



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 July 4th.

SUMMIT ROOM CALENDAR JULY, 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
Open Forum	7/3/18 3:00-4:30 p.m.	88 Masonic Home Road, Charlton, MA (Meadowside)	Christine Petrone 508-434-3200 Ext.32012	Charlton
Teepa Snow Finding Gems Michelle Parent Supervisor Recreational Activities	7/11/18 1:30-3 p.m.	Briarwood 65 Briarwood Circle Worcester, MA	Julia Pauliukonis 508-852-2026	East Mountain St.
Healthy Coping	7/16/18 2-3:30 p.m.	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton Street
Open Forum Networking Opportunity	7/26/18 2-3:30 p.m.	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Coping with Grief and Loss	7/11/18 3:30-5 p.m.	101 Wason Ave Springfield, MA	Ericka Emerson 774-317-6155	Springfield
Safety Techniques	7/11/18 2:00-3:30p.m.	1081 Varnum Ave Lowell, MA	Emily Lemire 978-427-6830	Lowell

Tip of the month:

Eat a balanced diet. This is vital to good long-term health, and it shouldn't be hard to manage. Chances are the person you're caring for has been ordered to eat well, and you're probably preparing and/or sharing many of those meals.

Activities calendar

July 2-6, 2018

Room: Summit

	Activities	Extras
Monday ² Lunch: Grilled Hot Dog Potato Salad Watermelon	9:30 a.m. Daily chronicle 10:50 a.m. Exercise 11:30 a.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	Happy Birthday Lorey R! 7/1 Rosary/communion 10:30 Myths of Aging group 1:00
Tuesday ³ Lunch: Roast Turkey Gravy, Cranberry sauce Stuffing, carrots, Pears	9:30 a.m. Daily chronicle 10:50 a.m. Exercise 11:30 a.m. Pathway to fitness 1:30 p.m. Movie or table activities 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Table activities	Men's group 10:40 MS group 1:00 Rosary/communion 1:00
Wednesday ⁴ Lunch:	SUMMIT ELDERCARE IS CLOSED TODAY TO CELEBRATE THE 4TH! We hope you enjoy today!	
Thursday ⁵ Lunch: Taco Stuffed ½ potato Sour cream, cheese, lettuce & tomato Pudding	9:30 a.m. Daily chronicle 10:50 a.m. Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Entertainment 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to One social time	Helping Hands group 1:00 with Sara Entertainment- Scot Andrews 1:30
Friday ⁶ Lunch: BBQ Chicken leg Summer Squash Rice Pilaf Brownies	9:30 a.m. Daily chronicle 10:50 a.m. Exercise 11:30 a.m. Pathway to fitness 1:00 p.m. Arts/crafts 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Table activities	News in Review 10:40 Mens' group 12:45 Knitting group 1:00 Happy Birthday Marcelline M! Happy Birthday Frank G! and Judy G! 7/7 Happy Birthday Sally D! 7/8

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

July 9-13th, 2018

Room: Summit

	Activities	Extras
Monday 9 Lunch: Stuffed Chicken Breast Green Peas Peaches	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 a.m. Pathway to fitness 1:30 p.m. Pokeno or yoga 2:45 p.m. Stretch & Pathway to fitness 3:00 p.m. White Board Game	Rosary& communion 10:30 Yoga with Jorge in Chapman room please join us 1:30
Tuesday 10 Lunch: Soup & Sandwich Lettuce & Tomatoes Pasta Salad 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. Patio social or movie 2:30 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. Participant Council 12:50
Wednesday 11 Lunch: Baked Fish Carrots ½ Baked Potato Ambrosia	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. Name 5 for 5	Hair dresser is here today. Friendly Circle group meets at 10:40 in library. Rosary/communion 1:00 Happy Birthday Lucy B!
Thursday 12 Lunch: Chicken Kabob Onions, Peppers, Couscous Vegetable Blend Cookies	9:30 a.m. Coffee Social 10:40 a.m. Daily Chronicle & Exercise 11:20 p.m. Pathway to fitness 1:30 p.m. Patio gardening or movie 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to One time	
Friday 13 Lunch: Cheese Pizza Tossed Salad Melon	9:30 a.m. Coffee Social 10:40 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Entertainment in Chapman room or bingo 2:30 p.m. Pathway to fitness 3:00 p.m. Trivia	Worship service held today at 10:50 with Dan Jones library Larry Domenico sings in Chapman room 1:30 please join us. Men's group 12:45 and knit group 1:00 Happy Birthday Pierina H, Robyn L. and Mary V!

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

July 16-20th, 2018

Room: Summit

	Activities	Extras
Monday 16 Lunch: American Chop Suey Italian Blend Vegetable 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. Crafts for Christmas tree 2:45 p.m. Stretch & Pathway to fitness 3:00 p.m. One to one social time	Rosary & Communion 10:30 News in Review 10:40 Happy Birthday Roberta W! Myths of Aging group 1:00
Tuesday 17 Lunch: Chicken Marsala Rotini Brussel sprouts Mandarin Oranges	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. 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 Happy Birthday Thom L! and Paula N!
Wednesday 18 Lunch: Tortellini Salad with diced Ham Warm Pickled Beets Mousse	9:30 a.m. Coffee Social 10:50 a.m. Daily chronicle & Exercise 11:30 p.m. Pathway to fitness 1:40 p.m. Movie 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Trivia	Hair dresser is here today. Rosary & Communion 1:00 Friendly Circle group 10:40 in library
Thursday 19 Lunch: Pork Riblette Oven Roast Potatoes Green Beans Fruited Jell-O	9:30 a.m. Coffee Social 10:50 a.m. Yoga & relaxation technique 11:30 p.m. Pathway to fitness 1:00 p.m. Movie matinee or table games on the patio 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to one social	News in Review 10:40 Helping Hands group 1:00
Friday 20 Lunch: Asian Chicken Oriental Vegetable White Rice 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. Pokeno 2:45 p.m. Stretch & Pathway to fitness 3:00 p.m. July Trivia	Men's group meets at 12:45 Knitting group meets at 1:00. Happy Birthday Dixie Lee B! 7/22

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

July 23-27th 18th-22nd, 2018

Room: Summit

	Activities	Extras
Monday 23 Lunch: Chicken Griller Roll Macaroni Salad 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. Bingo 2:30 p.m. Stretch & pathway to fitness 3:00 p.m. Zen coloring	Rosary & communion 10:30
Tuesday 24 Lunch: Mac & Cheese Stewed Tomatoes Peach Melba	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Family Feud 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
Wednesday 25 Lunch: Swedish Meatballs Noodles Bean Blend 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. Patio social or crossword white board brain teaser 2:45 p.m. Stretch & Pathway to fitness 3:00 p.m. Trivia	Friendly Circle group 10:40 Rosary/Communion 1:00
Thursday 26 Lunch: Spinach Salad, Cheese Turkey Strips, Tomatoes Dressing, Vegetable Soup Coffee Cake	9:30 a.m. Coffee Social 10:50 a.m. Yoga with Jo/relaxation tips 11:30 p.m. Pathway to fitness 1:00 p.m. Jingo 2:45 p.m. Stretch & Pathway to fitness 3:00 p.m. Person, Place, or Thing?	Happy Birthday Eleanor C!
Friday 27 Lunch: Stuffed Shells Pesto Cream Sauce Zucchini Fruit Cocktail	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:15 p.m. Pathway to fitness 1:30 p.m. Table activities of choice 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Social time	Men's group meets at 12:45 Knitting group meets at 1:00. Happy Birthday Beatrice B! Happy Birthday Dorothy K! and Lynn B! 7/28

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

July 30-31th, 2018

Room: Summit

	Activities	Extras
Monday 30 Lunch: Hamburgers Roll, Bean Salad, Lettuce/Tomatoes Sherbet	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 or Zen coloring 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to one social time	Rosary/communion 10:30 Myths of Aging group 1:00 Yoga with Jorge- Chapman room please join us! 1:15! Happy Birthday Robert C!
Tuesday 31 Lunch: Bourbon Chicken Wild Rice Turnip Cupcakes	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle Exercise 11:30 a.m. Pathway to fitness 1:30 p.m. Perkins library in service 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Trivial Pursuit	Hair dresser is here. Men's group is held at 10:40 Multiple Sclerosis support group 1:00. Rosary/Communion 1:00 Perkins library outreach coordinator, Erin Fragola, explains the free services available. 1:30
Wednesday Lunch:		Happy Birthday Eladio A ! 7/31
Thursday Lunch:		
Friday Lunch:		

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.



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 July 4th.

JULY, 2018

Chapman program

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
Open Forum	7/3/18 3:00-4:30 p.m.	88 Masonic Home Road, Charlton, MA (Meadowside)	Christine Petrone 508-434-3200 Ext.32012	Charlton
Teepa Snow Finding Gems Michelle Parent Supervisor Recreational	7/11/18 1:30-3p.m.	Briarwood 65 Briarwood Circle Worcester, MA	Julia Pauliukonis 508-852-2026	East Mountain St.
Healthy coping.	7/16/18 2-3:30p.m	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton Street
Open Forum Networking Opportunity	7/26/18 2-3:30p.m.	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Coping with Grief and Loss	7/11/18 3:30-5p.m.	101 Wason Ave Springfield, MA	April Monfett 774-317-6194	Springfield
Safety Techniques	7/11/18 2-3:30p.m	1081 Varnum Ave. Lowell, MA	Emily Lemire 978-427-6830	Lowell

Tip of the month:

Eat a balanced diet. This is vital to good long-term health, and it shouldn't be hard to manage. Chances are the person you're caring for has been ordered to eat well, and you're probably preparing and/or sharing many of those meals.

Activities calendar

July 2-6th, 2018

Room: Chapman

	Activities	Extras
Monday 2 Lunch: Grilled Hot Dog Bun, Potato Salad, Salad, Watermelon	9:30a.m. Coffee Social/table activity 10:30 a.m. Exercise & daily chronicle 11:30 a.m. Pathway to fitness 1:30 p.m. Music/sing a-long on patio 2:45 p.m. Afternoon stretch 3:00 p.m. Sing a long	Rosary/communion Summit Room 10:30 Happy Birthday Winnie B! 7/1
Tuesday 3 Lunch: Roast Turkey Gravy, Cranberry sauce Stuffing, Carrots Pears	9:30 a.m. Coffee Social/table activity 10:30 a.m. Exercise & daily chronicle Daily chronicle 11:30 a.m. Pathway to fitness 1:30 p.m. Movie or short stories on the patio 2:45 p.m. Afternoon stretch 3:00 p.m. Finish the sentence	Hairdresser is here Rosary/communion 1:00 Summit room Happy Birthday Karen D!
Wednesday 4 Lunch:	<p style="text-align: center;">Summit ElderCare is closed to celebrate the 4th!</p> <p style="text-align: center;">We hope you enjoy this day!</p>	Happy Birthday Valeria F!
Thursdays Lunch: Taco Stuffed ½ Potato Sour cream, Cheese, Lettuce & Tomato Pudding	9:30 a.m. Coffee Social/table activity 10:30 a.m. Exercise & daily chronicle 11:30 a.m. Pathway to fitness 1:30 p.m. Scot Andrews entertains 2:45 p.m. Afternoon stretch 3:00 p.m. Sing a long	Entertainment 1:30 Summit Room Happy Birthday Alice A!
Friday 6 Lunch: BBQ Chicken Leg Summer Squash Rice Pilaf Brownies	9:30 a.m. Coffee Social/table activity 10:30 a.m. Exercise & daily chronicle 11:30 a.m. Pathway to fitness 1:30 p.m. Movie matinee or poetry on the patio 2:45 p.m. Afternoon stretch 3:00 p.m. Aromatherapy	Reminisce group 1:00

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

July 9th-13th, 2018

Room: Chapman

	Activities	Extras
Monday 9 Lunch: Stuffed Chicken Breast Supreme Green Peas Peaches	9:30 a.m. Coffee Social/table activities 10:30 a.m. Exercise/daily chronicle 11:30 a.m. Pathway to fitness 1:30 p.m. Yoga with Jorge 2:30 p.m. Pathway to fitness 3:00 p.m. 1:1 Chat	Rosary/communion 10:30 Summit room Special guest Jorge-Yoga 1:30
Tuesday 10 Lunch: Soup & sandwich Pasta Salad Frosted Cake	9:30 a.m. Coffee Social/table activities 10:30 a.m. Exercise/daily chronicle 11:30 a.m. Pathway to fitness 1:30 p.m. Patio social/Target toss games 3:00 p.m. Trivia	Hairdresser is here today. Hair appointments can be made with our receptionist. Rosary/ Communion 1:00 Summit room.
Wednesday 11 Lunch: Baked Fish Carrots ½ Baked Potato Ambrosia	9:30 a.m. Coffee Social/table activity 10:30 a.m. Exercise/daily chronicle 11:30 a.m. Pathway to fitness 1:30 p.m. Bingo 2:45 p.m. Afternoon stretch 3:00 p.m. Trivia	Hairdresser is here today. Hair appointments can be made with our receptionist. Rosary/communion 1:00 Summit room
Thursday 12 Lunch: Chicken Kabob Onions, Peppers Couscous Vegetable Blend Cookies	9:30 a.m. Coffee Social/table activities 10:30 a.m. Chair dancing/daily chronicle 11:30 a.m. Pathway to fitness 1:30 p.m. Water color painting and remembering Whalom Park - DVD 2:45 p.m. Sittersize	
Friday 13 Lunch: Cheese Pizza Tossed Salad Melon	9:30 a.m. Coffee Social/table activities 10:30 a.m. Yoga and Daily Chronicle 11:00 a.m. Reminiscing group 11:30 a.m. Pathway to fitness 1:30 p.m. Entertainment today 2:30 p.m. Poetry reading 3:00 p.m. Trivia	Worship service in the library 10:50 Reminiscence Group 11:00 Larry Domenico entertains 1:30

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

July 16th-20th, 2018

Room: Chapman

	Activities	Extras
Monday 16 Lunch: American Chop Suey Italian Blend Vegetable Pudding	9:30 a.m. Coffee social/table activity 10:30 a.m. Exercise/daily chronicle 11:30 a.m. Pathway to fitness 1:30 p.m. Rhythm Band on the patio 2:30 p.m. Zen coloring 3:00 p.m. Sing-along	Rosary and communion 10:30 Summit room
Tuesday 17 Lunch: Chicken Marsala Rotini Brussel Sprouts Mandarin Oranges	9:30 a.m. Coffee social/table activities 10:30 a.m. Exercise/ & daily chronicle 11:30 a.m. Pathway to fitness 1:00 p.m. Afternoon stretch 1:30 p.m. Karaoke-sing a-long 3:00 p.m. Name 5	Hairdresser is here today. Hair appointments can be made with our receptionist. Rosary/Communion Summit room 1:00
Wednesday 18 Lunch: Tortellini Salad with Diced Ham Warm Pickled Beets Mousse	9:30 a.m. Coffee social/table activities 10:30 a.m. Fitness Fun & daily chronicle 11:30 a.m. Pathway to fitness 1:30 p.m. Arts & Craft-start work on Christmas tree ornaments Poems & short stories 2:45 p.m.	Hairdresser is here today. Hair appointments can be made with our receptionist. Rosary& Communion Summit room 1:00 Happy Birthday Janet B!
Thursday 19 Lunch: Pork Riblette Oven Roast Potatoes Green Beans Fruited Jell-0	9:30 a.m. Coffee social/table activities 10:30 a.m. Sittersize & daily chronicle 11:00 a.m. Baking 11:30 a.m. Pathway to fitness 1:00 p.m. Thursday comedy or Zen coloring 2:30 p.m. Afternoon stretch 3:00 p.m. Hand massages 1:1	Happy Birthday Ann O!
Friday 20 Lunch: Asian Chicken Oriental Vegetables White Rice Pineapple Chunks	9:30 a.m. Coffee Social / table activities 10:30 a.m. Exercise & daily chronicle 11:30 a.m. Pathway to fitness 1:30 p.m. Patio Social and Sing a- long 2:30 p.m. Afternoon stretch 3:00 p.m. Trivia	Reminiscence group 1:00

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

July 23rd-27th, 2018

Room: Chapman

	Activities	Extras
Monday 23 Lunch: Chicken Griller Roll Macaroni Salad Tropical Fruit	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 and communion in Summit room 10:30
Tuesday 24 Lunch: Mac & Cheese Stewed Tomatoes Peach Melba	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. Patio Social or movie 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 25 Lunch: Swedish Meatballs Noodles Bean Blend Ice Cream Sandwich	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. Table ball games 3:00 p.m. Person, Place, or Thing?	Hairdresser is here today. Rosary/Communion in Summit Room 1:00
Thursday 26 Lunch: Spinach Salad, Cheese, Turkey Strips, Tomatoes Vegetable Soup Coffee Cake	9:30 a.m. Coffee social/table activities 10:30 a.m. Baking 11:00 a.m. Exercise 11:30 a.m. Pathway to fitness 1:30 p.m. Rhythm band on the patio or Lawrence Welk DVD 2:45 p.m. Afternoon Stretch 3:00 p.m. Finish the sentence	
Friday 27 Lunch: Stuffed Shells Pesto Cream Sauce Zucchini Fruit Cocktail	9:30 a.m. Coffee social/table activities 10:30 a.m. Exercise & daily chronicle 11:00 a.m. Pathway to fitness 11:30 a.m. Pathway to fitness 1:00 p.m. Reminiscence group 2:00 p.m. Friday Fitness 3:00 p.m. Poetry reading	Reminiscence group 1:00

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

July 30-31, 2018

Room: Chapman

	Activities	Extras
Monday 30 Lunch: Hamburgers Roll, Bean Salad, Lettuce/Tomatoes Sherbet	9:30 a.m. Coffee social/table activities 10:30 a.m. Chair dancing/daily chronicle 11:30 a.m. Pathway to fitness 1:15 p.m. Yoga with Jorge 2:30 p.m. Carol Burnett 3:00 p.m. Person, Place, or Thing?	Rosary/communion 10:30 Summit room Yoga with special guest 1:15
Tuesday 31 Lunch: Bourbon Chicken Wild Rice Turnip Cupcakes	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. Patio Social/sing a-long 3:00 p.m. Name 10	Rosary/communion 1:00 Summit Room Perkins outreach coordinator here speaking about free services available such as books on tape 1:30 Summit Room
Wednesday Lunch:		
Thursday Lunch:		
Friday Lunch:		

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.