

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

**Reminder: We are closed Monday, October 9th for the holiday.
OCTOBER, 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
Late stage caregiving-what to expect	10/5/17 3:30-5 p.m.	88 Masonic Home Road, Charlton, MA (Meadowside)	Christine Petrone 508-434-3200 Ext.32012	Charlton
Managing Stress: Care for the Caregiver	10/11/2017 1:30-3 p.m.	Briarwood 65 Briarwood Circle Worcester, MA	Julia Pauliukonis 508-852-2026	East Mountain St.
Managing Stress: Care for the Caregiver	10/16/2017 2-3:30 p.m.	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton Street
Q & A Relating to Caregiver Concerns	10/26/2017 2-3:30 p.m.	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Getting Through the Holidays	10/11/2017 3:30-5 p.m.	101 Wason Ave Springfield, MA	Ericka Emerson 774-317-6155	Springfield
Getting Through the Holidays!	10/11/2017 2:00-3:30p.m.	1081 Varnum Ave Lowell, MA	Emily Lemire 978-427-6830	Lowell

TIP OF THE MONTH:

. **Ask for help** - One of the biggest mistakes a caregiver can make is to think that they can do it all by themselves. This do-it-yourself attitude will quickly lead to burnout. Whether it be making a casserole or playing a game of cards with your patient, most people would be glad to help, if only you would ask

ACTIVITIES CALENDAR

Room: Summit

OCTOBER 2-6th, 2017 Activities			Extras	
Monday ²	9:30 a.m.	Coffee Social	Happy Birthday Linda B! 10/1	
	10:50 a.m.	Exercise	Rosary/communion 10:30	
	Lunch:	11:30 p.m.	Pathway to fitness	
	Filet o Fish	1:30 p.m.	Tree Ornament craft	Travel The World with Becky- small group 1:00
	Red Potatoes	2:45 p.m.	Stretch & Pathway to fitness	
	3:00 p.m.	White board game		
Tuesday ³	9:30 a.m.	Coffee Social	Hairdresser is here today.	
	10:50 a.m.	Exercise	Appointments can be made with our receptionist.	
	Lunch:	11:30 p.m.	Pathway to fitness	Mens' group 10:40
	Beef Stew	1:30 p.m.	Jeopardy	News in Review 10:40
	Biscuit	2:45 p.m.	Stretch & Pathway to fitness	Rosary/communion 1:00
pudding	3:00 p.m.	One to one Social Time	MS support group 1:00	
Wednesday ⁴	9:30 a.m.	Coffee Social	Hairdresser is here today.	
	10:50 a.m.	Exercise	News in Review 10:40	
	Lunch:	11:30 p.m.	Pathway to fitness	Rosary/communion 1:00
	Soup & Sandwich	1:30 p.m.	Start Paper Mache project	
	Carrot Salad	2:45 p.m.	Stretch & Pathway to fitness	
Brownies	3:00 p.m.	Word jumble		
Thursday ⁵	9:30 a.m.	Coffee Social	Happy Birthday David H!	
	10:50 a.m.	Exercise	News in Review 10:40	
	Lunch:	11:20 p.m.	Pathway to fitness	Wellness group & Small Group Yoga-held in back of Summit room. 1:30
	Pot Roast	1:00 p.m.	Trivia/You Be The Judge	
	AuGratin Potato	2:30 p.m.	Stretch & Pathway to fitness	
Green Beans	3:00 p.m.	Word Mining/white board game	Helping Hands group 1:00	
Pears				
Friday ⁶	9:30 a.m.	Coffee Social	Happy Birthday Helen M!	
	10:50 a.m.	Exercise & Yoga	10/7 Happy Birthday Patricia L. and Madeline M! 10/8	
	Lunch:	11:30 p.m.	Pathway to fitness	Worship Service 10:40
	American Chop Suey	1:00 p.m.	Arts /crafts	News in Review 10:40
	Yellow Squash	2:30 p.m.	Stretch & Pathway to fitness	Knitting group 1:00
Jell-O Cake	3:00 p.m.	One to one social time	Mens' group 12:45	

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

October 9- 13th, 2017	Activities	Extras
Monday 9	SUMMIT ELDERCARE IS CLOSED TODAY TO CELEBRATE THE HOLIDAY.	
Lunch:		
Tuesday 10	9:30 a.m. Coffee Social	Happy Birthday James T!
	10:50 a.m. Exercise to the 70s	Hair dresser is here today:
Lunch:	11:30 a.m. Pathway to fitness	Mens' group 10:40
Pork Riblette	1:30 p.m. ENTERTAINMENT	News in Review 10:40
Sweet Potatoes	2:30 p.m. Stretch & Pathway to fitness	MS support group 1:00
Cauliflower	3:00 p.m. Fall White Board Game	Rosary and communion 1:00.
Sherbet		Cello & flute-Maryann
		Braman
Wednesday 11	9:30 a.m. Coffee Social	
	10:50 am. Exercise with props	Hair dresser is here today.
Lunch:	11:30 a.m. Pathway to fitness	Friendly Circle group meets at 10:40 in library.
Hamburger,Bun	1:40 p.m. Finish Paper Mache project	News in Review 10:40
Baked Beans	2:30 p.m. Stretch & Pathway to fitness	Rosary/communion 1:00
Fruit Cocktail	3:00 p.m. Trivia	Participant Council 1:30
Thursday 12	9:30 a.m. Coffee Social	
	10:40 a.m. Yoga & relaxation technique	News in Review 10:40
Lunch:	11:20 p.m. Pathway to fitness	
Bourbon Chicken	1:30 p.m. Color Sand Art	
Couscous	2:30 p.m. Stretch & Pathway to fitness	
Mixed Squash	3:00 p.m. One to One time	
Apple Crisp		
Friday 13	9:30 a.m. Coffee Social	News in Review 10:40
	10:40 a.m. Exercise & Yoga	Knitting 1:00
Lunch:	11:30 p.m. Pathway to fitness	
Roast Turkey,Gravy	1:00 p.m. Crafts-Ornaments for tree	Men's group 12:45
Cranberry Sauce	2:30 p.m. Gentle Stretch & Pathway to fitness	
Butternut Squash	3:00 p.m. Name 10	
Peach melba		

Note:

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ACTIVITIES CALENDAR

Room: Summit

October 16-20 th , 2017	Activities	Extras	
Monday 16	9:30 a.m.	Coffee Social	
	10:50 a.m.	Exercise	Rosary 10:30
	Lunch: Mac & Cheese Stewed Tomatoes Peaches	11:30 p.m. Pathway to fitness	News in Review 10:40
	1:00 p.m.	Watercolors & classical music	Myths of Aging group 1:00
	2:15 p.m.	Stretch & Pathway to fitness	
	3:00 p.m.	One to one social time	
Tuesday 17	9:30 a.m.	Coffee Social	Hair dresser is here today.
	10:50 a.m.	Exercise	News in Review 10:40
	Lunch: Taco Stuffed ½ potato Mousse	11:30 p.m. Pathway to fitness	Men's group is held at 10:40
	1:30 p.m.	Senior Safe Program	Multiple Sclerosis gr. 1:00
	2:30 p.m.	Stretch & Pathway to fitness	Rosary & Communion 1:00
	3:00 p.m.	October trivia	Fire prevention presentation with John Gendron from Leominster Fire Department 1:30
Wednesday 18	9:30 a.m.	Coffee Social	Hair dresser is here today.
	10:50 a.m.	Exercise	
	Lunch: N.E. Clam Chowder Tuna roll Ambrosia	11:30 p.m. Pathway to fitness	News in Review 10:40
	1:40 p.m.	Wednesday Movie or Leaf rubbing	
	2:30 p.m.	Stretch & Pathway to fitness	Rosary/communion 1:00 or table activities.
	3:00 p.m.	One to one time	
Thursday 19	9:30 a.m.	Coffee Social	News in Review 10:40
	10:50 a.m.	Yoga & relaxation technique	Helping Hands group 1:00
	Lunch: Braised Pork Chops Sweet Potatoes Wax Beans Cookies	11:30 p.m. Pathway to fitness	Wellness group & Small group Yoga in back of Summit Room. 1:30
	1:00 p.m.	Pictionary	
	2:30 p.m.	Stretch & Pathway to fitness	
	3:00 p.m.	Name 10	
Friday 20	9:30 a.m.	Coffee Social	News in Review 10:40
	10:50 a.m.	Exercise	Knitting group meets at 1:00.
	Lunch: BBQ Chicken Leg Rice Pilaf Summer Squash Melon	11:30 p.m. Pathway to fitness	Men's group meets at 12:45
	1:30 p.m.	Sing- along	
	2:30 p.m.	Stretch & Pathway to fitness	Happy Birthday Martha S! 10/22
	3:00 p.m.	One to one time	

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ACTIVITIES CALENDAR

Room: Summit

October 23-27th, 2017	Activities	Extras		
Monday 23	9:30 a.m.	Coffee Social	Rosary 10:30	
	10:50 a.m.	Exercise	News in Review 10:40	
	Lunch: Chicken & Broccoli Alfredo Mixed Veggies Ziti Tropical Fruit	11:30 p.m.	Pathway to fitness	Travel the World with Becky 1:00
	1:00 p.m.	Bingo		
	2:30 p.m.	Stretch/Pathway to fitness		
Tuesday 24	3:00 p.m.	20 Questions		
	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	
	Lunch: Quiche Lorraine Home Fries Vegetable Blend Pineapple Chunks	11:30 p.m.	Pathway to fitness	News in Review 10:40
	1:40 p.m.	Craft-ornaments for tree or Ring toss	Multiple Sclerosis gr. meets at 1:00.	
Wednesday 25	2:30 p.m.	Stretch & Pathway to fitness	Rosary/Communion 1:00 or table activities	
	3:00 p.m.	One to one social time		
	9:30 a.m.	Coffee Social	Hair dresser is here today.	
	10:50 a.m.	Exercise	Friendly Circle group meets at 10:40 in library.	
	Lunch: Beef Stroganoff Noodles Zucchini Pudding	11:30 p.m.	Pathway to fitness	Rosary& Communion at 1:00 or table activities offered.
Thursday 26	1:40 p.m.	Halloween word mining		
	2:30 p.m.	Stretch & Pathway to fitness		
	3:00 p.m.	Classical Music Appreciation		
	9:30 a.m.	Coffee Social	8:a.m. 10 th Anniversary Open House	
	Lunch: Baked Fish Scalloped Potatoes Peas Strawberry Shortcake	10:50 a.m.	Exercise with props	News in Review 10:40
Friday 27	11:30 p.m.	Pathway to fitness	Andrew Ross entertains- singer guitar player 1:30	
	1:30 p.m.	ENTERTAINMENT		
	2:40 p.m.	Stretch & Pathway to fitness		
	3:00 p.m.	Short stories		
	9:30 a.m.	Coffee Social	Happy Birthday Hidoina R!	
Friday 27	10:50 a.m.	Exercise	News in Review 10:40	
	Lunch: Spaghetti & Meatballs Tossed Salad Frosted Cake	11:30 p.m.	Pathway to fitness	Mens group 1:00
	1:00 p.m.	Charades		
	2:30 p.m.	Stretch & Pathway to fitness	Knitting group 1:00	
	3:00 p.m.	Trivia & Friday Cheer		

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ACTIVITIES CALENDAR

Room: Summit

October 30 & 31st, 2017	Activities	Extras		
Monday 30	9:30 a.m.	Coffee Social	News in Review 10:40	
	10:50 a.m.	Exercise	Rosary 10:30	
	Lunch: Fajita Chicken Rice, Cheese, Carrots Onions, Peppers Ice Cream	11:30 a.m.	Pathway to fitness	Myths of Aging group 1:00
	1:00 p.m.	Mystery Boxes???		
	2:30 p.m.	Stretch & Pathway to fitness		
Tuesday 31	3:00 p.m.	Name That Tune		
	9:30 a.m.	Coffee Social	Happy Birthday Virginia G.K!	
	10:50 a.m.	Exercise	News in Review 10:40	
	11:30 a.m.	Halloween Costume Parade- prize for best costume!	Hair dresser is here today. Appointments can be made with our receptionist.	
	1:30 p.m.	Halloween Party/Dance	Men's group 10:40	
2:30 p.m.	Stretch & Pathway to fitness	Rosary/communion 1:00		
3:00 p.m.	Guess how many in the jar?			

Wednesday

Lunch:

Thursday

Lunch:

Friday

Lunch:

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Reminder: Summit Eldercare will be closed Monday, October 9th for the holiday
Chapman Program Calendar
October, 2017

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CAREGIVER CORNER

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Managing Stress: Care for the Caregiver	10/11 1:30-3p.m.	Briarwood 65 Briarwood Circle Worcester, MA	Julia Pauliukonis 508-852-2026	East Mountain St.
Managing Stress: Care for the Caregiver	10/16 2-3:30p.m	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton Street
Q & A Relating to Caregiver Concerns	10/26 2-3:30p.m.	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Getting Through the Holidays	10/11 3:30-5p.m.	101 Wason Ave Springfield, MA	April Monfett 774-317-6194	Springfield
Getting Through the Holidays!	10/11 2-3:30p.m	1081 Varnum Ave. Lowell, MA	Emily Lemire 978-427-6830	Lowell

TIP OF THE MONTH:

Ask for help - One of the biggest mistakes a caregiver can make is to think that they can do it all by themselves. This do-it-yourself attitude will quickly lead to burnout. Whether it be making a casserole or playing a game of cards with your patient, most people would be glad to help, if only you would ask

ACTIVITIES CALENDAR

Room: Chapman

October 2-6th, 2017	Activities	Extras		
Monday 2	9:30 a.m.	Coffee Social/Zen coloring	Happy Birthday Theresa B! 10/1	
	10:30 a.m.	Exercise and Song		
	Lunch:	11:30 a.m.		Pathway to fitness
	Filet 0 Fish, Roll Red Potatoes Cole Slaw Mandarin Oranges	1:15 p.m.		Karaoke
		2:30 p.m.		Afternoon Stretch
	2:45 p.m.	Name 10		
Tuesday 3	9:30 a.m.	Coffee Social/Zen coloring		
	10:30 a.m.	Exercise /bowling		
	Lunch:	11:30 a.m.	Pathway to fitness	
	Beef Stew Biscuit Pudding	1:15 p.m.	Arts/crafts	
		2:30 p.m.	Afternoon Stretch	
	2:45 p.m.	Sing- along		
Wednesday 4	9:30 a.m.	Coffee Social/Zen coloring		
	10:30 a.m.	Exercise/daily chronicle		
	Lunch:	11:30 a.m.	Pathway to fitness	
	Soup & Sandwich Carrot Salad Brownies	1:15 p.m.	The Carol Burnett Show	
		2:30 p.m.	Afternoon Stretch	
	2:45 p.m.	Charades		
Thursday 5	9:30 a.m.	Coffee Social/Zen coloring		
	10:30 a.m.	Exercise /daily chronical sports games		
	Lunch:	11:30 a.m.	Pathway to fitness	
	Pot Roast AuGratin Potato Green Beans Pears	1:15 p.m.	Smile Bingo	
		2:30 p.m.	Afternoon Stretch	
	2:45 p.m.	October trivia		
Friday 6	9:30 a.m.	Coffee Social/Zen coloring		
	10:30 a.m.	Friday fitness/daily chronicle	10:40 Worship Service in library	
	Lunch:	11:30 a.m.	Pathway to fitness	11:00 Reminiscence group
	American Chop Suey Yellow Squash Jell-O Cake	1:15 p.m.	Sports games	
		2:30 p.m.	Afternoon Stretch	
	2:45 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.

ACTIVITIES CALENDAR

Room: Chapman

October 9-13th, 2017	Activities	Extras
Monday 9	Summit ElderCare will be closed today to celebrate the holiday.	
Lunch:		
Tuesday 10	9:30 a.m. Coffee Social/color art	Happy Birthday Carol P! 10/9 Happy Birthday Jane S! Hairdresser is here today. Rosary/ Communion held at 1:00 in the Summit room. Entertainment- Cello and flute-Maryann Braham 1:30
Lunch:	10:30 a.m. Exercise	
Pork Riblette	11:30 a.m. Pathway to fitness	
Sweet Potatoes	1:30 p.m. Entertainment today	
Cauliflower Sherbet	3:00 p.m. A walk down memory lane	
Wednesday 11	9:30 a.m. Coffee Social/Aromatherapy	Hairdresser is here today. Hair appointments can be made with our receptionist. Rosary/communion held at 1:00 in the Summit room.
Lunch:	10:30 a.m. Move to the beat	
Hamburgers/Bun	11:30 a.m. Pathway to fitness	
Baked Beans	1:30 p.m. Bingo or Zen coloring	
Lettuce & Tomatoes	2:45 p.m. Afternoon stretch	
Fruit Cocktail	3:00 p.m. Trivia	
Thursday 12	9:30 a.m. Coffee Social/word search	
Lunch:	10:30 a.m. Chair dancing/daily chronicle	
Bourbon Chicken	11:00 a.m. Ball toss	
Couscous	11:30 a.m. Pathway to fitness	
Mixed Squash	1:30 p.m. Color sand art/sing-along	
Apple Crisp	2:30 p.m. Gentle Stretch	
	3:00 p.m. 1:1 social time	
Friday 13	9:30 a.m. Coffee Social/color art	
Lunch:	10:30 a.m. Friday Fitness	Happy Birthday Mary A!
Roast Turkey, Gravy	11:00 a.m. Reminiscence group	
Cranberry Sauce	11:30 a.m. Pathway to fitness	
Butternut Squash	1:00 p.m. Afternoon stretch	
Peach Melba	1:30 p.m. Fall Sensory Box	
	3:00 p.m. The Carol Burnett show	

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

October 16-20th, 2017	Activities	Extras		
Monday 16	9:30 a.m.	Coffee social/hand massage		
	10:30 a.m.	Exercise to country tunes	Rosary 10:30 Summit room	
	Lunch:	11:30 a.m.	Pathway to fitness	
	Mac & Cheese	1:30 p.m.	Entertainment	Carolyn Carter performs 1:30
	Stewed tomatoes	2:45 p.m.	Afternoon stretch	
	Peaches	3:00 p.m.	Trivia	
Tuesday 17	9:30 a.m.	Coffee social/word search		
	10:30 a.m.	Exercise & trivia	Hairdresser is here today. Hair appointments can be made with our receptionist.	
	Lunch:	11:20 a.m.	Pathway to fitness	
	Taco Stuffed ½	1:00 p.m.	Afternoon stretch	Rosary and Communion held at 1:00 in the Summit room.
	Potato, cheese, tomato, Sour cream, lettuce	1:30 p.m.	Leaf Rubbings	
	Mousse	3:00 p.m.	Ball games	
Wednesday 18	9:30 a.m.	Coffee social/Aromatherapy		
	10:30 a.m.	Move & Groove	Hairdresser is here today. Hair appointments can be made with our receptionist.	
	Lunch:	11:00 a.m.	Target toss	
	N.E. Clam Chowder	11:30 a.m.	Pathway to fitness	
	Tuna Roll	1:00 p.m.	Let's Bowl	Rosary held at 1:00 in the Summit room.
	Lettuce & Tomatoes	2:45 p.m.	Hand Massages & stories	
Ambrosia				
Thursday 19	9:30 a.m.	Coffee social & Newspaper	Happy Birthday Frances G!	
	10:30 a.m.	Sittersize/daily chronicle		
		11:00 a.m.	Name that tune	
	Lunch:	11:30 a.m.	Pathway to fitness	
	Braised Pork Chops	1:00 p.m.	Pumpkin games	
	Sweet Potatoes	2:30 p.m.	Comedy DVD	
Wax Beans	3:00 p.m.	Short stories		
Cookies				
Friday 20	9:30 a.m.	Coffee Social & word search	Happy Birthday Tony S!	
	10:30 a.m.	Friday Fitness/daily chronicle		
	Lunch:	11:30 a.m.	Pathway to fitness	Reminiscence group 11:00.
	BBQ Chicken Leg	1:00 p.m.	Ball games	
	Rice Pilaf, Summer Squash	2:00 p.m.	The Carol Burnett Show	
	Melon	3:00 p.m.	Smile a little-Jokes & short stories	

Note:

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ACTIVITIES CALENDAR

Room: Chapman

October 23-27th 2017	Activities	Extras	
Monday ²³	9:30 a.m.	Coffee social/music	Rosary 10:30 Summit Room
	10:40 a.m.	Chair dancing	
	11:20 a.m.	Pathway to fitness	
	1:00 p.m.	Afternoon stretch	
	2:15 p.m.	Watercolors/classical music	
	3:00 p.m.	Would You Rather?	
Lunch: Chicken & Broccoli Alfredo, Mixed Veggies, Ziti Tropical Fruit			
Tuesday ²⁴	9:30 a.m.	Coffee social/Zen Coloring	Hairdresser is here today. Hair appointments can be made with our receptionist. Rosary/Communion held in Summit room at 1:00
	10:30 a.m.	Exercise with props	
	11:00 a.m.	Daily Chronicle	
	11:30 a.m.	Pathway to fitness	
	1:00 p.m.	Afternoon Stretch	
	3:00 p.m.	Hand massage	
Lunch: Quiche Lorraine Home Fries Vegetable Blend Pineapple Chunks			
Wednesday ²⁵	9:30 a.m.	Coffee social/table activities	Hairdresser is here today. Hair appointments can be made with our receptionist. Rosary/Communion held at 1:00 in the Summit room.
	10:30 a.m.	Chair dancing	
	11:30 a.m.	Pathway to fitness	
	1:00 p.m.	Afternoon stretch	
	1:30 p.m.	Craft-Ornaments	
	3:00 p.m.	Trivia	
Lunch: Beef Stroganoff Noodles Zucchini Pudding			
Thursday ²⁶	9:30 a.m.	Coffee social/word search	Entertainment- Andrew Ross guitar player 1:30
	10:30 a.m.	Exercise/daily Chronicle	
	11:30 a.m.	Pathway to fitness	
	1:30 p.m.	Entertainment	
	2:45 p.m.	Afternoon stretch	
	3:00 p.m.	Finish the sentence	
Lunch: Baked Fish Scalloped Potatoes Peas Strawberry Shortcake			
Friday ²⁷	9:30 a.m.	Coffee social	
	10:30 a.m.	Friday Fitness/daily chronicle	
	11:30 a.m.	Pathway to fitness	
	1:00 p.m.	Afternoon stretch	
	1:30 p.m.	Leaf wreaths' craft	
	3:00 p.m.	Sing -along	
Lunch: Spaghetti & meatballs Sauce, Tossed Salad, Dressing Frosted Cake			

Note: Chapman Program Calendar

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ACTIVITIES CALENDAR

Room: Chapman

October 30-31st, 2017	Activities	Extras		
Monday 30	9:30 a.m.	Coffee Social & puzzles	Rosary & communion Summit room 10:30	
	10:30 a.m.	Chair dancing		
	Lunch: Fajita Chicken Rice, Cheese, Carrots Onions, Peppers Ice Cream	11:30 a.m.	Pathway to fitness	
		1:30 p.m.	Movie	
		2:30 p.m.	Afternoon stretch-relaxation	
Tuesday 31	9:30 a.m.	Coffee Social & puzzles	Hairdresser is here today. Hair appointments can be made with our receptionist.	
	10:30 a.m.	Chair dancing/finish the sentence		
	Lunch: Swedish Meatballs Gravy, Ziti Carrots Brownies	11:30 a.m.	Costume Parade-prizes	Rosary/Communion held in Summit room at 1:00
		1:30 p.m.	Halloween games	
		2:30 p.m.	Afternoon stretch	
	3:00 p.m.	Ball toss		

Wednesday

Lunch:

Thursday

Lunch:

Friday

Lunch:

Note: Chapman Program Calendar

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