




February 2019 - Carmel Terrace - Social Opportunities



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>AAACCCCHHOOOOOO!! As we are in the midst of cold and flu season, we offer a reminder about frequent handwashing-- soap and warm water for 20 seconds and remember to sneeze into the crook of your arm, not into your hands! Together we can help to ensure your health and wellness. Reminder: For safety, replace your worn cane or walker tips and make sure to wear shoes with non-skid soles if venturing outside!</p>			<p>REMINDER: PLEASE SIGN UP IN ADVANCE AT COMMUNICATIONS TABLE NEAR YOUR MAILBOXES FOR ALL ACTIVITIES WITH AN *. Thank you!</p> <p>All trips are weather permitting--It's February in New England! ☺</p> <p>Please inform the front desk of your Tues/Thurs. medical transportation requests as soon as possible.</p>	<p>Ecumenical Services Ecumenical Services will be offered again in the late Spring/early Summer as Rev. Greg Morrise is away on Sabbatical. We wish him well on his journey.</p>	<p>1 Rite of Exposition 1st Fri 10:00 am – 1:30 pm <i>Cinema is in Use Today for Meeting</i> 9:15- 10:15 Walking Club Pedometer Check 9:30 Daily Mass; Rosary 9:30 Health Club Opens 10:30 Exercise Class Begins 11:15 Classic Radio Shows 2:00 Ceramics with Diane 3:15 News Currents (in Arts and Crafts Room Today) 4:00 Social Hour</p>	<p>2 The Country Kitchen is Reserved Today for a Private Event from 11:30 am – 4 pm</p> <p>9:30 Daily Mass; Rosary 1:45 Afternoon Movie 6:15 TV in the Club Room</p>
<p>3 The Country Kitchen is Reserved Today for a Private Event 11:00 am – 1:00 pm</p> <p>9:30 Daily Mass; Rosary</p> <p>1:30 Sacraments Talk with Fr. George Brown in the Chapel</p> <p>6:30 PATRIOTS SUPERBOWL in Arts and Crafts Room!* Please sign up if you plan on attending! Let's Go!</p>	<p>4 Banking Today</p> <p>9:30 Daily Mass; Rosary 9:30 Health Club Opens 10:15 Exercise Class Begins 11:00 ARTMATTERS Presentation on Ancient Egypt with Regina 1:30-4:00 Knitting Group 2:00 Afternoon Movie 4:00 Social Hour</p>	<p>5 Medical Transportation</p> <p>9:30 Daily Mass; Rosary 10:45 Tai Chi Exercise 12:00 CHINESE FOOD LUNCHEON HERE at CARMEL TERRACE* Must Sign up in advance. 1:45 Bingo 3:00 Lifelong Learning with Mass Audubon's Blue Hills Trailside Museum. Come see LIVE OWLS here at Carmel</p> <p>Terrace whooo? Owls! 4:00 Social Hour</p>	<p>6 Hair Salon Open Today</p> <p>9:30 Daily Mass; Rosary 9:30 Health Club Opens 10:30 Exercise Class Begins 10:00 Depart for Rivers School Chamber Orchestra with Men's and Women's Chorus* 1:30 Trip to CVS* 2:15 MEN'S GROUP MEETS 3:45 Social Hour with Dissipated Eight - an a cappella singing group! 6:15 Evening Bingo with Cindy</p>	<p>7 Hair Salon Open Today</p> <p>BANKING 2 pm – 4 pm Medical Transportation</p> <p>9:30 Daily Mass; Rosary 10:45 Tai Chi 11:30 Finish the Line/Lyric 1:00 Book Club with Sherry 1:45 Bingo 3:00 "I Love Lucy" Video 3:45 Social Hour with Dave Andrews and Steve Heck – Music and Comedy!</p>	<p>8</p> <p>9:15- 10:15 Walking Club Pedometer Check 9:30 Daily Mass; Rosary 9:30 Health Club Opens 10:30 Exercise Class Begins 11:15 Sunday Readings with Sr. Jane 2:15 News Currents 4:00 Social Hour 6:15 Cards in the Club Room</p>	<p>9 (snow date for private event in Country Kitchen 11:30 – 1:30 pm)</p> <p>9:30 Daily Mass; Rosary 10:15 SAIL Fall Prevention Exercise Class 1:45 Afternoon Movie 2:00 Bingo 3:15 What's in a Word? 4:00 Social Hour 6:15 TV in the Club Room</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10 9:30 Daily Mass; Rosary</p> <p>2:00 Afternoon Movie</p>	<p>11 Banking 10 am- 12 pm</p> <p>9:30 Daily Mass; Rosary 9:30 Health Club Opens 10:30 Exercise Class Begins 11:30 Memory Games 1:30-4:00 Knitting Group 2:00 Afternoon Movie 2:15 Make Valentines For Your Family, Friends and St. Patrick's Manor Residents*  4:00 Social Hour</p>	<p>12 Medical Transportation</p> <p>9:30 Daily Mass; Rosary 10:45 Tai Chi Exercise 11:30 Jog Your Noggin' Trivia 1:45 Bingo 3:00 Resident Meeting: All residents encouraged to attend. 4:00 Social Hour</p>	<p>13 Hair Salon Open Today Cinema Theater Not Available Today</p> <p>9:30 Daily Mass; Rosary 9:30 Health Club Open 10:30 Exercise Class Begins 10:30 Trip to Stop and Shop*</p> <p> 12:00 FEBRUARY BIRTHDAY LUNCHEON 2:00 HOW SWEET! Decorate Valentine Cookies !*  3:45 Social Hour Entertainment with Violynne and Ray Valente 6:15 Evening Bingo With Cindy</p>	<p>14 Hair Salon Open Today BANKING 2 pm- 4 pm Medical Transportation Valentine's Day</p> <p>9:30 Daily Mass; Rosary 10:45 Tai Chi Exercise 11:30 Other People's Love Letters- Letters You Were Never Meant to See 1:00 Book Club with Sherry 1:45 Bingo 3:00 FOOD FORUM MEETING- ALL RESIDENTS ARE ENCOURAGED TO ATTEND 4:00 pm Roses from "Wish of a Lifetime" Will be Distributed. 4:00 Social Hour – 4:15 pm to 4:30 pm we will have a visit from the Singing Valentines</p>	<p>15 9:15- 10:15 Walking Club Pedometer Check 9:30 Daily Mass; Rosary 9:30 Health Club Opens 10:30 Veterans' Coffee Social 10:30 Exercise Class Begins 11:15 Sunday Readings with Sr. Jane 1:45 News Currents 3:00 Plant and Paint with Roberta* 4:00 Social Hour 6:15 Cards in the Club Room</p>	<p>16 9:30 Daily Mass; Rosary 1:45 Afternoon Movie 2:00 Bingo 3:15 Sing A Long with Tara 4:00 Social Hour 6:15 TV in the Club Room</p>
<p>17 9:30 Daily Mass; Rosary</p> <p>2:00 Afternoon Movie</p>	<p>18 President's Day No Banking Today</p> <p>9:30 Daily Mass; Rosary 9:30 Health Club Opens 10:30 Exercise Class Begins 11:30 Biography of Abraham Lincoln 1:30-4:00 Knitting Group 1:45 Afternoon Movie 2:00 Afternoon In House Stroll 3:45 Social Hour with Pianist Mark West</p>	<p>19 Medical Transportation</p> <p>9:30 Daily Mass; Rosary 10:00 Donut Time 10:45 Tai Chi Exercise 11:30 Laughter is the Best Medicine –Funny Videos 1:45 Bingo 3:00 History Professor Jon Huibregtse Speaks on "Presidents and Television" 4:00 Social Hour</p>	<p>20 Hair Salon Open Today The Cinema is Not Available Today</p> <p>8:45 Departure for Loring Arena for Chair Ice Skating with FSU Hockey Team*</p> <p>9:30 Daily Mass; Rosary 9:30 Health Club Opens 10:30 Exercise Class Begins 12:00 Men's Romeo Luncheon 2:00 Fully Clothed Massage* 4:00 Social Hour 6:15 Evening Bingo with Cindy 7:15 African Violet Group Meets</p>	<p>21 Hair Salon Open Today Banking 2 pm- 4 pm Medical Transportation</p> <p>9:30 Daily Mass; Rosary 10:45 Tai Chi Exercise 11:30 LOW VISION/ Memory Assistance MEETS to SIGN UP for NEXT MONTH'S EVENTS 1:00 Book Club with Sherry 1:45 Bingo 3:00 Mr. DJ's Sing A Long with Tad Davis in the Cinema Theater 4:00 Social Hour</p>	<p>22 9:15- 10:15 Walking Club Pedometer Check 9:30 Daily Mass; Rosary 9:30 Health Club Opens 10:30 Exercise Class Begins 11:15 Sunday Readings with Sr. Jane 1:30 Departing for Trip to WWII Museum in Natick* 3:15 News Currents 4:00 Social Hour 6:15 Cards in the Club Room</p>	<p>23 9:30 Daily Mass; Rosary 10:15 SAIL Fall Prevention Exercise Class 1:45 Afternoon Movie 2:00 Bingo 3:00 What's In a Word? 4:00 Social Hour 6:15 TV in the Club Room</p>
<p>24 9:30 Daily Mass; Rosary</p> <p>2:00 Afternoon Movie</p>	<p>25 Banking 10 am- 12 pm</p> <p>9:30 Daily Mass; Rosary 9:30 Health Club Opens 10:30 Exercise Class Begins 10:30 Trip to Walgreens* 1:30-4:00 Knitting Group 2:00 Afternoon Movie 4:00 Social Hour</p>	<p>26 Medical Transportation</p> <p>9:30 Daily Mass; Rosary 10:45 Tai Chi Exercise 11:30 Stories of Hope and Miracles 2:00 Bingo 3:00 Blood Pressure Clinic* 3:45 Social Hour - Ray Valente and Violynne are back again by popular demand!</p>	<p>27 Hair Salon Open Today</p> <p>9:30 Daily Mass; Rosary 9:30 Health Club Opens 10:30 Exercise Class Begins 11:15: Jog Your Noggin' Trivia 11:30 LUNCH OUTING to Ken's Steakhouse* 2:00 Art Class with Linda – Trees 3:00 Therapist Carleton Kendrick Presents "The End of 'Old Age'" 4:00 Social Hour 6:15 Evening Bingo with Cindy</p>	<p>28 Hair Salon Open Today Banking 2 pm- 4 pm Medical Transportation</p> <p>9:30 Daily Mass; Rosary 10:45 Tai Chi Exercise 11:30 Sr. Jane 's Sunday Readings 1:00 Book Club with Sherry 1:45 Bingo 3:00 Dessert Making and Eating with Melissa - Ice Box Zebra Cake* 3:45 Social Hour Sing-A-Long with Mel Stiller</p>	<p>In Europe, Senior Citizens are chair ice skating! We are fortunate to have a newly renovated disability friendly ice arena here in Framingham who wants to chair skate with us, in partnership with Framingham State University Hockey Team! Come to an information sharing about this event after the Resident Meeting on February 12th in the Arts and Crafts Room. See a video!</p> <p>Make time for YOU to relax and enjoy! <u>Consider bringing a friend to an activity to try it out!</u></p>	<p><u>Religious Services in our Chapel</u> Daily 9:30 AM Daily Mass Followed By Daily Rosary</p> <p><u>Citizens Bank on Campus</u> MONDAY 10:00 AM - 12:00 PM THURSDAY 2:00 PM - 4:00 PM</p> <p><u>Hair/Barber Salon</u> WEDNESDAY & THURSDAY</p> <p><u>Manicures</u> WEDNESDAY & THURSDAY</p> <p>Please check the daily sheets at the Communications Table near your mailboxes, for the most up to date offerings, times and locations.</p>

