



2022 September Life Enrichment Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>joyful moments</p> <p><small>NATIONAL ASSISTED LIVING WEEK SEPTEMBER 11-17, 2022</small></p>	<p>HAPPY BIRTHDAY:</p> <p>Warren A. 9/1 Nancy E. 9/9 Harry C. 9/14 Edward W. 9/27 Beverly R. 9/29</p>	<p>Outings:</p> <p>Kimball Farm 9/1 Great Brook Farm State Park 9/13 Apple Picking at Tougas Farm 9/23</p> <p>Special Events:</p> <p>Resident Ice Cream Social 9/19 The Westford Senior Center "Up Beats" Musical Concert 9/22</p>	 <p>Hello Fall</p>	<p>10:00 Namaste Wellness Chair Pilates</p> <p>10:30 Good News & Happenings 1</p> <p>11:00 Golden Notes Rehearsal w/Jean</p> <p>11:30 60's Trivia Games</p> <p>1:30 Outing: Kimball Farm</p> <p>2:00 Sing Along with Suzie Q</p> <p>2:30 Fun and Table Games</p> <p>4:00 Chair Volleyball</p> <p>6:00 Movie Night: Resident's Choice</p> <p>7:00 Music and Relaxation Hour</p>	<p>10:00 Good News & Happenings 2</p> <p>10:30 Chair Workout Exercises</p> <p>11:00 Knitting Circle: A Stitch in Time</p> <p>11:30 The Price is Right</p> <p>2:00 Bingo: Game of Chance</p> <p>2:30 Oldies Singalong</p> <p>4:00 Namaste Wellness Chair Tai Chi</p> <p>6:00 Puzzles & Board Games</p> <p>7:00 Friday Night Flick</p>	<p>10:00 Morning Stretch 3</p> <p>10:30 Good News & Happenings</p> <p>11:00 Trivia Games</p> <p>11:30 Game of Scrabble</p> <p>2:00 Manicures & Hand Massages</p> <p>2:30 Canvas Art & Painting</p> <p>4:00 Maraca Exercises</p> <p>4:30 Sing Along with Mary Sue</p> <p>6:00 Puzzles & Board Games</p> <p>7:00 Netflix Series Night</p>
<p>10:00 Prayers & Communion w/Blessed Trinity Church 4</p> <p>10:30 Good News & Happenings</p> <p>11:00 Stars & Stripes Exercises</p> <p>11:30 Wheel of Fortune</p> <p>2:00 Sing Along with Suzie Q</p> <p>2:30 Crafter's Corner: Bead Making</p> <p>4:00 Music in Motion Exercises</p> <p>4:30 Trivia Games</p> <p>6:00 Documentary of Choice</p>	<p>10:00 Sit & Be Fit Exercises 5</p> <p>10:30 Good News & Happening</p> <p>11:00 Live Entertainment: "Debi Block's Labor Day Show"</p> <p>11:30 Animal Trivia</p> <p>2:00 Bingo: Game of Chance</p> <p>2:30 Who wants to be a Millionaire</p> <p>4:00 Namaste Wellness Chair Yoga</p> <p>4:30 Game of Scrabble</p> <p>6:00 Travel Tour w/Jacqueline</p>	<p>10:00 Good News & Happenings 6</p> <p>10:30 Chair Pilates Class</p> <p>11:00 Praying of the Rosary w/Blessed Trinity Church</p> <p>11:30 Trivia Games</p> <p>2:00 Zumba & Fitness w/Carol</p> <p>3:30 Bridge Club w/Mike</p> <p>4:00 Fitness Made Fun</p> <p>4:30 Sing Along with Mary Sue</p> <p>6:00 Family Feud</p>	<p>10:00 Good News & Happenings 7</p> <p>10:30 Maraca Exercises</p> <p>11:00 Live Entertainment: "Lenny Pearl: Frank Sinatra"</p> <p>11:30 The Price is Right</p> <p>2:00 Bingo: Game of Chance</p> <p>2:30 Wheel of Fortune</p> <p>4:00 Namaste Wellness Chair Pilates</p> <p>4:30 Manicures & Hand Massages</p> <p>6:00 Barnyard Trivia</p>	<p>10:00 Namaste Wellness Chair Pilates 8</p> <p>10:30 Good News & Happenings</p> <p>11:00 Golden Notes Rehearsal w/Jean</p> <p>11:30 Trivia Games</p> <p>2:00 Live Entertainment: Brian Kane "Summer Jazz"</p> <p>2:30 Canvas Art & Painting</p> <p>4:00 Bowling to the Oldies</p> <p>6:00 Movie Night: Resident's Choice</p> <p>7:00 Music and Relaxation Hour</p>	<p>10:00 Fresh Start Gardening Club 9</p> <p>10:30 Good News & Happenings</p> <p>11:00 Chair Workout Exercises</p> <p>11:30 Knitting Circle: A Stitch in Time</p> <p>2:00 Bingo: Game of Chance</p> <p>2:30 Memory Scrapbooking</p> <p>4:00 Namaste Wellness Chair Tai Chi</p> <p>4:30 Game of Scrabble</p> <p>6:00 Brain Fitness w/Bridget</p> <p>7:00 Friday Night Flick</p>	<p>10:00 Morning Stretch 10</p> <p>10:30 Good News & Happenings</p> <p>11:00 Sing Along with Suzie Q</p> <p>11:30 Wheel of Fortune</p> <p>2:00 Fun & Fit Exercises</p> <p>2:30 Memory Scrapbooking</p> <p>4:00 Chair Tennis</p> <p>4:30 Family Feud</p> <p>6:00 Who Wants to Be a Millionaire?</p> <p>7:00 Netflix Series Night</p>
<p>10:00 Prayers & Communion w/Blessed Trinity Church 11</p> <p>10:30 Good News & Happenings</p> <p>11:00 Sit & Be Fit Exercises</p> <p>2:00 NALW: Happy Hour & Trivia Games</p> <p>2:30 Jeopardy</p> <p>4:00 Chair Dance Exercises</p> <p>4:30 Tea & Reminisce</p> <p>6:00 Documentary of Choice</p>	<p>10:00 Balance Barre Fitness w/Lifelong 12</p> <p>10:30 Good News & Happening</p> <p>11:00 NALW: Live Entertainment: "Eric Baldwin: Jazz Duo"</p> <p>11:30 The Price is Right</p> <p>2:00 Taster's Choice: Baking Group</p> <p>2:30 Game of Scrabble</p> <p>4:00 Namaste Wellness Chair Yoga</p>	<p>10:00 Good News & Happening 13</p> <p>10:30 Chair Pilates Class</p> <p>11:00 Communion Service w/Blessed Trinity Church</p> <p>1:30 NALW: Outing: Great Brook Farm State Park</p> <p>2:00 Zumba & Fitness w/Carol</p> <p>3:30 Bridge Club w/Mike</p> <p>4:00 Toss & Catch Ball Game</p> <p>6:00 Brain Fitness w/Bridget</p>	<p>10:00 Good News & Happenings 14</p> <p>10:30 Steps in Time: Ballroom Dancing w/Michael</p> <p>11:00 Sing Along with Mary Sue</p> <p>11:30 Canvas Art & Painting</p> <p>2:00 NALW: Mark West on the Piano</p> <p>2:30 Jeopardy</p> <p>4:00 Namaste Wellness Chair Pilates</p> <p>4:30 Word Scramble</p> <p>6:00 Who Wants to Be a Millionaire?</p>	<p>10:00 Namaste Wellness Chair Pilates 15</p> <p>10:30 Good News & Happenings</p> <p>11:00 Golden Notes Rehearsal w/Jean</p> <p>11:30 iN2L Trivia Games</p> <p>2:00 NALW: Golden Moments Memory Scrapbooking</p> <p>4:00 Chair Volleyball</p> <p>4:30 Comedy Hour: Jokes & Riddles</p> <p>6:00 Movie Night: Resident's Choice</p>	<p>10:00 Good News & Happenings 16</p> <p>10:30 Chair Workout Exercises</p> <p>11:00 NALW: Rick Steeves: Arm Chair Travel</p> <p>11:30 Knitting Circle: A Stitch in Time</p> <p>2:00 Bingo: Game of Chance</p> <p>4:00 Namaste Wellness Chair Tai Chi</p> <p>4:30 Game of Scrabble</p> <p>6:00 Brain Fitness w/Bridget</p> <p>7:00 Friday Night Flick</p>	<p>10:00 Morning Stretch 17</p> <p>10:30 Good News & Happenings</p> <p>11:00 iN2L Trivia Games</p> <p>11:30 Sing Along with Mary Sue</p> <p>2:00 NALW: Manicures & Hand Massages</p> <p>2:30 Canvas Art & Painting</p> <p>4:00 Maraca Exercises</p> <p>4:30 Crafter's Corner: Bead Making</p> <p>6:00 Puzzles & Board Games</p> <p>7:00 Netflix Series Night</p>
<p>10:00 Prayers & Communion w/Blessed Trinity Church 18</p> <p>10:30 Good News & Happenings</p> <p>11:00 Stars & Stripes Exercises</p> <p>11:30 Wheel of Fortune</p> <p>2:00 Sing Along with Suzie Q</p> <p>2:30 Trivia Games</p> <p>4:00 Music in Motion Exercises</p> <p>4:30 Who Wants to Be a Millionaire?</p> <p>6:00 Documentary of Choice</p>	<p>10:00 Fun Chair Exercises 19</p> <p>10:30 Good News & Happenings</p> <p>11:00 Spelling Bee w/Karen</p> <p>11:30 Canvas Art & Painting</p> <p>2:00 Resident Ice Cream Social</p> <p>2:30 Game of Scrabble</p> <p>4:00 Namaste Wellness Chair Yoga</p> <p>4:30 Puzzles & Board Games</p> <p>6:00 Brain Fitness w/Bridget</p>	<p>10:00 Fitness w/Gretchen 20</p> <p>10:30 Chair Pilates Class</p> <p>11:00 Praying of the Rosary w/Blessed Trinity Church</p> <p>11:30 Memory Scrapbooking</p> <p>2:00 Zumba & Fitness w/Carol</p> <p>3:30 Bridge Club w/Mike</p> <p>4:00 Spiritual Worship w/Rev. Wade</p> <p>4:30 Trivia Games</p>	<p>10:00 Good News & Happenings 21</p> <p>10:30 Move & Groove w/Laura</p> <p>11:00 Canvas Art & Painting</p> <p>11:30 Sensory & Relaxation w/Amanda</p> <p>2:00 Live Entertainment: "John Clark: Latin Music"</p> <p>2:30 Wheel of Fortune</p> <p>4:00 Namaste Wellness Chair Pilates</p> <p>6:00 Barnyard Trivia</p>	<p>10:00 Namaste Wellness Chair Pilates 22</p> <p>10:30 Good News & Happenings</p> <p>11:00 Golden Notes Rehearsal w/Jean</p> <p>11:30 Trivia Games</p> <p>2:00 The Westford Senior Center "Up Beats" Musical Concert</p> <p>4:00 Fitness Made Fun</p> <p>4:30 Puzzles & Board Games</p> <p>6:00 Movie Night: Resident's Choice</p> <p>7:00 Music and Relaxation Hour</p>	<p>10:00 Fresh Start Gardening Club 23</p> <p>10:30 Outing: Apple Picking at Tougas Farm</p> <p>11:00 Bingo: Game of Chance</p> <p>11:30 Knitting Circle: A Stitch in Time</p> <p>2:00 Live Entertainment: "Denise Doucette: Music Magic"</p> <p>4:00 Namaste Wellness Chair Tai Chi</p> <p>4:30 Jeopardy</p> <p>6:00 Brain Fitness w/Bridget</p>	<p>10:00 Morning Stretch 24</p> <p>10:30 Good News & Happenings</p> <p>11:00 Sing Along with Suzie Q</p> <p>11:30 Wheel of Fortune</p> <p>2:00 Fun & Fit Exercises</p> <p>2:30 Memory Scrapbooking</p> <p>4:00 Chair Tennis</p> <p>4:30 Family Feud</p> <p>6:00 Who Wants to Be a Millionaire?</p> <p>7:00 Netflix Series Night</p>
<p>10:00 Prayers & Communion w/Blessed Trinity Church 25</p> <p>10:30 Good News & Happenings</p> <p>11:00 Sit & Be Fit Exercises</p> <p>11:30 Jeopardy</p> <p>2:00 Taster's Choice: Baking Group "Apple Crisp"</p> <p>2:30 Memory Scrapbooking</p> <p>4:00 Chair Dance Exercises</p> <p>4:30 Trivia Games</p> <p>6:00 Documentary of Choice</p>	<p>10:00 Balance Barre Fitness w/Lifelong 26</p> <p>10:30 Good News & Happenings</p> <p>11:00 Bingo: Game of Chance</p> <p>11:30 Sing Along with Mary Sue</p> <p>2:00 Ted Powers: Golden Oldies</p> <p>2:30 The Price is Right</p> <p>4:00 Namaste Wellness Chair Yoga</p> <p>4:30 Puzzles & Board Games</p> <p>6:00 Tea & Reminisce w/Jacqueline</p>	<p>10:00 Good News & Happening 27</p> <p>10:30 Resident Council w/Erica</p> <p>11:00 Praying of the Rosary w/Blessed Trinity Church</p> <p>11:30 Trivia Games</p> <p>2:00 Zumba & Fitness w/Carol</p> <p>3:30 Bridge Club w/Mike</p> <p>4:00 Cornhole Competition</p> <p>4:30 Family Feud</p> <p>6:00 Brain Fitness w/Bridget</p>	<p>10:00 Good News & Happenings 28</p> <p>10:30 Maraca Exercises</p> <p>11:00 Bingo: Game of Chance</p> <p>11:30 Animal Trivia</p> <p>2:00 Live Entertainment: "Joe Malone: The Beatles"</p> <p>2:30 Manicures & Hand Massages</p> <p>4:00 Beeyonders: Ancient Forest of Canada</p> <p>4:30 Game of Scrabble</p> <p>6:00 Who Wants to Be a</p>	<p>10:00 Namaste Wellness Chair Pilates 29</p> <p>10:30 Good News & Happenings</p> <p>11:00 Golden Notes Rehearsal w/Jean</p> <p>11:30 Trivia Games</p> <p>2:00 Live Entertainment: "Brian Kane: Jazz & More"</p> <p>2:30 Word Scramble</p> <p>4:00 Kickball Trivia</p> <p>4:30 Sing Along with Mary Sue</p> <p>6:00 Movie Night: Resident's Choice</p> <p>7:00 Music and Relaxation Hour</p>	<p>10:00 Good News & Happenings 30</p> <p>10:30 Chair Workout Exercises</p> <p>11:00 Live Entertainment: "The Metropolitan Duo"</p> <p>11:30 Knitting Circle: A Stitch in Time</p> <p>2:00 Bingo: Game of Chance</p> <p>2:30 The Price is Right</p> <p>4:00 Namaste Wellness Chair Tai Chi</p> <p>6:00 Brain Fitness w/Bridget</p> <p>7:00 Friday Night Flick</p>	<p><i>Live every moment</i></p> <p><i>Love beyond words</i></p> <p><i>Laugh every day</i></p>