

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 AUGUST, 2017

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: 1-978-401-3123

Inclement weather line: 1-800-333-2535, ext. 69028

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
Open Discussion— Topics of Interest for Future Meetings	8/3/2107 3:30-5 p.m.	88 Masonic Home Road, Charlton, MA (Meadowside)	Christine Petrone 508-434-3200 Ext.32012	Charlton
Things to consider when faced with the impending death of a loved one	8/9/2017 1:30-3 p.m.	Briarwood 65 Briarwood Circle Worcester, MA	Shelley Ware 508-852-2026 Ext. 56549	East Mountain St.
Quotes and inspiration for caregivers.	8/21/2017 2-3:30 p.m.	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton Street
Insights from a Caregiver's Journey Speaker Frank S. P. Yacino	8/31/2017 2-3:30 p.m.	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Open Forum	8/9/2017 3:30-5 p.m.	101 Wason Ave Springfield, MA	Ericka Emerson 774-317-6155	Springfield
Non-Verbal Communication: Understanding What May Not Be Said Speaker Brittany Collins,	8/9/2017 2:00-3:30p.m.	1081 Varnum Ave Lowell, MA	Emily Lemire 978-427-6830	Lowell

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TIP OF THE MONTH:

Break down activities into a series of steps. This makes many tasks much more manageable. You can encourage your loved one to do what he can, gently remind him of steps he tends to forget, and assist with steps he's no longer able to accomplish on his own. Using visual cues, such as showing him with your hand where to place the dinner plate, can be very helpful.

ACTIVITIES CALENDAR

Room: Summit

August 1-4th, 2017	Activities	Extras
Monday		
Lunch:		
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Tuesday ¹	9:30 a.m. Coffee Social	Hairdresser is here today. Appointments can be made with our receptionist. Mens' group 10:40 News in Review 10:40 Rosary/communion 1:00 MS support group 1:00 Happy Birthday Donald B!
	10:50 a.m. Exercise	
Lunch:	11:30 p.m. Pathway to fitness	
Beef Burgundy	1:30 p.m. Jeopardy	
Ziti	2:45 p.m. Stretch & Pathway to fitness	
Carrots	3:00 p.m. Trivia	
Tropical Fruit		
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Wednesday ²	9:30 a.m. Coffee Social	Hairdresser is here today. News in Review 10:40 Rosary/communion 1:00 Happy Birthday Agnes N. and Don S!
	10:50 a.m. Exercise	
Lunch:	11:30 p.m. Pathway to fitness	
Baked Fish Florentine	1:30 p.m. Pass The Hat	
Scalloped Potatoes	2:45 p.m. Stretch & Pathway to fitness	
Vegetable Blend	3:00 p.m. Word jumble	
Frosted Cake		
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Thursday ³	9:30 a.m. Coffee Social	News in Review 10:40 Larry Domenico- Entertainer 1:30 Happy Birthday Doris G!
	10:50 a.m. Yoga & relaxation techniques	
Lunch:	11:20 p.m. Pathway to fitness	
Chicken Griller	1:30 p.m. Entertainment today	
Lettuce, Tomato	2:30 p.m. Stretch & Pathway to fitness	
Macaroni Salad	3:00 p.m. Word Mining/white board game	
Melon		
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Friday ⁴	9:30 a.m. Coffee Social	News in Review 10:40 Knitting group 1:00 Mens' group 1:00 Happy Birthday Mark B!
	10:50 a.m. Exercise & Yoga	
Lunch:	11:30 p.m. Pathway to fitness	
Stuffed Cabbage	1:00 p.m. Patio social & arts /crafts	
Tomato Sauce, Rice	2:30 p.m. Stretch & Pathway to fitness	
Yellow Squash	3:00 p.m. Scattergories	
Ambrosia		

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

Room: Summit

August 7 th - 11th, 2017	Activities	Extras	
Monday 7	9:30 a.m.	Coffee Social	Rosary/communion 10:30
	10:50 a.m.	Exercise & Yoga	News in Review 10:40
	Lunch: Chicken Alfredo Pasta Mixed Vegetables Jello	11:30 a.m. Pathway to fitness	
	1:15 p.m.	Pokeno	"The Myths of Aging" group 1:00
	2:30 p.m.	Stretch & Pathway to fitness	Happy Birthday Frank P!
	3:00 p.m.	Poetry reading	
Tuesday 8	9:30 a.m.	Coffee Social	Hair dresser is here today. Appointments can be made with our receptionist.
	10:50 a.m.	Exercise to the 70s	Mens' group 10:40
	Lunch: Grilled Ham Steak Sweet Potatoes Summer Squash Pears	11:30 a.m. Pathway to fitness	News in Review 10:40
	1:40 p.m.	Suncatchers	MS support group 1:00
	2:30 p.m.	Stretch & Pathway to fitness	Rosary and communion 1:00.
	3:00 p.m.	20 Questions	Happy Birthday Isabel D!
Wednesday 9	9:30 a.m.	Coffee Social	Hair dresser is here today.
	10:50 am.	Exercise with props	Friendly Circle group meets at 10:40 in library.
	Lunch: Veal Pattie Mashed Potato Italian Blend Peach Melba	11:30 a.m. Pathway to fitness	News in Review 10:40
	1:40 p.m.	Sports games	Rosary/communion 1:00
	2:30 p.m.	Stretch & Pathway to fitness	Participant Council 1:30 Creative Writing group 1:40
	3:00 p.m.	Trivia	Happy Birthday Bill D!
Thursday 10	9:30 a.m.	Coffee Social	
	10:40 a.m.	Yoga & relaxation technique	News in Review 10:40
	Lunch: Corn Chowder Sandwich Vegetable Salad Strawberries & Cream	11:20 p.m. Pathway to fitness	Helping Hands group 1:00
	1:30 p.m.	Patio Social/music	Art Therapy 1:00
	2:30 p.m.	Stretch & Pathway to fitness	Happy Birthday Marilyn L. and Reina O!
	3:00 p.m.	Trivia	
Friday 11	9:30 a.m.	Coffee Social	News in Review 10:40
	10:40 a.m.	Exercise & Yoga	Knitting 1:00
	Lunch: BBQ Chicken Leg Pasta Salad Green Beans Ice cream treat	11:30 p.m. Pathway to fitness	
	1:00 p.m.	Crafts-Ornaments for tree	Men's group 1:00
	2:30 p.m.	Pathway to fitness	Happy Birthday Ron S! 8/12
	3:00 p.m.	Name 10	

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

Room: Summit

August 14 th -18th, 2017	Activities	Extras	
Monday 14	9:30 a.m.	Coffee Social	CAMP WEEK Rosary 10:30 News in Review 10:40 Travel group with Becky 1:00
	10:50 a.m.	Exercise	
	11:30 p.m.	Pathway to fitness	
	1:00 p.m.	Watercolor craft	
	2:15 p.m.	Stretch & Pathway to fitness	
Lunch: Swedish Meatballs Pasta Broccoli Pudding	3:00 p.m.	Campfire stories	
Tuesday 15	9:30 a.m.	Coffee Social	Hair dresser is here today. News in Review 10:40 Men's group is held at 10:40 Multiple Sclerosis gr. 1:00 Rosary & Communion 1:00 Let's make a delicious campfire snack 1:50
	10:50 a.m.	Exercise	
	11:30 p.m.	Pathway to fitness	
	1:40 p.m.	Sports games & snack	
	2:30 p.m.	Stretch & Pathway to fitness	
Lunch: Quiche Loraine Oven Potatoes Zucchini Ice Cream Sandwich	3:00 p.m.	My memories of camping	
Wednesday 16	9:30 a.m.	Coffee Social	Hair dresser is here today. News in Review 10:40 Friendly Circle group 10:40 Rosary/communion 1:00 or table activities.
	10:50 a.m.	Exercise	
	11:30 p.m.	Pathway to fitness	
	1:40 p.m.	Poetry on the patio or movie	
	2:30 p.m.	Stretch & Pathway to fitness	
Lunch: Ranch Chicken Beets Noodles & Sauce Mandarin Oranges	3:00 p.m.	Name 20 things to take camping	
Thursday 17	9:30 a.m.	Coffee Social	News in Review 10:40 Wellness group 1:00
	10:50 a.m.	Yoga & relaxation technique	
	11:30 p.m.	Pathway to fitness	
	1:00 p.m.	Refrase game	
	2:30 p.m.	Stretch & Pathway to fitness	
Lunch: Pulled Pork Bun, Cole Slaw Red Potatoes Fruit cocktail	3:00 p.m.	Name 10	
Friday 18	9:30 a.m.	Coffee Social	News in Review 10:40 Knitting group meets at 1:00. Men's group meets at 1:00 Happy Birthday Ken B!
	10:50 a.m.	Exercise	
	11:30 p.m.	Pathway to fitness	
	1:00 p.m.	Jingo	
	2:30 p.m.	Stretch & Pathway to fitness	
Lunch: Turkey Salad Sandwich, Soup Garden Salad Pineapple	3:00 p.m.	Geography Bee-best places in the world to camp!	

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ACTIVITIES CALENDAR

Room: Summit

August 21-25th, 2017	Activities	Extras	
Monday 21	9:30 a.m.	Coffee Social	Rosary 10:30
	10:50 a.m.	Exercise	News in Review 10:40
	11:30 p.m.	Pathway to fitness	
	1:00 p.m.	Movie Monday	"The Myths of Aging" group 1:00
	2:30 p.m.	Stretch/Pathway to fitness	
	3:00 p.m.	20 Questions	
Tuesday 22	9:30 a.m.	Coffee Social	Hair dresser is here today. Appointments can be made with our receptionist.
	10:50 a.m.	Exercise	Men's group is held at 10:40
	11:30 p.m.	Pathway to fitness	News in Review 10:40
	1:40 p.m.	Craft-ornaments for tree	Multiple Sclerosis gr. meets at 1:00.
	2:30 p.m.	Stretch & Pathway to fitness	Rosary/Communion 1:00 or table activities
	3:00 p.m.	20 Questions	
Wednesday 23	9:30 a.m.	Coffee Social	Hair dresser is here today.
	10:50 a.m.	Exercise	
	11:30 p.m.	Pathway to fitness	Friendly Circle group meets at 10:40 in library.
	1:40 p.m.	You pick your table games	Rosary & Communion at 1:00 or table activities offered.
	2:30 p.m.	Stretch & Pathway to fitness	Happy Birthday Joan M!
	3:00 p.m.	Trivia	
Thursday 24	9:30 a.m.	Coffee Social	
	10:50 a.m.	Exercise with props	News in Review 10:40
	11:30 p.m.	Pathway to fitness	Helping Hands group 1:00
	1:00 p.m.	Craft-Tree ornaments	
	2:40 p.m.	Stretch & Pathway to fitness	
	3:00 p.m.	Short stories	
Friday 25	9:30 a.m.	Coffee Social	News in Review 10:40
	10:50 a.m.	Exercise	Mens group 1:00
	11:30 p.m.	Pathway to fitness	Knitting group 1:00
	1:00 p.m.	Bingo	
	2:30 p.m.	Stretch & Pathway to fitness	Happy Birthday Pat C. & Anne F! Ronald P! 8/26
	3:00 p.m.	Trivia & Friday Cheer	Anna M! 8/27

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ACTIVITIES CALENDAR

Room: Summit

August 28 th -31 st , 2017	Activities	Extras	
Monday 28	9:30 a.m.	Coffee Social	News in Review 10:40
	10:50 a.m.	Yoga & relaxation technique	Rosary 10:30
	Lunch: Hamburgers, Roll Lettuce & Tomatoes Potato Salad Peaches N	11:30 a.m. Pathway to fitness	
	1:00 p.m.	Pokeno	Happy Birthday Bernice C!
	2:30 p.m.	Stretch & Pathway to fitness	
Tuesday 29	9:30 a.m.	Coffee Social	News in Review 10:40
	10:50 a.m.	Exercise	
	Lunch: Seafood Stir Fry Stir Fry Vegetables White Rice Mousse	11:30 a.m. Pathway to fitness	Hair dresser is here today. Appointments can be made with our receptionist.
	1:30 p.m.	Trivia Contest!	
	2:30 p.m.	Stretch & Pathway to fitness	Men's group 10:40 Rosary/communion 1:00
Wednesday 30	9:30 a.m.	Coffee Social	Hair dresser is here today. Friendly Circle group meets at 10:40 in library.
	10:50 a.m.	Exercise	
	Lunch: Chicken Kabob Couscous, Onions Peppers, Salad Dressing, Frosted Cake	11:30 a.m. Pathway to fitness	Rosary & Communion at 1:00 in Summit room or table activities offered.
	1:30 p.m.	Rhythm band	Happy Birthday Bud M!
	2:30 p.m.	Stretch & Pathway to fitness	
Thursday 31	9:30 a.m.	Coffee Social	News in Review 10:40
	10:50 a.m.	Exercise & Yoga	
	Lunch: Ham & Cheese Sand. Soup Garden Salad Ice Cream	11:30 a.m. Pathway to fitness	Entertainment-Andrew Ross on guitar 1:30
	1:30 p.m.	Entertainment	
	2:40 p.m.	Stretch & Pathway to fitness	
Friday	3:00 p.m.	Name 10	

Friday

Lunch:

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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 on Monday, September 4th for Labor Day.

Chapman Program Calendar August, 2017

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: 1-978-401-3123

Inclement weather line: 1-800-333-2535, ext. 69028

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CAREGIVER CORNER

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Things to consider when faced with the impending death of a loved one	8/9/2017 1:30-3p.m.	Briarwood 65 Briarwood Circle Worcester, MA	Shelley Ware 508-852-2026 Ext. 56549	East Mountain St.
Quotes and inspiration for caregivers.	8/21/2017 2-3:30p.m	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton Street
Insights from a Caregiver's Journey Speaker Frank S. P.	8/31/2017 2-3:30p.m.	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Open Forum	8/9/2017 3:30-5p.m.	101 Wason Ave Springfield, MA	April Monfett 774-317-6194	Springfield
Non-Verbal Communication: Understanding What May Not Be Said Speaker: Brittany Collins NP	8/9/2017 2-3:30p.m	1081 Varnum Ave. Lowell, MA	Emily Lemire 978-427-6830	Lowell

TIP OF THE MONTH:

Break down activities into a series of steps. This makes many tasks much more manageable. You can encourage your loved one to do what he can, gently remind him of steps he tends to forget, and assist with steps he's no longer able to accomplish on his own. Using visual cues, such as showing him with your hand where to place the dinner plate, can be very helpful.

ACTIVITIES CALENDAR

Room: Chapman

August 1st-4th , 2017

Activities

Extras

Monday

Lunch:

Tuesday ¹

9:30 a.m. Coffee social/word Search

10:30 a.m. Yoga

Lunch:

Beef Burgundy
Ziti
Carrots
Tropical Fruit

11:30 a.m. Pathway to fitness

1:30 p.m. Sing along/Karaoke

2:45 p.m. Afternoon Stretch

3:00 p.m. Finish the sentence

Hairdresser is here today.
Hair appointments can be made with our receptionist.

Rosary/ Communion held at 1:00 in the Summit room.

Wednesday ²

9:30 a.m. Coffee social/newspaper

10:30 a.m. Exercise & sports games

Lunch:

Baked Fish Florentine
Scalloped Potatoes
Vegetable Blend
Frosted Cake

11:30 a.m. Pathway to fitness

1:30 p.m. Poetry on the patio

2:45 p.m. Afternoon Stretch

3:00 p.m. Short Stories

Hairdresser is here today.
Hair appointments can be made with our receptionist.

Rosary/ Communion held at 1:00 in the Summit room.

Thursday ³

9:30 a.m. Coffee social/word Search

10:30 a.m. Exercise with props

Lunch:

Chicken Griller
Roll, Lettuce, Tomato
Macaroni Salad
Melon

11:30 a.m. Pathway to fitness

1:30 p.m. Entertainment

2:45 p.m. Afternoon Stretch

3:00 p.m. Trivia

Larry Domenico performs 1:30

Friday ⁴

9:30 a.m. Coffee Social/Zen coloring

10:30 a.m. Music & Movement

Lunch:

Stuffed Cabbage
Tomato Sauce, Rice
Yellow Squash
Ambrosia

11:30 a.m. Pathway to fitness

1:15 p.m. Bowling

2:30 p.m. Afternoon Stretch

2:45 p.m. Sing along

10:40 Worship Service in library

11:00 Reminiscence group
Happy Birthday Sheila G!
8/5 and Catherine M. 8/6!

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

Room: Chapman

August 7 th -11th, 2017	Activities	Extras		
Monday 7	9:30 a.m.	Coffee Social/newspaper	CAMP WEEK	
	10:30 a.m.	Exercise with props		
	Lunch:	11:30 a.m.	Pathway to fitness	Rosary 10:45 Summit room
	Chicken Alfredo	1:00 p.m.	Craft-ornaments	Art Therapy 1:00
	Pasta	2:30 p.m.	Table Ball Toss	
Mixed Vegetables	3:00 p.m.	Name 10	Happy Birthday Peggy L!	
Jello				
Tuesday 8	9:30 a.m.	Coffee social/color art	Hairdresser is here today. Hair appointments can be made with our receptionist.	
	10:30 a.m.	Music & Movement		
	Lunch:	11:30 a.m.	Pathway to fitness	Rosary/ Communion held at 1:00 in the Summit room.
	Grilled Ham Steak	1:00 p.m.	Marshmallow Painting	
	Sweet Potatoes	2:00 p.m.	White board word games	
Summer Squash	3:00 p.m.	Comedy movie		
Pears				
Wednesday 9	9:30 a.m.	Baking	Hairdresser is here today. Hair appointments can be made with our receptionist.	
	10:30 a.m.	Yoga		
	Lunch:	11:30 a.m.	Pathway to fitness	Rosary/communion held at 1:00 in the Summit room.
	Veal Pattie, onion gravy, mashed potato	1:30 p.m.	Rhythm Band	
	Italian blend	2:45 p.m.	Afternoon stretch	
Peach Melba	3:00 p.m.	Trivia		
Thursday 10	9:30 a.m.	Coffee Social/word search		
	10:30 a.m.	Chair dancing		
	Lunch:	11:00 a.m.	Ring toss/Ball toss	
	Corn Chowder	11:30 a.m.	Pathway to fitness	
	Sandwich	1:00 p.m.	Watercolor Craft	
	Vegetable Salad	2:45 p.m.	Gentle Stretches	
Strawberries & cream	3:00 p.m.	Campfire Songs		
Friday 11	9:30 a.m.	Coffee social/color art	Reminiscence group: What I most enjoyed about going camping.	
	10:30 a.m.	Friday Fitness		
	Lunch:	11:00 a.m.	Reminiscence group	Let's make Smores Cups 1:45
	BBQ Chicken Leg	11:30 a.m.	Pathway to fitness	
	Pasta Salad	1:00 p.m.	Arts & crafts	
Green Beans	2:45 p.m.	Gentle Stretches		
Ice Cream Treat	3:00 p.m.	Campfire Stories		

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.

ACTIVITIES CALENDAR

Room: Chapman

August 14 th -18th,2017	Activities	Extras		
Monday 14	9:30 a.m.	Coffee social/hand massage		
	10:30 a.m.	Music & Movement	Rosary 10:45 back of Summit room	
	Lunch:	11:30 a.m.	Pathway to fitness	
	Swedish Meatballs	1:00 p.m.	Craft-ornaments for tree	
	Pasta	2:45 p.m.	Afternoon stretch	
	Broccoli Pudding	3:00 p.m.	Trivia	
Tuesday 15	9:30 a.m.	Coffee social/word search		
	10:30 a.m.	Music & Movement	Hairdresser is here today. Hair appointments can be made with our receptionist.	
	Lunch:	11:20 a.m.	Pathway to fitness	
	Quiche Lorraine	1:00 p.m.	Ice cream social on patio	
	Oven Potatoes	2:45 p.m.	Gentle Stretches	
	Zucchini Ice Cream Sandwich	3:00 p.m.	Musical trivia	
Wednesday 16	9:30 a.m.	Coffee social/Aromatherapy		
	10:30 a.m.	Yoga & relaxation technique	Hairdresser is here today. Hair appointments can be made with our receptionist.	
	Lunch:	11:00 a.m.	Sports games	
	Ranch Chicken	11:30 a.m.	Pathway to fitness	
	Beets	1:00 p.m.	Bowling	
	Noodles & Sauce Mandarin Oranges	2:45 p.m.	Hand Massages & stories	
Thursday 17	9:30 a.m.	Coffee social & Newspaper		
	10:30 a.m.	Sittersize		
	Lunch:	11:30 a.m.	Pathway to fitness	
	Pulled Pork	1:00 p.m.	Name That Tune on the patio	
	Bun, Cole Slaw	2:30 p.m.	Comedy DVD	
	Red Potatoes Fruit Cocktail	3:00 p.m.	Short stories	
Friday 18	9:30 a.m.	Coffee social & word search		
	10:30 a.m.	Chair dancing		
	Lunch:	11:30 a.m.	Pathway to fitness	
	Turkey Salad	1:00 p.m.	Gentle Stretch	Reminiscence group 11:00.
	Sandwich, Soup	2:30 p.m.	Bull's Eye Game	
	Garden Salad Pineapple	3:00 p.m.	Aromatherapy	

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.

ACTIVITIES CALENDAR

Room: Chapman

August 21 st -25th, 2017	Activities	Extras		
Monday ²¹	9:30 a.m.	Coffee social/music	Rosary 10:45 Summit Room	
	10:30 a.m.	Chair dancing		
	Lunch: Grilled Hot Dog Baked Beans Salad, Dressing Tropical Fruit	11:20 a.m.	Pathway to fitness	Art Therapy 1:00
		1:30 p.m.	Monday Matinee	
		2:45 p.m.	Gentle Stretches	
Tuesday ²²	3:00 p.m.	Finish The Line		
	9:30 a.m.	Coffee social/Zen Coloring	Hairdresser is here today. Hair appointments can be made with our receptionist.	
	10:30 a.m.	Exercise with props		
	Lunch: Taco Salad Lettuce, Tomatoes, Cheese, Sour cream, Rice & Beans Cookies	11:00 a.m.	Daily Chronicle	Rosary/Communion held in Summit room at 1:00
		11:30 a.m.	Pathway to fitness	
		1:00 p.m.	Afternoon Stretch	
	1:30 p.m.	Sing along on the patio		
	3:00 p.m.	Hand massage		
Wednesday ²³	9:30 a.m.	Coffee social/table activities	Hairdresser is here today. Hair appointments can be made with our receptionist.	
	10:30 a.m.	Yoga		
	Lunch: Breakfast for lunch Scrambled Eggs, Sausage, Waffles, Syrup Fruited Jell-O	11:30 a.m.	Pathway to fitness	Rosary/Communion held at 1:00 in the Summit room.
		1:00 p.m.	Afternoon stretch	
		1:30 p.m.	Craft-Ornaments for tree	
	3:00 p.m.	Trivia		
Thursday ²⁴	9:30 a.m.	Coffee social/word search	Happy Birthday Michael M!	
	10:30 a.m.	Exercise		
	Lunch: Roast Turkey, gravy Cranberry Sauce, Stuffing Italian Blend Melon	11:00 a.m.	Daily Chronicle	
		11:20 a.m.	Pathway to fitness	
		1:00 p.m.	Bingo	
		2:30 p.m.	Afternoon stretch	
Friday ²⁵	3:00 p.m.	Finish the sentence		
	9:30 a.m.	Coffee social & Color art	11:00 Reminiscence Group	
	10:30 a.m.	Friday Fitness		
	Lunch: Spaghetti & meatballs Salad Dressing Fruit Cocktail	11:30 a.m.	Pathway to fitness	
		1:00 p.m.	Afternoon stretch	
		1:30 p.m.	Name That Tune	
	3:00 p.m.	August trivia		

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ACTIVITIES CALENDAR

Room: Chapman

August 28 th -31st, 2017	Activities	Extras	
Monday 28 Lunch: Hamburgers, Roll Lettuce, Tomatoes Potato Salad Peaches n Cream	9:30 a.m.	Coffee Social & word search	Rosary 10:30 Summit room
	10:30 a.m.	Chair dancing	
	11:30 a.m.	Pathway to fitness	
	1:30 p.m.	Bowling	
	2:45 p.m.	Afternoon stretch	
	3:00 p.m.	Zen coloring	
Tuesday 29 Lunch: Seafood Stir Fry Stir Fry Vegetables White Rice Mousse	9:30 a.m.	Coffee Social & puzzles	
	10:30 a.m.	Yoga & relaxation technique	Hairdresser is here today. Hair appointments can be made with our receptionist.
	11:30 a.m.	Pathway to fitness	Rosary/Communion held at 1:00 in the Summit room.
	1:30 p.m.	Musical DVD	Happy Birthday Marguerite C!
	2:45 p.m.	Afternoon stretch	
	3:00 p.m.	Daily Chronicle	
Wednesday 30 Lunch: Chicken Kabob Couscous, onions, Peppers, Salad Dressing Frosted Cake	9:30 a.m.	Coffee Social & newspaper	Hairdresser is here today. Hair appointments can be made with our receptionist.
	10:30 a.m.	Chair dancing	
	11:30 a.m.	Pathway to fitness	
	1:30 p.m.	Table ball toss	Rosary/Communion held at 1:00 in the Summit room.
	2:45 p.m.	Afternoon stretch	
	3:00 p.m.	Poetry reading	
Thursday 31 Lunch: Ham & cheese Sand. Soup Garden Salad Ice Cream	9:30 a.m.	Coffee Social & puzzles	Andrew Ross performs – Singer/guitar player 1:30
	10:30 a.m.	Music & Movement	
	11:30 a.m.	Pathway to fitness	
	1:30 p.m.	Entertainment	
	2:45 p.m.	Afternoon stretch	
	3:00 p.m.	Zen coloring	

Friday

Lunch:

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