



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.

SUMMIT ROOM CALENDAR MARCH, 2018

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
Reminiscence activity	3/6/18 3:30-5 p.m.	88 Masonic Home Road, Charlton, MA (Meadowside)	Christine Petrone 508-434-3200 Ext.32012	Charlton
Engaging your Loved One at Home with Failure Free Activities Guest Speaker Michelle Parent,	3/14/18 1:30-3 p.m.	Briarwood 65 Briarwood Circle Worcester, MA	Julia Pauliukonis 508-852-2026	East Mountain St.
Importance of finding support and education for caregivers	3/19/18 Due to holiday 2-3:30 p.m.	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton Street
Humor Shared Among Caregivers is Therapeutic	3/29/18 2-3:30 p.m.	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Humor Shared Among Caregivers is Therapeutic	3/14/18 3:30-5 p.m.	101 Wason Ave Springfield, MA	Ericka Emerson 774-317-6155	Springfield
Acceptance of life journey	3/14/18 2:00-3:30p.m.	1081 Varnum Ave Lowell, MA	Emily Lemire 978-427-6830	Lowell

Tip of the month:

Ask simple, answerable questions. Ask one question at a time; those with yes or no answers work best. Refrain from asking open-ended questions or giving too many choices. For example, ask, *“Would you like to wear your white shirt or your blue shirt?”* Better still, show him/her the choices—visual prompts and cues also help clarify your question and can guide his/her response.



Activities calendar

March 1-2nd, 2018

Room: Summit

	Activities	Extras
Monday Lunch:		
Tuesday Lunch:		
Wednesday Lunch:		
Thursday¹ Lunch: Pot Roast, Gravy, Carrots, Mashed potatoes Pudding	9:30 a.m. Coffee Social 10:50 a.m. Exercise/Yoga 11:30 p.m. Pathway to fitness 1:00 p.m. Sports games 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Who Am I?	Painting Group with Ed C. 1:30
Friday 2 Lunch: Ravioli Tomato Sauce Zucchini Melon	9:30 a.m. Coffee Social 10:50 a.m. Exercise 11:30 p.m. Pathway to fitness 1:00 p.m. Bingo 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to One social times	Worship Service 10:40 News in Review 10:40 Mens' group 12:45 Knitting group 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, 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

March 5th-9th 2018

Room: Summit

	Activities	Extras
Monday 5 Lunch: Veal Pattie, Onion Gravy, Green Beans, Mashed Potatoes, Tropical Fruit	9:30 a.m. Coffee Social 10:50 a.m. Exercise/Yoga 11:30 a.m. Pathway to fitness 1:30 p.m. Bingo 2:45 p.m. Stretch & Pathway to fitness 3:00 p.m. White Board Game	Rosary& communion 10:30 Myths of Aging group 1:00 Happy Birthday Joe K. and Elizabeth Q!
Tuesday 6 Lunch: Beef Stew Biscuit Coffee 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. Entertainment 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. March Trivia	Book Club 11-11:45 Hair dresser is here today Mens' group 10:40 MS support group 1:00 Rosary and communion 1:00. Dave Gardens performs 1:30
Wednesday 7 Lunch: Bourbon Chicken Couscous Broccoli Peaches	9:30 a.m. Coffee Social 10:50 a.m. Exercise 11:30 a.m. Pathway to fitness 1:30 p.m. Scrambled Egg Word Game 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Name 5 for 5	Hair dresser is here today. Friendly Circle group meets at 10:40 in library. News in Review 10:40 Rosary/communion 1:00
Thursday 8 Lunch: Turkey Divan Butternut Squash Brussel Sprouts Mousse	9:30 a.m. Coffee Social 10:40 a.m. Exercise & Relax 11:20 p.m. Pathway to fitness 1:30 p.m. Crafts 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to One time	News in Review 10:40 Spanish 101 with AI 1:00 Helping Hands gr. 1:00
Friday 9 Lunch: Vegetable Soup Pizza Salad with dressing Gingerbread	9:30 a.m. Coffee Social 10:40 a.m. Daily chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Penny Ante 2:30 p.m. Pathway to fitness 3:00 p.m. Trivia	Men's group 12:45 Knitting group 1:00 Happy Birthday Dennis W! Happy Birthday Eleanor Y. 3/10! Day Light Savings begins on Sunday 11th.

Note:

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Activities calendar

March 12th-16th, 2018

Room: Summit

	Activities	Extras
Monday 12 Lunch: Stuffed Cabbage Tomato Sauce, Rice Mixed Vegetables Sherbet	9:30 a.m. Coffee Social 10:50 a.m. Exercise/Yoga 11:30 p.m. Pathway to fitness 1:30 p.m. Flip Card 2:15 p.m. Stretch & Pathway to fitness 3:00 p.m. One to one social time	Rosary & Communion 10:30 News in Review 10:40 Travel The World with Becky 1:15
Tuesday 13 Lunch: Chicken Fajita Pasta Sour Cream, Peppers Cheese Fruit Cocktail	9:30 a.m. Coffee Social 10:50 a.m. Daily chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Wacky Words 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Once card bingo	Book Club 11-11:45 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
Wednesday 14 Lunch: Stuffed Chicken Thigh Pickled Beets Jell-O Cake	9:30 a.m. Coffee Social 10:50 a.m. Daily chronicle & Exercise 11:30 p.m. Pathway to fitness 1:40 p.m. Irish sing along with water color painting 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Irish Poetry readings	Hair dresser is here today. Rosary & Communion 1:00 or table activities. Happy Birthday Richie P!
Thursday 15 Lunch: Shepard's Pie Creamed Corn Mashed Potatoes Mandarin Oranges	9:30 a.m. Coffee Social 10:50 a.m. Yoga & relaxation technique 11:30 p.m. Pathway to fitness 1:00 p.m. Anagram white board games 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to one social	News in Review 10:40 Wellness group with Jo 1:00 Happy Birthday Bob A!
Friday 16 Lunch: Mac & Cheese Stewed Tomatoes Brownies	9:30 a.m. Coffee Social 10:50 a.m. Daily chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. St. Patrick's Day Celebration with Leprechaun smoothies 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Family Feud	Men's group meets at 12:45 Knitting group meets at 1:00.

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Activities calendar

March 19TH-23RD, 2018

Room: Summit

	Activities	Extras
Monday 19 Lunch: Grilled Hot Dog Home Fries Bean Salad Pears	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & exercise 11:30 p.m. Pathway to fitness 1:40 p.m. Penny Ante 2:30 p.m. Stretch & pathway to fitness 3:00 p.m. One card bingo	Rosary & communion 10:30
Tuesday 20 Lunch: Chicken Parmesan, Sauce, Cheese, Ziti, Salad, Frosted Cake	9:30 a.m. Coffee Social 10:50 a.m. Daily chronicle & Exercise 11:30 p.m. Pathway to fitness 1:40 p.m. First Day of Spring Crafts 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. World Story Telling Day- share a story!	Book Club 11-11:45 Hair dresser appointments can be made with our receptionist. Men's group is held at 10:40 Multiple Sclerosis support group 1:00. Rosary/Communion 1:00 Happy Birthday Henri B!
Wednesday 21 Lunch: Roast Turkey, Gravy Winter Blend Butternut Squash Ambrosia	9:30 a.m. Coffee Social 10:50 a.m. Daily chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Entertainment 2:45 p.m. Stretch & Pathway to fitness 3:00 p.m. World Poetry Day-poems to read and share	Hair Dresser is here today. Friendly Circle group 10:40 Rosary/Communion 1:00 Scot Andrews Entertains 1:30
Thursday 22 Lunch: Hamburger, Roll Lettuce & Tomatoes Carrot Salad Jell-O	9:30 a.m. Coffee Social 10:50 a.m. Yoga with Jo 11:30 p.m. Pathway to fitness 1:00 p.m. Table ball games 2:45 p.m. Stretch & Pathway to fitness 3:00 p.m. Person, Place, or Thing?	Helping Hands group 1:00 Spanish 101 with AI 10:45 Participant Council 1:00
Friday 23 Lunch: Fish n chips Steak Fries Cole Slaw Pineapple Chunks	9:30 a.m. Coffee Social 10:50 a.m. Daily chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Charades 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. White Board Games	Wellness group 11-12 Men's group meets at 12:45 Knitting group meets at 1:00. Happy Birthday John M! 3/25

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Activities calendar

March 26th-30th, 2018

Room: Summit

	Activities	Extras
Monday 26 Lunch: Chicken Alfredo Ziti Green Beans Fruit Cocktail	9:30 a.m. Coffee Social 10:50 a.m. Exercise /Yoga 11:30 a.m. Pathway to fitness 1:30 p.m. Arts & Crafts 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to one social time	News in Review 10:40 Rosary/communion 10:30 Wellness Group 1:00 Red Sox pre-opening game 1:00 vs. Pirates Happy Birthday Camille C, Frank M. and Patricia P!
Tuesday 27 Lunch: Beef Burgundy Rice Zucchini Ice 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. Bingo 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Trivia	Book Club 11-11:45 Hair dresser is here today. Men's group 10:40 Rosary/communion 1:00 Red Sox pre-opening game 1:00 vs. Cardinals
Wednesday 28 Lunch: Soup n Sandwich Wheat Bread Lettuce & Tomato Cookies	9:30 a.m. Coffee Social 10:50 a.m. Daily chronicle & Exercise 11:30 a.m. Pathway to fitness 1:30 p.m. Whiteboard crossword 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Make a word	Hair dresser is here today. Rosary/communion 1:00 Fun & Games group 10:30- 11:30 Happy Birthday Ann P!
Thursday 29 Lunch: Braised Pork Chop Gravy Sweet Potatoes Wax Beans, Apple Crisp	9:30 a.m. Coffee Social 10:50 a.m. Daily chronicle & Exercise 11:30 a.m. Pathway to fitness 1:00 p.m. Field of Dreams movie 2:45 p.m. Stretch & pathway to fitness 3:00 p.m. Hangman	Opening Day of Major League Baseball
Friday 30 Lunch: Baked Manicotti Sauce, Cheese Italian Blend Peaches	9:30 a.m. Coffee Social 10:50 a.m. Daily chronicle & Exercise 11:30 a.m. Pathway to fitness 1:00 p.m. Easter craft 2:30 p.m. Stretch & pathway to fitness 3:00 p.m. One to one social	Men's group 12:45 Knitting group 1:00 Happy Birthday Joanne D!

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March, 2018
Chapman program

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Importance of finding support and education for caregivers.	3/19/18 2-3:30p.m	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton Street
Humor Shared Among Caregivers is Therapeutic	3/29/18 2-3:30p.m.	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Humor Shared Among Caregivers is Therapeutic	3/14/18 3:30-5p.m.	101 Wason Ave Springfield, MA	April Monfett 774-317-6194	Springfield
Acceptance of life journey	3/14/18 2-3:30p.m	1081 Varnum Ave. Lowell, MA	Emily Lemire 978-427-6830	Lowell

Tip of the month:

Ask simple, answerable questions. Ask one question at a time; those with yes or no answers work best. Refrain from asking open-ended questions or giving too many choices. For example, ask, *“Would you like to wear your white shirt or your blue shirt?”* Better still, show him/her the choices—visual prompts and cues also help clarify your question and can guide his/her response.



Activities calendar

March 1ST-2ND, 2018

Room: Chapman

	Activities	Extras
Monday Lunch:		
Tuesday Lunch:		
Wednesday Lunch:		
Thursday 1 Lunch: Pot Roast, Gravy Carrots Mashed Potatoes Pudding	9:30 a.m. Coffee Social/table activities 10:30 a.m. Chair dancing/daily chronicle 11:30 a.m. Pathway to fitness 1:00 p.m. Penny Ante 2:00 p.m. Table ball games & gentle stretch 3:00 p.m. Poetry reading	
Friday 2 Lunch: Ravioli Tomato Sauce Zucchini Melon	9:30 a.m. Coffee Social/table activities 10:30 a.m. Yoga & daily chronicle 11:30 a.m. Pathway to fitness 1:00 p.m. Watercolor painting 2:30 p.m. Friday Fitness 2:45 p.m. Sing- along	10:40 Worship Service in library 11:00 Reminiscence group

Note: **Chapman Program Calendar** Morning coffee/tea social starts at 8:00 every day. Lunch is served at 12:00. Afternoon snack & chat occurs daily. Group activities, independent activities and 1:1 interactions occur throughout the day. Music, color art, computer, newspaper, word search, crossword puzzles and use of the Multisensory room are provided daily. Pathway to fitness is a walking group that walks daily.

Activities calendar

March 5TH-9TH, 2018

Room: Chapman

	Activities	Extras
Monday 5 Lunch: Veal Pattie, Onion Gravy, Green Beans Mashed Potatoes Tropical Fruit	9:30 a.m. Coffee Social/table activities 10:30 a.m. Exercise/daily chronicle 11:00 a.m. Bowling 11:30 a.m. Pathway to fitness 1:00 p.m. Music appreciation 1:30 p.m. Music & color splash painting 3:00 p.m. Hand massages 1:1	Rosary/communion 10:30 Summit room Carolyn Carter Music/entertainment 1:00
Tuesday 6 Lunch: Beef Stew Biscuit Coffee Cake	9:30 a.m. Coffee Social/table activities 10:30 a.m. Exercise/Yoga 11:00 a.m. Daily chronicle 11:30 a.m. Pathway to fitness 1:30 p.m. Entertainment 2:30 p.m. Gentle Stretch 3:00 p.m. Trivia	Hairdresser is here today. Rosary/ Communion 1:00 Dave Gardens performs 1:30
Wednesday 7 Lunch: Bourbon Chicken Couscous Broccoli Peaches	9:30 a.m. Coffee Social/table activity 10:30 a.m. Exercise/Yoga 11:30 a.m. Daily chronicle Pathway to fitness 1:30 p.m. Bingo 2:45 p.m. Afternoon stretch 3:00 p.m. Sing- along	Hairdresser is here today. Hair appointments can be made with our receptionist. Rosary/communion 1:00
Thursday 8 Lunch: Turkey Divan Butternut Squash Brussel Sprouts Mousse	9:30 a.m. Coffee Social/table activities 10:30 a.m. Chair dancing/daily chronicle 11:00 a.m. Ball toss 11:30 a.m. Pathway to fitness 1:30 p.m. Brain games 2:45 p.m. Gentle Stretch 3:00 p.m. 1:1 social time	
Friday 9 Lunch: Vegetable Soup Pizza, Salad Gingerbread	9:30 a.m. Coffee Social/table activities 10:30 a.m. Yoga 11:00 a.m. Reminiscence group 11:30 a.m. Pathway to fitness 1:00 p.m. I Love Lucy and crafts 2:30 p.m. Friday Fitness 3:00 p.m. Sing- along	Reminiscence Group 11:00 Daylight Savings time starts this coming Sunday 11th.

Note:

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Activities calendar

March 12th-16th, 2018

Room: Chapman

	Activities	Extras
Monday 12 Lunch: Stuffed Cabbage Tomato Sauce, Rice Mixed Vegetables Sherbet	9:30 a.m. Coffee social/table activity 10:30 a.m. Exercise Daily Chronicle 11:30 a.m. Pathway to fitness 1:00 p.m. Armchair Travel 2:30 p.m. Afternoon relaxation stretch 3:00 p.m. Sing a long	Rosary 10:30 Summit room
Tuesday 13 Lunch: Chicken Fajita Pasta Sour Cream, Peppers Cheese, Fruit Cocktail	9:30 a.m. Coffee social/table activities 10:30 a.m. Exercise/Yoga & daily chronicle 11:30 a.m. Pathway to fitness 1:00 p.m. Afternoon stretch 1:30 p.m. Bingo 2:30 p.m. Ball games 3:00 p.m. Name 5	Hairdresser is here today. Hair appointments can be made with our receptionist. Rosary/Communion 1:00
Wednesday 14 Lunch: Stuffed Chicken Thigh Pickled Beets Jell-O Cake	9:30 a.m. Coffee social/table activities 10:30 a.m. Fitness Fun & daily chronicle 11:00 a.m. Target toss 11:30 a.m. Pathway to fitness 1:30 p.m. Craft 2:45 p.m. Poems & short stories	Hairdresser is here today. Hair appointments can be made with our receptionist. Rosary& Communion 1:00
Thursday 15 Lunch: Shepard's Pie Creamed Corn Mashed Potatoes Mandarin Oranges	9:30 a.m. Coffee social/table activities 10:30 a.m. Sittersize & daily chronicle 11:00 a.m. Bowling 11:30 a.m. Pathway to fitness 1:00 p.m. Rhythm Band 2:30 p.m. Afternoon stretch 3:00 p.m. Hand massages 1:1	
Friday 16 Lunch: Mac & Cheese Stewed Tomatoes Brownies	9:30 a.m. Coffee Social / table activities 10:30 a.m. Yoga & daily chronicle 11:30 a.m. Pathway to fitness 1:00 p.m. Saint Patrick's Day Celebration- Leprechaun 2:30 p.m. Shakes and Irish Tunes 3:00 p.m. Friday Fitness	Reminiscence group 11:00.

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Activities calendar

March 19th-23rd, 2018

Room: Chapman

	Activities	Extras
Monday 19 Lunch: Grilled Hot Dog Home Fries Bean Salad Pears	9:30 a.m. Coffee social/table activities 10:30 a.m. Exercise/Yoga 11:00 a.m. Daily Chronicle 11:30 a.m. Pathway to fitness 1:00 p.m. Afternoon Stretch 1:30 p.m. Bingo 3:00 p.m. Trivia	Rosary in Summit room 10:30
Tuesday 20 Lunch: Chicken Parmesan Sauce, Cheese, Ziti Salad Frosted Cake	9:30 a.m. Coffee social/table activities 10:30 a.m. Exercise/Yoga 11:00 a.m. Daily Chronicle 11:30 a.m. Pathway to fitness 1:00 p.m. Afternoon Stretch 1:30 p.m. Spring Sensory 3:00 p.m. Hand massages	Hairdresser is here today. Hair appointments can be made with our receptionist. Rosary/Communion in Summit room 1:00
Wednesday 21 Lunch: Roast Turkey, Gravy Winter Blend Butternuts Squash Ambrosia	9:30 a.m. Coffee social/table activities 10:30 a.m. Chair dancing/daily chronicle 11:30 a.m. Pathway to fitness 1:00 p.m. Gentle Stretch 1:30 p.m. Entertainment 3:00 p.m. Person, Place, or Thing?	Hairdresser is here today. Rosary/Communion in Summit Room 1:00 Scot Andrews performs today 1:30 Summit Room Happy Birthday Richard L!
Thursday 22 Lunch: Hamburger, Roll, Lettuce & Tomatoes Carrot Salad Jell-O	9:30 a.m. Coffee social/table activities 10:30 a.m. Cupcake Baking 11:00 a.m. Exercise 11:30 a.m. Pathway to fitness 1:00 p.m. Birthday Sensory Box and U n Birthday party 1:30 p.m. Afternoon Stretch 2:30 p.m. Short Stories 3:00 p.m.	
Friday 23 Lunch: Fish n Chips Steak Fries Cole Slaw Pineapple Chunks	9:30 a.m. Coffee social/table activities 10:30 a.m. Exercise & Yoga 11:00 a.m. Reminiscence group 11:30 a.m. Pathway to fitness 1:00 p.m. Friday Matinee 2:30 p.m. Friday Fitness 3:00 p.m. Sing a long	Reminiscence group 11:00 Happy Birthday Anita S!

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March 26th-30th, 2018

Room: Chapman

	Activities	Extras
Monday 26 Lunch: Chicken Alfredo Ziti Green Beans Fruit Cocktail	9:30 a.m. Coffee Social & table activities 10:30 a.m. Chair dancing & daily chronicle 11:30 a.m. Pathway to fitness 1:00 p.m. Sun-catchers 2:30 p.m. Afternoon stretch 3:00 p.m. Fireside chat and reminiscence	Rosary/Communion 10:30 Happy Birthday Bruce C!
Tuesday 27 Lunch: Beef Burgundy Rice Zucchini Ice Cream	9:30 a.m. Coffee Social & table activity 10:30 a.m. Chair dancing & finish the sentence 11:30 a.m. Pathway to fitness 1:30 p.m. Bowling & Target toss games 2:30 p.m. Afternoon stretch 3:00 p.m. Poetry reading	Hair Dresser is here today. Hair appointments can be made with our receptionist. Rosary/Communion 1:00
Wednesday 28 Lunch: Soup & Sandwich Wheat Bread Lettuce & Tomato Cookies	9:30 a.m. Coffee Social & table activities 10:30 a.m. Chair dancing & daily chronicle 11:30 a.m. Pathway to fitness 1:00 p.m. Table ball games 1:30 p.m. Afternoon stretch 2:30 p.m. Sing a long	Hairdresser is here today. Hair appointments can be made with our receptionist. Rosary/Communion 1:00
Thursday 29 Lunch: Braised Pork Chop Gravy Sweet Potatoes Wax Beans, Apple Crisp	9:30 a.m. Coffee Social & table activities 10:30 a.m. Chair dancing & daily chronicle 11:30 a.m. Pathway to fitness 1:00 p.m. Easter Watercolor painting 1:30 p.m. Afternoon stretch 2:30 p.m. Sing- along 3:00 p.m. Sing- along	
Friday 30 Lunch: Baked Manicotti Sauce, Cheese Italian Blend Peaches	9:30 a.m. Coffee Social & table activities 10:30 a.m. Chair dancing & daily chronicle 11:30 a.m. Pathway to fitness 1:00 p.m. Rhythm Band 2:30 p.m. Afternoon stretch 3:00 p.m. Sing- along	

Note: **Chapman Program Calendar**

Morning coffee/tea social starts at 8:00 every day. Lunch is served at 12:00. Afternoon snack & chat occurs daily. Group activities, independent activities and 1:1 interactions occur throughout the day. Music, color art, computer, newspaper, word search, crossword puzzles and use of the Multisensory room are provided daily. Pathway to fitness is a walking group that walks daily. Calendar is subject to change.