

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 JUNE, 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
Self-Care is Truly An Unselfish Gift	6/1/17 3:30-5 p.m.	88 Masonic Home Road, Charlton, MA (Meadowside)	Christine Petrone 508-434-3200 Ext.32012	Charlton
The Stages of Alzheimer's Disease	6/14/17 1:30-3 p.m.	Briarwood 65 Briarwood Circle Worcester, MA	Shelley Ware 508-852-2026 Ext. 56549	East Mountain St.
Grief and Loss	6/19/17 2-3:30 p.m.	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton Street
Speaker Jan Patten Mindfulness & Movement	6/29/17 2-3:30 p.m.	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
10 Strategies for Dementia Caregiving	6/14/17 3:30-5 p.m.	101 Wason Ave Springfield, MA	Ericka Emerson 774-317-6155	Springfield
Structure: It is So Important for Memory Loss	6/14/17 2:00-3:30p.m.	1081 Varnum Ave Lowell, MA	Emily Lemire 978-427-6830	Lowell

TIP OF THE MONTH:

Driving and safety- to help elderly drivers remain safe on the road, caregivers may have a senior get an eye exam, make sure they are physically fit so they have the strength and coordination to operate safely and make sure there are no medications taken that have side effects that might impair his/her ability to drive. There are also evaluation programs to help caregivers assess driving safety.

ACTIVITIES CALENDAR

Room: Summit

June 1-2nd, 2017	Activities	Extras
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Monday

Lunch:

Tuesday

Lunch:

Wednesday

Lunch:

Thursday¹	9:30 a.m.	Coffee Social		
	10:40 a.m.	Exercise & Yoga		
	Lunch:	11:20 p.m.	Pathway to fitness	"Helping Hands" Group meets at 10:45
	Roast Turkey Gravy, Green beans, Squash, Cranberry sauce, peaches	1:30 p.m.	Entertainment	Dave Burns Entertains today
		2:45 p.m.	Stretch & Pathway to fitness	1:30
	3:00 p.m.	Word Mining/white board	\	
Friday²	9:30 a.m.	Coffee Social	Worship Service 10:40	
	10:40 a.m.	Gentle yoga & relaxation tips	Mens' group 1:00	
	Lunch:	11:20 p.m.	Pathway to fitness	Happy Birthday Joanne F!
	Fish n chips	1:00 p.m.	Name That Tune or patio social	
	Cole Slaw	2:30 p.m.	Stretch & Pathway to fitness	
Peaches	3:00 p.m.	Scattergories		

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

June 5 -9 th , 2017	Activities	Extras	
Monday 5	9:30 a.m.	Coffee Social	Happy Birthday Donna F! "The Myths of Aging" group 10:45
	10:40 a.m.	Exercise & Yoga	
	11:20 a.m.	Pathway to fitness	
	1:00 p.m.	Pokeno	
	2:45 p.m.	Stretch & Pathway to fitness	
Lunch: Swedish Meatballs Pasta Carrots Pears	3:00 p.m.	Poetry reading	
	9:30 a.m.	Coffee Social	Hair dresser is here today: Appointments can be made with our receptionist. Mens' group 10:40 MS support group 1:00 Rosary and communion 1:00. Cribbage/card games 1:00
	10:40 a.m.	Exercise to the oldies	
	11:20 a.m.	Pathway to fitness	
	1:40 p.m.	Dr. Campus shares her ideas on having fun.	
2:30 p.m.	Stretch & Pathway to fitness		
Tuesday 6	3:00 p.m.	20 Questions	
	9:30 a.m.	Coffee Social	Hair dresser is here today: Appointments can be made with our receptionist. Friendly Circle group meets at 10:40 in library. Rosary/communion 1:00 or flip card Happy Birthday Michael D!
	10:40 am.	Exercise	
	11:20 a.m.	Pathway to fitness	
	1:40 p.m.	Wednesday movie	
2:30 p.m.	Stretch & Pathway to fitness		
Lunch: Ranch Chicken Mashed Potatoes Summer Squash Ice cream sandwich	3:00 p.m.	Trivia	
	9:30 a.m.	Coffee Social	Participant Council Meeting 1:00
	10:40 a.m.	Exercise & Yoga	
	11:20 p.m.	Pathway to fitness	
	1:15 p.m.	Patio Social or Victorian Tree Ornaments	
2:30 p.m.	Stretch & Pathway to fitness		
Thursday 8	3:00 p.m.	Trivia	
	9:30 a.m.	Coffee Social	Knitting 1:00 Mens group 1:00
	10:40 a.m.	Exercise & Yoga	
	11:20 p.m.	Pathway to fitness	
	1:00 p.m.	Table Ball Games	
2:30 p.m.	Pathway to fitness		
Lunch: Baked Ham AuGratin Potatoes Italian Blend Melon	3:00 p.m.	Name 10	
	9:30 a.m.	Coffee Social	Happy Birthday Gloria C ! and Phyllis G! 6/10 Happy Birthday Janet B! 6/11
	10:40 a.m.	Exercise & Yoga	
	11:20 p.m.	Pathway to fitness	
	1:00 p.m.	Table Ball Games	
2:30 p.m.	Pathway to fitness		
Friday 9	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

June 12-16th, 2017	Activities	Extras		
Monday 12	9:30 a.m.	Coffee Social	Happy Birthday Lillian T!	
	10:40 a.m.	Exercise		
	Lunch:	11:20 p.m.	Pathway to fitness	
	Pork Riblette	1:30 p.m.	White Board game	
	Sweet Potato	2:15 p.m.	Stretch & Pathway to fitness	
	Cauliflower	3:00 p.m.	Trivia	
Tuesday 13	9:30 a.m.	Coffee Social	Hair dresser is here today. Appointments can be made with our receptionist. Mens' group is held at 10:40 Multiple Sclerosis gr. meets at 1:00. Rosary & Communion 1:00 Happy Birthday Sheila O!	
	10:40 a.m.	Exercise		
	Lunch:	11:20 p.m.		Pathway to fitness
	Filet o' Fish	1:30 p.m.		Victorian Tree ornaments
	Roll	2:30 p.m.		Stretch & Pathway to fitness
	Fries, Cole Slaw	3:00 p.m.		Poems from the heart
Wednesday 14	9:30 a.m.	Coffee Social	Happy Birthday Theresa A! Hair dresser is here today. Please make appointment with our receptionist. Friendly Circle group 10:40 Rosary/communion 1:00 or table activities.	
	10:40 a.m.	Exercise		
	Lunch:	11:20 p.m.		Pathway to fitness
	Chicken Kabob	1:40 p.m.		Flag Day poetry on the patio
	Couscous	2:30 p.m.		Stretch & Pathway to fitness
	Yellow Squash	3:00 p.m.		Trivia
Thursday 15	9:30 a.m.	Zen Coloring/word search	"Helping Hands" group 10:45	
	10:40 a.m.	Exercise		
	Lunch:	11:20 p.m.		Pathway to fitness
	Spaghetti & Meatballs	1:00 p.m.		Bingo
	Salad	2:30 p.m.		Stretch & Pathway to fitness
	Coffee Cake	3:00 p.m.		Name 10
Friday 16	9:30 a.m.	Coffee Social	Knitting group meets at 1:00. Men's group meets at 1:0	
	10:40 a.m.	Exercise		
	Lunch:	11:20 p.m.	Pathway to fitness	Entertainment Celebrating Father's Day. Happy Birthday Jean B and Elnor F., Rita L. Priscilla P., Alice Q., Sheila S.!! Happy Birthday Doreen K. 6/17!
	Turkey Divan	1:30 p.m.	Larry Domenico entertains	
	Rice	2:45 p.m.	Stretch & Pathway to fitness	
	Italian Blend Veg.	3:00 p.m.	Trivia	
Strawberry Shortcake				

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ACTIVITIES CALENDAR

Room: Summit

June 19 th -23 rd , 2017	Activities	Extras	
Monday 19 Lunch: Fajita Chicken Pasta Peaches	9:30 a.m.	Coffee Social	It's All About Fish Week "The Myths of Aging" group 10:45
	10:40 a.m.	Exercise	
	11:20 p.m.	Pathway to fitness	
	1:40 p.m.	Sun Catcher Craft	
	2:30 p.m.	Stretch/Pathway to fitness	
	3:00 p.m.	20 Questions	
Tuesday 20 Lunch: Salisbury Steak Mushroom Gravy Mashed Potatoes Carrots, Cookies	9:30 a.m.	Coffee Social	Hair dresser is here today. Appointments can be made with our receptionist. Men's group is held at 10:40 Multiple Sclerosis gr. meets at 1:00. Rosary/Communion 1:00 or table activities
	10:40 a.m.	Exercise	
	11:20 p.m.	Pathway to fitness	
	1:40 p.m.	Submarine Safari Game	
	2:30 p.m.	Stretch & Pathway to fitness	
	3:00 p.m.	20 Questions	
Wednesday 21 Lunch: Stuffed Shells Tomato Sauce Italian Blend Mousse	9:30 a.m.	Coffee Social	Summer Solstice Hair dresser is here today. Appointments can be made with our receptionist. Friendly Circle group meets at 10:40 in library. Rosary and Communion at 1:00 in Summit room or table activities.
	10:40 a.m.	Exercise	
	11:20 p.m.	Pathway to fitness	
	1:40 p.m.	The right way to go left: Lake fishing	
	2:30 p.m.	Stretch & Pathway to fitness	
	3:00 p.m.	Fish Facts	
Thursday 22 Lunch: BBQ Chicken Leg Rice Pilaf Tossed Salad Fruited Jell-O	9:30 a.m.	Coffee Social	
	11:00 a.m.	Exercise	
	11:20 p.m.	Pathway to fitness	
	1:00 p.m.	Fish Color Art & Word search	
	2:40 p.m.	Stretch & Pathway to fitness	
	3:00 p.m.	Short stories	
Friday 23 Lunch: Mac & Cheese Stewed Tomatoes Tropical Fruit	9:30 a.m.	Coffee Social	Mens group 1:00 Knitting group 1:00
	10:40 a.m.	Music & Movement	
	11:20 p.m.	Pathway to fitness	
	1:00 p.m.	Under the Sea Bingo	
	2:30 p.m.	Stretch & Pathway to fitness	
	3:00 p.m.	Trivia & Friday Cheer	

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ACTIVITIES CALENDAR

Room: Summit

June 26 th -30th 2017	Activities	Extras		
Monday 26	9:30 a.m.	Coffee Social	Travel the World with Becky 1:00	
	10:40 a.m.	Exercise & Yoga		
	Lunch:	11:20 a.m.	Pathway to fitness	
	Hamburger, Roll	1:00 p.m.	Patio Social or Movie	
	Potato Salad	2:15 p.m.	Stretch & Pathway to fitness	
Fruit Cocktail	3:00 p.m.	Name That Tune		
Tuesday 27	9:39 a.m.	Coffee Social	Hair dresser is here today. Appointments can be made with our receptionist. Men's group is held at 10:40 Multiple Sclerosis gr. meets at 1:00. Rosary/Communion 1:00 or table activities	
	10:40 a.m.	Exercise		
	Lunch:	11:20 a.m.		Pathway to fitness
	Stuffed Peppers	1:30 p.m.		Table Ball Games
	Tomato Sauce	2:15 p.m.		Afternoon Stretch & Pathway to fitness
Rice	3:00 p.m.	Finish the Sentence		
SquashBlend				
Wednesday 28	9:30 a.m.	Coffee Social	Hair dresser is here today. Appointments can be made with our receptionist. Men's group is held at 10:40 Multiple Sclerosis gr. meets at 1:00. Rosary/Communion 1:00 or craft	
	10:40 a.m.	Exercise		
	Lunch:	11:20 a.m.		Pathway to fitness
	Roast Pork, Gravy	1:40 p.m.		Patriotic paper flowers craft
	Sweet Potatoes	2:15 p.m.		Stretch & Pathway to fitness
Green Beans	3:00 p.m.	Trivia		
Pears				
Thursday 29	9:30 a.m.	Coffee Social	"Helping Hands" group 10:45	
	10:40 a.m.	Exercise		
	Lunch:	11:20 a.m.	Pathway to fitness	
	Taco Stuffed ½	1:00 p.m.	20 Questions	
	Potato, Cheese, Sour	2:15 p.m.	Stretch & Pathway to fitness	
Cream, lettuce &	3:00 p.m.	Name 10		
Tomatoes Pudding				
Friday 30	9:30 a.m.	Coffee Social	Mens group 1:00	
	10:40 a.m.	Exercise		
	Lunch:	11:20 a.m.	Pathway to fitness	
	Bourbon Chicken	1:00 p.m.	Patio or white board games	
	Red Bliss Potato	2:15 p.m.	Stretch & Pathway to fitness	
Bean Salad	3:00 p.m.	Patriotic Trivia		
Frosted Cake				

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Important information

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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:

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Chapman Program Calendar JUNE 2017

Summit ElderCare contact information

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CAREGIVER CORNER

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The Stages of Alzheimer's Disease	6/14/17 1:30-3p.m.	Briarwood 65 Briarwood Circle Worcester, MA	Shelley Ware 508-852-2026 Ext. 56549	East Mountain St.
Grief and Loss	6/19/17 2-3:30p.m	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton Street
Speaker Jan Patten Mindfulness & Movement	6/29/17 2-3:30p.m.	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
10 Strategies for Dementia Caregiving	6/14/17 3:30-5p.m.	101 Wason Ave Springfield, MA	April Monfett 774-317-6194	Springfield
Structure: It is So Important for Memory Loss	6/14/17 2-3:30p.m	1081 Varnum Ave. Lowell, MA	Emily Lemire 978-427-6830	Lowell

TIP OF THE MONTH:

Driving and safety- to help elderly drivers remain safe on the road, caregivers may have a senior get an eye exam, make sure they are physically fit so they have the strength and coordination to operate safely and make sure there are no medications taken that have side effects that might impair his/her ability to drive. There are also evaluation programs to help caregivers assess driving safety.

ACTIVITIES CALENDAR

Room: Chapman

June 1-2nd, 2017

Activities

Extras

Monday

Lunch:

Tuesday

Lunch:

Wednesday

Lunch:

Thursday ¹

9:30 a.m.	Coffee social/word Search	Dave Burns Entertains today
10:30 a.m.	Exercise	
Lunch:	11:30 a.m. Pathway to fitness	
Roast Turkey	1:30 p.m. Entertainment	
Butternut Squash	2:45 p.m. Afternoon Stretch	
Green Beans	3:00 p.m. Trivia	
Peaches		

Friday ²

9:30 a.m.	Coffee Social/Zen coloring	
10:30 a.m.	Exercise and Song	10:40 Worship Service in library
Lunch:	11:30 a.m. Pathway to fitness	11:00 Reminiscence group
Fish n Chips	1:15 p.m. Patio social	
Cole Slaw	2:30 p.m. Afternoon Stretch	
Peaches	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

June 5-9th, 2017	Activities	Extras		
Monday 5	9:30 a.m.	Coffee Social/newspaper		
	10:30 a.m.	Exercise with props		
	Lunch:	11:30 a.m.	Pathway to fitness	
	Swedish Meatballs	1:00 p.m.	Afternoon stretch	
	Pasta	2:30 p.m.	Table Ball Toss	
Carrots	3:00 p.m.	Short Stories		
pears				
Tuesday 6	9:30 a.m.	Coffee social/color art	Hairdresser is here today. Hair appointments can be made with our receptionist.	
	10:30 a.m.	Exercise Pathway to fitness		
	Lunch:	11:30 a.m.	Afternoon stretch on the patio	Rosary/ Communion held at 1:00 in the Summit room.
	Hot Dog, Roll	1:00 p.m.	Sing along	
	Baked Beans	2:00 p.m.	A walk down memory lane	
Salad	3:00 p.m.			
Fruit Cocktail				
Wednesday 7	9:30 a.m.	Coffee social/Aromatherapy	Hairdresser is here today. Hair appointments can be made with our receptionist.	
	10:30 a.m.	Move to the beat		
	Lunch:	11:30 a.m.	Pathway to fitness	Rosary/communion held at 1:00 in the Summit room.
	Ranch Chicken	1:30 p.m.	Bingo or zen coloring	
	Mashed Potatoes	2:45 p.m.	Afternoon stretch	
Summer Squash	3:00 p.m.	Trivia		
Ice Cream Sandwich				
Thursday 8	9:30 a.m.	Coffee Social/word search		
	10:30 a.m.	Chair dancing		
	11:00 a.m.	Ring toss		
	Lunch:	11:30 a.m.	Pathway to fitness	
	Baked Ham	1:00 p.m.	Afternoon stretch	
AuGratin Potatoes	1:30 p.m.	Thursday Matinee		
Italian vegetables	3:00 p.m.	Finish The Sentence		
Melon				
Friday 9	9:30 a.m.	Coffee social/color art		
	10:30 a.m.	Friday Fitness		
	Lunch:	11:00 a.m.	Reminiscence group	
	Soup & Sandwich	11:30 a.m.	Pathway to fitness	
	Macaroni Salad	1:00 p.m.	Afternoon stretch	
Brownies	1:30 p.m.	Name 10		
	3:00 p.m.	3 Stooges		

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ACTIVITIES CALENDAR

Room: Chapman

June 12-16th, 2017	Activities	Extras		
Monday 12	9:30 a.m.	Coffee social/hand massage		
	10:30 a.m.	Exercise to country tunes		
	Lunch:	11:30 a.m.	Pathway to fitness	
	Pork Riblette	1:00 p.m.	Rhythm Band on the patio	
	Sweet Potato	2:45 p.m.	Afternoon stretch	
	Cauliflower	3:00 p.m.	Trivia	
Ice Cream				
Tuesday 13	9:30 a.m.	Coffee social/word search	Hairdresser is here today. Hair appointments can be made with our receptionist. Rosary and Communion held at 1:00 in the Summit room.	
	10:30 a.m.	Morning exercise		
	Lunch:	11:20 a.m.		Pathway to fitness
	Filet o' Fish	1:00 p.m.		Afternoon stretch
	Fries	1:30 p.m.		Bingo or word find
	Cole Slaw	3:00 p.m.		Musical trivia
Mandarin Oranges				
Wednesday 14	9:30 a.m.	Coffee social/Aromatherapy	Hairdresser is here today. Hair appointments can be made with our receptionist.	
	10:30 a.m.	Move & Groove		
	Lunch:	11:00 a.m.		Sports games
	Chicken Kabob	11:30 a.m.	Pathway to fitness	Rosary held at 1:00 in the Summit room.
	Couscous	1:00 p.m.	Parachute Fun or bowling	
	Yellow Squash	2:45 p.m.	Hand Massages & stories	
Sherbet				
Thursday 15	9:30 a.m.	Coffee social & Newspaper		
	10:30 a.m.	Sittersize		
		Daily Chronicle		
	Lunch:	11:00 a.m.	Pathway to fitness	
	Spaghetti & Meatballs	11:30 a.m.	Afternoon stretch on the patio	
	Salad	1:00 p.m.	Comedy DVD	
Coffee Cake	2:30 p.m.	Short stories		
	3:00 p.m.			
Friday 16	9:30 a.m.	Coffee social & word search	Father's Day Ice Cream Social with Larry Domenico	
	10:30 a.m.	Friday Fitness		
	Lunch:	11:30 a.m.	Pathway to fitness	Reminiscence group 11:00.
	Turkey Divan	1:30 p.m.	Entertainment	
	Rice	3:00 p.m.	Joke time	
	Italian Blend			
Vegetables				
Strawberry Shortcake				

Note:

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ACTIVITIES CALENDAR

Room: Chapman

June 19th-23rd, 2017

	Activities	Extras	
Monday ¹⁹	9:30 a.m.	Coffee social/music	All About Fish Week
	10:40 a.m.	Chair dancing	
	11:20 a.m.	Pathway to fitness	Art Therapy 1:00
	1:00 p.m.	Afternoon stretch	
	2:15 p.m.	Fish zen coloring	
	3:00 p.m.	Would You Rather?	
Lunch: Fajita Chicken Pasta Peaches			
Tuesday ²⁰	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	
	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		
Lunch: Salisbury Steak Mashed Potatoes Carrots Cookies			
Wednesday ²¹	9:30 a.m.	Coffee social/table activities	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	Rosary/Communion held at 1:00 in the Summit room.
	1:00 p.m.	Afternoon stretch	
	1:30 p.m.	Craft-Fuzzy Art	
	3:00 p.m.	Trivia	
Lunch: Stuffed Shells Italian Blend vegetables Mousse			
Thursday ²²	9:30 a.m.	Coffee social/word search	
	10:30 a.m.	Exercise	
	11:00 a.m.	Daily Chronicle	
	11:20 a.m.	Pathway to fitness	
	1:00 p.m.	Under the Sea Bingo	
	2:30 p.m.	Afternoon stretch	
3:00 p.m.	Fish facts		
Lunch: BBQ Chicken Rice Pilaf Salad Fruited Jell-O			
Friday ²³	9:30 a.m.	Coffee social & Color art	Travel The World With Becky 1:00
	10:30 a.m.	Friday Fitness	
	11:30 a.m.	Pathway to fitness	11:00 Reminiscence Group
	1:00 p.m.	Afternoon stretch	
	1:30 p.m.	Fish For a Song	
	3:00 p.m.	June trivia	
Lunch: Mac & Cheese Stewed Tomatoes Tropical Fruit			

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

June 26 th -30 th , 2017	Activities	Extras	
Monday 26 Lunch: Hamburger, Roll Potato Salad Fruit Cocktail	9:30 a.m.	Coffee Social & puzzles	
	10:30 a.m.	Chair dancing	
	11:30 a.m.	Pathway to fitness	
	1:30 p.m.	Ball games	
	1:30 p.m.	Afternoon stretch	
	3:00 p.m.	Zen coloring	
Tuesday 27 Lunch: Stuffed Peppers Rice Squash Blend Peaches & Cream	9:30 a.m.	Coffee Social & puzzles	Hair dresser is here. Please make appointment with our receptionist.
	10:30 a.m.	Chair dancing	
	11:30 a.m.	Pathway to fitness	Rosary and communion 1:00
	1:30 p.m.	Target toss/Ball Toss	
	1:30 p.m.	Afternoon stretch	
	3:00 p.m.	Name 5	
Wednesday 28 Lunch: Roast Pork Sweet Potatoes Green Beans Pears	9:30 a.m.	Coffee social & Zen coloring	Hair dresser is here. Please make appointment with our receptionist.
	10:30 a.m.	Move and groove	
	11:30 a.m.	Pathway to fitness	Rosary and communion 1:00
	1:00 p.m.	Afternoon stretches	
	1:30 p.m.	Bowling	
	3:00 p.m.	Funny Stories	
Thursday 29 Lunch: Taco stuffed ½ Potato, Cheese, Sour Cream, Lettuce & Tomatoes Pudding	9:30 a.m.	Coffee social & word search	
	10:30 a.m.	Sittersize	
	11:30 a.m.	Pathway to fitness	
	1:00 p.m.	Afternoon stretches	
	1:30 p.m.	Patio Social or Movie	
	3:00 p.m.	Finish The Sentence	
Friday 30 Lunch: Bourbon Chicken Red Bliss Potato Bean Salad Frosted Cake	9:30 a.m.	Coffee social & Zen coloring	11:00 Reminisce group
	10:30 a.m.	Move and groove	
	11:30 a.m.	Pathway to fitness	
	1:00 p.m.	Afternoon stretches	
	1:30 p.m.	Sports games	
	3:00 p.m.	Funny Stories	

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