



# 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).

Please note that all Summit ElderCare sites are closed on Monday, September 3<sup>rd</sup> for the Labor Day holiday.

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### Summit ElderCare contact information

108 Thompson Rd. Webster, MA 01570

**1-774-317-6700 (TRS 711)** • 8 a.m.–5 p.m., Monday–Friday

Supervisor, Recreational Activities: Renee Aucoin: 1-774-317-6700

Inclement weather line (toll-free): 1-855-508-3722

Transportation service: Quality Chair Van: 1-508-793-9000



# Activities calendar

July 30 – August 3

Room: Lakeside

	Activities	Extras
<b>Monday 30</b> <b>Lunch:</b>		
<b>Tuesday 31</b> <b>Lunch:</b>		
<b>Wednesday 1</b> <b>Lunch:</b> Chicken Broccoli Alfredo, Ziti, Brussel Sprouts and Mandarin Oranges	9:30: Ring Toss 10:30: Easy Does It Trivia 11:00: Scrambled Words 12:30: PM Stretch 1:30: Octaband 2:30: The Chat Room	
<b>Thursday 2</b> <b>Lunch:</b> Beef Burgundy, Ziti, Vegetable Blend and Ambrosia	9:30: Shell Painting 10:30: Lake Trivia 11:00: Fishing Game 12:30: PM Stretch 1:30: Something You Didn't Know 2:30: Mixed Up Cooking	Mindfulness Exercises
<b>Friday 3</b> <b>Lunch:</b> Soup & Sandwich, Potato Salad, Lettuce, Tomato and Brownie	9:30: Beanbag Twister 10:30: Monthly Gazette 11:00: Melodic Memories 12:30: PM Stretch 1:00: Entertainment/Peter Allard 2:30: Parachute Ball Toss	Summit Singers

**Note:**

- 8:00 – 9:30---Coffee Social/Table Games
- 11:30—Lunch
- 1:00—Walking Group
- 3:30 – 5:00—Small Groups



# Activities calendar

August 6 - 10

Room: Lakeside

	Activities	Extras
<b>Monday 6</b>  <b>Lunch:</b> Veal Pattie, Gravy, Wax Beans, Mashed Potatoes and Pudding	9:30: Good News Only! 10:30: Travelogue 11:00: Wheel of Fortune 12:30: PM Stretch 1:30: Name That Tune 2:30: Octaband	12:30 Men's Group
<b>Tuesday 7</b>  <b>Lunch:</b> Chicken Marsala, Pasta, Zucchini and Pears	9:30: Childhood Memories 10:30: Spot the Difference 11:00: States and Capitals 12:30: PM Stretch 1:30: Let's Make a Deal 2:30: "What a Deal"	
<b>Wednesday 8</b>  <b>Lunch:</b> Baked Ham, Roasted Potatoes, Summer Squash and Carrot Cake	9:30: Stick Craft 10:30: Scattegories 11:00: Name That TV Show Theme 12:30: PM Stretch 1:30: Pictionary 2:30: Great Truths of Age	
<b>Thursday 9</b>  <b>Lunch:</b> American Chop Suey, Salad and Melon	9:30: Common Endings 10:30: Beanbag Twister 11:00: Tongue Twisters 12:30: PM Stretch 1:30: Chimes and Bells 2:30: Job Reminiscing	12:30 Mindfulness Exercises
<b>Friday 10</b>  <b>Lunch:</b> Roast Pork, Gravy, Mashed Potatoes, Spinach and Ice Cream Sandwich	9:30: Finish the Picture 10:30: Round A - Z 11:00: Poetry Reading 12:30: PM Stretch 1:30: 'Round' Songs 2:30: Act It Out	12:30 Summit Singers

## Note:

8:00 – 9:30---Coffee Social/Table Games

11:30—Lunch

3:30 – 5:00—Small Groups



# Activities calendar

August 13 - 17

Room: Lakeside

	Activities	Extras
<b>Monday 13</b>  <b>Lunch:</b>  Hot Dog, Potato Salad, Tossed Salad and Watermelon	9:30: Remember When..... 10:30: Ladder Ball 11:00: Clue Trivia 12:30: PM Stretch 1:30: Andy Rooney Lessons 2:30: Pet Rocks	12:30 Men's Group
<b>Tuesday 14</b>  <b>Lunch:</b>  BBQ Chicken Leg, Corn, Green Beans and Coffee Cake	9:30: Life Skills 10:30: Mystery Bag 11:00: Horseshoes 12:30: PM Stretch 1:30: Second Chance Cruise 2:30: India Trivia	
<b>Wednesday 15</b>  <b>Lunch:</b>  Spaghetti with Meat Sauce, Tossed Salad and Mousse	9:30: True or False 10:30: Common Endings 11:00: Ring Toss 12:30: PM Stretch 1:00: Sandy Allen!! 2:30: Doilies	
<b>Thursday 16</b>  <b>Lunch:</b>  Turkey, Gravy, Cranberry Sauce, Mashed Potatoes, Zucchini and Jell-O	9:30: Summer Craft 10:30: Pass the Hat 11:00: Good News Only! 12:30: PM Stretch 1:30: Funny Answers from Kids 2:30: Bowling	12:30 Mindfulness Exercises
<b>Friday 17</b>  <b>Lunch:</b>  Seafood Salad Plate, Lettuce, Tomatoes, Warm Pickled Beets and Cupcakes	9:30: Create with Clay 10:30: Brain Games 11:00: Stamp Categories 12:30: PM Stretch 1:30: Family Feud 2:30: Bowling	12:30 Summit Singers

**Note:**

- 8:00 – 9:30---Coffee Social/Table Games
- 11:30—Lunch
- 1:00—Walking Group
- 3:30 – 5:00—Small Groups



# Activities calendar

August 20 - 24

Room: Lakeside

	Activities	Extras
<b>Monday 20</b>  <b>Lunch:</b> Macaroni & Cheese, Stewed Tomatoes and Sherbet	9:30: Clue Trivia 10:30: Memory Table 11:00: What Would You Do? 12:30: PM Stretch 1:30: Name 10 2:30: String Painting	12:30 Men's Group
<b>Tuesday 21</b>  <b>Lunch:</b> Meatloaf, Gravy, Mashed Potatoes, Wax Beans and Fruit Cup	9:30: Stampin Up! 10:30: Horseshoes 11:00: Three of a Kind 12:30: PM Stretch 1:30: Password 2:30: Family Feud	
<b>Wednesday 22</b>  <b>Lunch:</b> Tuna Roll, Clam Chowder, Lettuce, Tomato and Peaches & Cream	9:30: Musical Art 10:30: Price is Right 11:00: Pros and Cons 12:30: PM Stretch 1:30: Famous Ads 2:30: Ladder Ball	
<b>Thursday 23</b>  <b>Lunch:</b> Stir Fry Chicken, Stir Fry Vegetables, White Rice and Pineapple Chunks	9:30: Strange Laws 10:30: My Favorite Things 11:00: Spelling Bee 12:30: PM Stretch 1:00: Gary Landgren!! 2:30: Proverbs	12:30 Mindfulness Exercises
<b>Friday 24</b>  <b>Lunch:</b> BBQ Pulled Pork, Bun, Sweet Potatoes, Tossed Salad and Frosted Cake	9:30: Vacation A - Z 10:30: Wheel of Fortune 11:00: Judge Barbara 12:30: PM Stretch 1:30: Charades 2:30: Word Mining	12:30 Summit Singers

**Note:**

8:00 – 9:30---Coffee Social/Table Games  
 11:30—Lunch  
 3:30 – 5:00—Small Groups



# Activities calendar

August 27 - 31

Room: Lakeside

	Activities	Extras
<b>Monday 27</b>  <b>Lunch:</b>  Fish n' Chips, Cole Slaw and Pears	9:30: Painting 10:30: Current Events 11:00: Things in Common 12:30: PM Stretch 1:30: Dramatic Arts 2:30: You Be the Judge	12:30 Men's Group
<b>Tuesday 28</b>  <b>Lunch:</b>  Ham Steak, Red Potatoes, Bean Salad and Mandarin Oranges	9:30: Starts with 'All' 10:30: Dear Barbara 11:00: Karaoke 12:30: PM Stretch 1:30: Name That Show Tune 2:30: Let's Dance!	
<b>Wednesday 29</b>  <b>Lunch:</b>  Hamburger, Roll, Baked Beans, Salad and Cookies	9:30: Memory Table 10:30: What Doesn't Belong? 11:00: Beat the Clock 12:30: PM Stretch 1:30: Name That Sound 2:30: It's in the Bag	
<b>Thursday 30</b>  <b>Lunch:</b>  Chicken Cordon Bleu, Rice Pilaf, Carrots and Strawberry Shortcake	9:30: Finish the Drawing 10:30: Add a Word 11:00: It's In the Recipe 12:30: PM Stretch 1:30: Hum That Tune 2:30: Bowling	12:30 Mindfulness Exercises
<b>Friday 31</b>  <b>Lunch:</b>  Scrambled Eggs, Sausage Pattie, Waffles, Syrup and Peach Melba	9:30: All About Me 10:30: Word Pyramid 11:00: Strange Laws 12:30: PM Stretch 1:30: Debate Group 2:30: Summer Memories	12:30 Summit Singers

**Note:**

8:00 – 9:30---Coffee Social/Table Games  
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<b>Tuesday 31</b> <b>Lunch:</b>		
<b>Wednesday 1</b> <b>Lunch:</b> Chicken Broccoli Alfredo, Ziti, Brussel Sprouts and Mandarin Oranges	9:30: August IQ 10:30: Mathematics 11:00: Dear Melissa 12:30: PM Stretch 1:30: Bingo 2:30: Horoscopes	10:30 Baby Boomers 12:30 Spiritual Devotions
<b>Thursday 2</b> <b>Lunch:</b> Beef Burgundy, Ziti, Vegetable Blend and Ambrosia	9:30: Cards for Kids 10:30: Ladder Ball 11:00: 60's Trivia 12:30: PM Stretch 1:30: Pokeno 2:30: Let's Paint	10:30 Prayer & Reflection 12:30 Mindfulness Exercises
<b>Friday 3</b> <b>Lunch:</b> Soup & Sandwich, Potato Salad, Lettuce & Tomatoes and Brownies	9:30: Famous August Birthdays 10:30: Tongue Twisters 11:00: Tell All 12:30: PM Stretch 1:00: Entertainment/Peter Allard 2:30: Horseshoes	10:30 Painting Group

**Note:**

- 8:00 – 9:30---Coffee Social/Table Games
- 11:30—Lunch
- 1:00—Walking Group
- 3:30 – 5:00—Small Groups





# Activities calendar

August 6 - 10

Room: Summit

	Activities	Extras
<b>Monday 6</b>  <b>Lunch:</b> Veal Pattie, Gravy, Wax Beans, Mashed Potatoes and Pudding	9:30: Road Trip 10:30: Scavenger Hunt 11:00: Current Events 12:30: PM Stretch 1:30: Bottom's Up 2:30: Debate It	10:30 Brainiacs  12:30 Men's Group
<b>Tuesday 7</b>  <b>Lunch:</b> Chicken Marsala, Pasta, Zucchini and Pears	9:30: Fill In the Blank 10:30: Facials/Hand Massages 11:00: You Be the Judge 12:30: PM Stretch 1:30: Family Feud 2:30: Parachute	10:30 Creative Cards  12:30 Women's Group
<b>Wednesday 8</b>  <b>Lunch:</b> Baked Ham, Roasted Potatoes, Summer Squash and Carrot Cake	9:30: Birdhouses 10:30: Dear Debi 11:00: Who Am I? 12:30: PM Stretch 1:30: Fashion Show 2:30: Basketball	10:30 Baby Boomers  12:30 Community Service
<b>Thursday 9</b>  <b>Lunch:</b> American Chop Suey, Salad and Melon	9:30: Manicures 10:30: You Be the Judge 11:00: Word Games on the Patio 12:30: PM Stretch 1:30: Word Games on the Patio 2:30: Geezer Test	10:30 Prayer & Reflection  12:30 Spiritual Devotions
<b>Friday 10</b>  <b>Lunch:</b> Roast Pork, Gravy, Mashed Potatoes, Spinach and Ice Cream Sandwich	9:30: New Beginnings 10:30: What Comes Next? 11:00: Near and Dear 12:30: PM Stretch 1:30: Kings in the Corner 2:30: Karaoke	10:30 Painting Group  12:30 Summit Singers

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# Activities calendar

August 13 - 17

Room: Summit

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<b>Monday 13</b>  <b>Lunch:</b>  Hot Dog, Potato Salad, Tossed Salad and Watermelon	9:30: Dog Day Detective 10:30: Book Club 11:00: Concentration 12:30: PM Stretch 1:30: Ring Toss 2:30: Pros and Cons	10:30 Brainiacs  12:30 Men's Group
<b>Tuesday 14</b>  <b>Lunch:</b>  BBQ Chicken Leg, Corn, Green Beans and Coffee Cake	9:30: Beach Craft 10:30: Tell All 11:00: What Am I? 12:30: PM Stretch 1:30: Song Titles 2:30: Karaoke	10:30 Creative Cards  12:30 Women's Group
<b>Wednesday 15</b>  <b>Lunch:</b>  Spaghetti with Meat Sauce, Tossed Salad and Mousse	9:30: Mind Stretchers 10:30: Drama Club 11:00: Puzzles on the Patio 12:30: PM Stretch 1:00: Sandy Allen!! 2:30: Golfing	10:30 Baby Boomers  12:30 Community Service
<b>Thursday 16</b>  <b>Lunch:</b>  Turkey, Gravy, Cranberry Sauce, Mashed Potatoes, Zucchini and Jell-O	9:30: This and That 10:30: Remember When... 11:00: Bowling 12:30: PM Stretch 1:30: Talent Show 2:30: Oldies Sing-a-long	10:30 Prayer & Reflection  12:30 Mindfulness Exercises
<b>Friday 17</b>  <b>Lunch:</b>  Seafood Salad Plate, Lettuce, Tomatoes, Warm Pickled Beets and Cupcakes	9:30: What a Deal! 10:30: Positive Thoughts 11:00: What's Your Sign? 12:30: PM Stretch 1:30: Jeopardy 2:30: Parachute	10:30 Painting Group  12:30 Spiritual Devotions

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August 20 - 24

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<b>Monday 20</b>  <b>Lunch:</b>  Macaroni & Cheese, Stewed Tomatoes and Sherbet	9:30: Mixed Up Gemstones 10:30: Let's Bake 11:00: Finish the Drawing 12:30: PM Stretch 1:30: True or False 2:30: Summer Memories	10:30 Brainiacs  12:30 Men's Group
<b>Tuesday 21</b>  <b>Lunch:</b>  Meatloaf, Gravy, Mashed Potatoes, Wax Beans and Fruit Cup	9:30: Garage Sale 10:30: Common Endings 11:00: Spelling Bee 12:30: PM Stretch 1:30: Want to be a Millionaire? 2:30: Alphabet Challenge	10:30 Creative Cards  12:30 Spiritual Devotions
<b>Wednesday 22</b>  <b>Lunch:</b>  Tuna Roll, Clam Chowder, Lettuce, Tomato and Peaches & Cream	9:30: Perfect Panini 10:30: Comedy Hour 11:00: Lend a Hand 12:30: PM Stretch 1:30: Scattegories 2:30: Wheel of Fortune	10:30 Baby Boomers  12:30 Community Service
<b>Thursday 23</b>  <b>Lunch:</b>  Stir Fry Chicken, Stir Fry Vegetables, White Rice and Pineapple Chunks	9:30: Sand Art 10:30: Sequencing 11:00: Charades 12:30: PM Stretch 1:30: Entertainment! 2:30: Gary Landgren	10:30 Prayer & Reflection  12:30 Mindfulness Exercises
<b>Friday 24</b>  <b>Lunch:</b>  BBQ Pulled Pork, Bun, Sweet Potatoes, Tossed Salad and Frosted Cake	9:30: At the Fair 10:30: Poetry Reading 11:00: Memory Table 12:30: PM Stretch 1:30: Parachute 2:30: Your Opinion Counts	10:30 Painting Group  12:30 Summit Singers

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<b>Tuesday 28</b>  <b>Lunch:</b>  Ham Steak, Red Potatoes, Bean Salad and Mandarin Oranges	9:30: Wacky Wordies 10:30: A Day at the Races 11:00: Brain Teasers 12:30: PM Stretch 1:30: Pictionary 2:30: Facials	10:30 Creative Cards  12:30 Women's Group
<b>Wednesday 29</b>  <b>Lunch:</b>  Hamburger, Roll, Baked Beans, Salad and Cookies	9:30: Word Mining 10:30: Drama Club 11:00: Mathematics 12:30: PM Stretch 1:30: Name 10 2:30: Clay Sculptures	10:30 Baby Boomers  12:30 Spiritual Devotions
<b>Thursday 30</b>  <b>Lunch:</b>  Chicken Cordon Bleu, Rice Pilaf, Carrots and Strawberry Shortcake	9:30: Brain Teasers 10:30: Jewelry Craft 11:00: Price is Right 12:30: PM Stretch 1:30: Minute to Win It 2:30: You Be the Judge	10:30 Prayer & Reflection  12:30 Mindfulness Exercises
<b>Friday 31</b>  <b>Lunch:</b>  Scrambled Eggs, Sausage Pattie, Waffles, Syrup and Peach Melba	9:30: State Nickname Match 10:30: Share Your Thoughts 11:00: US Citizenship Test 12:30: PM Stretch 1:30: Memory Table 2:30: Hum That Tune	10:30 Painting Group  12:30 Summit Singers

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- 11:30—Lunch
- 1:00—Walking Group
- 3:30 – 5:00—Small Groups