18 1:30-3 p.m.	<b>Briarwood 65 Briarwood Circle Worcester, MA</b>	<b>508-852-2026</b>	East Mountain St.
Dealing with difficult behaviors	10/15/18 2-3:30 p.m.	<b>1369 Grafton Street Worcester, MA</b>	<b>Pat Lazarek 508-373-7400</b>	Grafton Street
Open Discussion	10/25/18 2-3:30 p.m.	<b>55 Cinema Boulevard Leominster, MA</b>	<b>Donna Ferro 978-401-3100</b>	Leominster
Alzheimer's Disease and Caregiving	10/10/18 3:30-5 p.m.	<b>101 Wason Ave Springfield, MA</b>	<b>Ericka Emerson 774-317-6155</b>	Springfield
Rehab. Dept. to discuss Safety Techniques	10/10/18 2:00-3:30p.m.	<b>1081 Varnum Ave Lowell, MA</b>	<b>Emily Lemire 978-427-6830</b>	Lowell

## Tip of the month:

**Get connected.** Organizations such as the Red Cross and the Alzheimer's Association offer classes on caregiving, and local hospitals may have classes specifically about the disease your loved one is facing.

# Activities calendar

October 1<sup>st</sup>-5th, 2018

Room: Summit

	Activities	Extras
<b>Monday 1</b>  <b>Lunch:</b> Stuffed peppers, tomato sauce, rice, salad, pears	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Yoga with Joanne 11:30 p.m. Pathway to fitness 1:30 p.m. October Watercolor 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to One social times	Rosary/communion 10:45 Library
<b>Tuesday 2</b>  <b>Lunch:</b> Baked fish, ½ baked Potato, carrots, pudding	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Gourd Bingo 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Name That Tune	Men's group 10:40 MS support group 1:00 Rosary/communion 1:00
<b>Wednesday 3</b>  <b>Lunch:</b> Chicken griller, roll, ranch dressing, lettuce/tomato, Red potatoes, ice cream	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Poetry Readings 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. What would you do?	Rosary/communion 1:00  <b><i>Random Acts of Poetry Day:                      Please bring in your own                      poems or any favorite poems                      to share with the group.</i></b>
<b>Thursday 4</b>  <b>Lunch:</b> Pork riblette, sweet potatoes, green beans, peaches	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Yoga with Joanne 11:30 p.m. Pathway to fitness 1:30 p.m. Pokeno 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Table Activities	Helping Hands group with Sara 1:00
<b>Friday 5</b>  <b>Lunch:</b> Beef Stew, biscuit, brownies	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:00 p.m. Wheel of Fortune 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Social time	Worship Service 10:40 News in Review 10:40 Mens' group 12:45 Knitting group 1:00 <b><i>World Smile Day-"Do an                      act of kindness. Help                      one person smile."</i></b>

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# Activities calendar

October 8<sup>th</sup>-12<sup>th</sup>, 2018

Room: Summit

	Activities	Extras
<b>Monday 8</b> <b>Lunch:</b>	<p align="center"><b>Summit Eldercare is closed for Columbus Day!</b>  <b>We hope you have a great day!</b></p>	
<b>Tuesday 9</b> <b>Lunch:</b> Baked ham, pineapple sauce, Brussel sprouts, home fries, peaches n cream	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Yoga with Joanne 11:30 a.m. Pathway to fitness 1:30 p.m. Entertainment 2:45 p.m. Stretch & Pathway to fitness 3:00 p.m. Trivia	Hair dresser is here today  Mens' group 10:40 MS support group 1:00 Rosary and communion 1:00. Dave Garden performs 1:30
<b>Wednesday 10</b> <b>Lunch:</b> Hamburgers, roll, lettuce & tomatoes, steak fries, pineapple chunks	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 a.m. Pathway to fitness 1:30 p.m. Finish the Sentence 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Name 5 for 5	Hair dresser is here today.  News in Review 10:40 Rosary/communion 1:00
<b>Thursday 11</b> <b>Lunch:</b> N.E. clam chowder, tuna roll, bean salad, cup cakes	9:30 a.m. Coffee Social 10:40 a.m. Yoga & Calming Ideas 11:20 p.m. Pathway to fitness 1:00 p.m. Pokeno 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to One time	<p align="center"><b>Participant Council 12:45</b></p>
<b>Friday 12</b> <b>Lunch:</b> Braised pork chops, gravy, mashed potatoes, turnip, apple crisp	9:30 a.m. Coffee Social 10:40 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Get Artsy-Bird feeders 2:30 p.m. Pathway to fitness 3:00 p.m. Trivia	Men's group 1:00  Knitting group 1:00

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# Activities calendar

October 15<sup>th</sup>-19<sup>th</sup>, 2018

Room: Summit

	Activities	Extras
<b>Monday 15</b>  <b>Lunch:</b> Grilled hot dog, roll, baked beans, cole slaw, mandarin oranges	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Yoga relaxation tips 11:30 p.m. Pathway to fitness 1:15 p.m. Yoga with Jorge 2:45 p.m. Stretch & Pathway to fitness 3:00 p.m. One to one social time	Rosary & Communion 10:30  Yoga in Chapman room with special guest Jorge 1:15
<b>Tuesday 16</b>  <b>Lunch:</b> BBQ Chicken leg Rice pilaf, wax beans, ice cream sandwich	9:30 a.m. Coffee Social 10:50 a.m. Daily chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Throw It Out Tuesday! 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Once card bingo	Hair dresser is here today. Men's group is held at 10:40 Multiple Sclerosis gr. 1:00 Rosary & Communion 1:00 or table games Book Club meeting-anyone who would like to attend is welcome! 1:30 in our library
<b>Wednesday 17</b>  <b>Lunch:</b> Lasagna, zucchini, cookies	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Boggle/music 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Trivia	Hair dresser is here today.  Rosary & Communion 1:00
<b>Thursday 18</b>  <b>Lunch:</b> Fish n Chips, cole slaw, ambrosia	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Yoga 11:30 p.m. Pathway to fitness 1:00 p.m. Ghost Busters-Movie or fall craft 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to one social	Helping Hands group with Sara 1:00
<b>Friday 19</b>  <b>Lunch:</b> Roast Turkey, gravy, butternut squash, stuffing, cranberry sauce, jell-O	9:30 a.m. Coffee Social 10:50 a.m. Daily chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Bingo 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. October Trivia	Men's group meets at 12:45 Knitting group meets at 1:00.

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# Activities calendar

October 22<sup>nd</sup>- 26th, 2018

Room: Summit

	Activities	Extras
<b>Monday 22</b> <b>Lunch:</b> Chicken cordon bleu, supreme sauce, peas, rice pilaf, tropical fruit	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Yoga 11:30 p.m. Pathway to fitness 1:00 p.m. Jeopardy 2:30 p.m. Stretch & pathway to fitness 3:00 p.m. One card bingo	Rosary & communion 10:30
<b>Tuesday 23</b> <b>Lunch:</b> American chop suey, summer squash, jell-O cake	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Hang Man and other white board games 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Relaxing music/table activity	Hair dresser is here. Men's group is held at 10:40 Multiple Sclerosis support group 1:00. Rosary/Communion 1:00
<b>Wednesday 24</b> <b>Lunch:</b> Pot roast, gravy, mashed potatoes, broccoli, mousse	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. 20 questions 2:45 p.m. Stretch & Pathway to fitness 3:00 p.m. Social time	Rosary/Communion 1:00
<b>Thursday 25</b> <b>Lunch:</b> Soup & sandwich, lettuce & tomatoes, Coffee cake	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Yoga with relaxation tips 11:30 p.m. Pathway to fitness 1:00 p.m. Bingo 2:45 p.m. Stretch & Pathway to fitness 3:00 p.m. Person, Place, or Thing?	
<b>Friday 26</b> <b>Lunch:</b> Taco stuffed potato, ½ baked potato, sour cream, cheese, lettuce & tomato, pears	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:15 p.m. Pathway to fitness 1:30 p.m. Master Your Math! 2:30 p.m. Stretch & pathway to fitness 3:00 p.m. Zen coloring	Men's group meets at 12:45 Knitting group meets at 1:00.

## Note:

**Summit Program Calendar** Coffee/Tea Social begins at 8:00 daily. Lunch is served at 12:00. Afternoon snack & chat daily. Group activities, independent activities and 1:1 interactions occur daily. Color art, word search, newspaper, and the computer are available throughout the day. Pathway to fitness is a walking group that occurs multiple times daily. This calendar is subject to change.



# Activities calendar

October 29<sup>th</sup>-31<sup>st</sup>, 2018

Room: Summit

	Activities	Extras
<b>Monday 29</b>  <b>Lunch:</b> Swedish meatballs, gravy, noodles, carrots, fruit cocktail	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Yoga 11:30 a.m. Pathway to fitness White Board Games- 1:30 p.m. Halloween Hang Man and Mad Libs 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to one social time	Rosary/communion 10:45 Library
<b>Tuesday 30</b>  <b>Lunch:</b> Beef burgundy, ziti, Italian blend vegetable, frosted cake	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 a.m. Pathway to fitness 1:30 p.m. Movie matinee or table game 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to one social time	Hair dresser is here.  Men's group is held at 10:40 Multiple Sclerosis support group 1:00. Rosary/Communion 1:00
<b>Wednesday 31</b>  <b>Lunch:</b> Bourbon chicken, Spanish rice, spinach, peaches	9:30 a.m. Halloween Tunes 10:50 a.m. Daily Chronicle & Exercise 11:30 a.m. Costume Parade/prizes! 1:30 p.m. Entertainment 2:45 p.m. Stretch & Pathway to fitness 3:00 p.m. Halloween Puzzles	Wear your Halloween costume!! Be a part of the Costume Parade. Prizes!  Hair dresser is here. Rosary/Communion 1:00 Halloween Party with Andy Ross!
<b>Thursday</b>  <b>Lunch:</b>		
<b>Friday</b>  <b>Lunch:</b>		

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