

Goddard House Assisted Living

December 2018

Olmsted Programs 1st Floor

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30</p> <p>9:30 A Matter of Balance 10:00 Energy Break 10:00 Broadcast Mass 10:15 Art Class 11:15 Travel the World 1:00 A to Z Trivia 2:00 Prize Bingo 3:15 Concert John & Lori Wadkins -Palm Court 3:15 Music Program 4:30 Walking Club 6:00 Musical Trivia 7:15 Evening Movie 8:00 Energy Break</p>	<p>NEW YEAR'S EVE! 31</p> <p>9:30 MUSIC with ANGEL! 10:45 Energy Break 11:00 Karaoke w/Interns 1:00 New Year Customs & Traditions 1:30 Words in a Word 2:00 New Year's Celebrations Round the World 3:00 New Year's Party 3:45 ART Design 4:15 A Matter of Balance 6:00 Evening Movie 8:00 Energy Break</p>		<p><u>Programming Guide</u></p> <ul style="list-style-type: none"> • Lifelong Learners • Arts and Music • Life Celebration • Health & Wellness/Fitness • Spiritual Expression • Nature Focus • Relaxation/Just for fun! • Social Engagement • Community Trips • Interests/Hobbies 	<p><u>Daily 1:1 & Small Group* Programming w/RCA's</u></p> <ul style="list-style-type: none"> • 9:30 Exercise Group • 10:00 Energy Break • 10:45 Manicures • 11:00 Walks • 1:30 Puzzles/Art/Games • 2:00 Walks • 2:30 Read/Music/Photo &/or Magazine Browse • 3:30 Manicures • 4:00 Walks • 7:15 Puzzles /Photo &/or Magazine Browse in DR <p>*Focused 1:1support (20-30mins)</p>	<p>December Birthdays:</p> <p>Valerie G. – 1st</p>	<p>VALERIE'S Birthday 1</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:45 Pictionary 1:00 Travel the World 1:30 Creative Arts w/Natalia 2:30 Danny O'Donnell Show 3:00 Valerie's Birthday Party 3:30 Music Thru the Decades 4:15 Healing Hearts YOGA 6:00 Guess Who Trivia! 7:15 Evening Movie 8:00 Energy Break</p>
<p>Hanukkah Begins 2</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:00 Broadcast Mass 10:00 Art Class 11:00 Words in a Word 1:00 Danny O'Donnell Show 2:00 Trivia 3:00 Energy Break 3:15 Music Program 3:15 Concert: Joe Sadaro 4:30 Matter of Balance 4:45 Lighting the Menorah 6:15 Evening Movie 8:00 Energy Break</p>	<p>3</p> <p>9:30 MUSIC w/ANGEL! 10:45 Energy Break 11:00 Karaoke w/Interns 1:00 Name Ten Trivia 2:00 ART CLASS 2:00 Preview Lecture: ART Show--Traditional 3:15 Holiday Crafts 4:00 A Matter of Balance 4:30 Music Program 4:45 Lighting the Menorah 6:15 Mind Stretchers 7:00 Evening Movie 8:00 Energy Break</p>	<p>4</p> <p>9:30 A Matter of Balance 10:00 Energy Break 10:00 Reconnections: Attack on Pearl Harbor 10:45 Reminiscing w/Natalia 11:00 Holiday Sing-a-long 1:00 Reconnections: Sacrifices of WWII 1:40- Trivia w/Natalia 2:00 Dance with Audrey 3:00 Energy Break 3:15 The Story of Hanukkah 4:00 Music with Deb 4:45 Lighting the Menorah 6:00 Name Ten 7:15 Evening Movie</p>	<p>5</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:15 Reconnections: Sights of Pearl Harbor 10:45 Name that TUNE! 1:00 Reconnections: Food Rationing 1:45 Dancing w/ Natalia 2:45 Holiday Cooking: 3:15 Art History 4:00 CHOIR with Deb 2nd fl. 4:15 Healing Hearts YOGA 4:45 Lighting the Menorah 6:00 Words in a Word 7:15 Evening Movie 8:00 Energy Break</p>	<p>Olmsted Holiday Party 6</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:30 Holiday Sing-a-long 10:45 Art History 1:00 Travel the World 1:30 Music with ANGEL 2:45 Reconnections: Hawaiian Sweet Treats 3:30 Mind Stretchers 4:00 YOGA 4:45 Lighting the Menorah 5:00 HOLIDAY DINNER PARTY & Dancing to the Winiker Band!</p>	<p>7</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:45 Music Group w/SALLY 10:45 Trivia w/Natalia 1:00 DANCE with AUDREY 1:45 Around the World w/Natalia 2:45 Energy Break 3:30 Creative Arts w/Natalia 3:15 Shabbat Service 4:15 Healing Hearts/YOGA 4:45 Lighting the Menorah 6:00 Mind Joggers 7:15 Evening Movie 8:00 Energy Break</p>	<p>8</p> <p>9:30 A Matter of Balance 10:00 Music Group w/EMILY 11:15 Mind Stretchers 1:00 National Parks 1:30 Pictionary! 2:30 Dance w/ Natalia! 3:00 Energy Break 3:15 BU Sch. Of Music Concert- Palm Ct 4:30 Healing Hearts YOGA 4:45 Lighting the Menorah 6:00 Guess Who Trivia 7:15 Evening Movie 8:00 Energy Break</p>
<p>9</p> <p>9:30 A Matter of Balance 10:00 Energy Break 10:00 Broadcast Mass 10:15 Art 11:15 Trivia 1:00 Holiday Songfest 2:00 Name Ten Trivia 3:15 Concert Frank Adams -Palm Court 3:15 Music Program 4:30 Walking Club 4:45 Lighting the Menorah 7:15 Evening Movie 8:00 Energy Break</p>	<p>Hanukkah ends 10</p> <p>9:30 MUSIC with ANGEL! 10:45 Energy Break 11:00 Karaoke w/Interns 11:00 1:00 Name Ten Trivia 1:00 Music Program 1:30 Words in a Word 2:00 3:00 Energy Break 3:15 ART Design 4:15 A Matter of Balance 6:00 Who Am I? 7:00 Evening Movie 8:00 Energy Break</p>	<p>Hair Salon Open 11</p> <p>9:30 A Matter of Balance 9:30 ENCHANTED VILLAGE Trip 10:15 Energy Break 10:30 Classic NE Winter Destinations 11:15 Words in a Word 1:00 Reconnections: The Berkshires in Winter 1:30 Trivia w/Natalia 2:00 Dance with Donna 3:15 Energy Break 3:30 Creative Arts/Healing 4:00 Music with Deb 6:00 Name Ten Trivia 7:15 Evening Movie 8:00 Energy Break</p>	<p>12</p> <p>9:30 A Matter of Balance 9:30 American Rep Theater Trip 10:00 Energy Break 10:15 Reconnections: Winter Outdoor Sports 10:45 Name that Tune! 1:00 Reconnections: Winter in Vermont 1:45 Dance with Natalia 2:45 Energy Break 3:15 Art History 4:00 Healing Hearts YOGA 4:00 CHOIR with Deb 2nd fl 6:00 Words in a Word 7:15 Evening Movie 8:00 Energy Break</p>	<p>13</p> <p>9:30 A Matter of Balance 10:00 Energy Break 10:15 Winter on Cape Cod 10:45 Name that Tune! 11:15 A to Z Trivia 11:30 Museum Trip! 1:00 Travel the World 1:30 Music with ANGEL! 2:45 Energy Break 3:00 Mind Stretchers 4:00 Healing Hearts YOGA 6:00 Words in a Word 7:15 Evening Movie</p>	<p>14</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:45 Music Group w/Interns 10:45 Trivia w/Natalia 1:00 DANCE with AUDREY 2:00 Around the World w/Natalia 3:00 Energy Break 3:15 Creative Arts w/Natalia 3:15 Shabbat Service 4:15 Healing Hearts/YOGA 6:00 Mind Joggers 7:15 Evening Movie 8:00 Energy Break</p>	<p>15</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:40 Pictionary! 11:15 Art History 1:00 National Parks 1:30 Dance w/Natalia 2:30 Trivia 3:00 Energy Break 3:15 Art Class 4:30 Healing Hearts YOGA 6:00 Guess Who Trivia 7:00 Brookline Music School Performance – Palm Court 7:15 Evening Movie 8:00 Energy Break</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:40 Broadcast Mass 10:45 Arts & Crafts 1:15 Music Program 2:00 Puzzles/Games 3:00 Energy Break 3:15 Travel the World 3:15 Concert: Dieter Weislowski- Palm Court 4:30 Bend and Stretch 6:00 Mind Joggers 7:15 Evening Movie 8:00 Energy Break</p>	<p>17</p> <p>9:30 MUSIC with ANGEL! 10:00 Energy Break 10:15 Reconnections: Towns and Landmarks: Brookline 11:00 Karaoke w/Interns 1:00 Reconnections: Cambridge 1:45ART CLASS 2:30 Name Ten Trivia 3:00 Energy Break 3:30 Prize Bingo! 4:15 A Matter of Balance 6:00 Trivia 7:15Evening Movie 8:00 Energy Break</p>	<p>18</p> <p>9:30 A Matter of Balance 10:00 National Parks Program 10:00 MFA ACCESS TOUR 10:15 Energy Break 10:45 Reconnections: 1:00 Music Program 1:30 Reconnections: 2:00 Dance with Audrey 3:30 Creative Arts Healing 4:00 Music with Deb 6:00 Name Ten Trivia 6:45 Matt McCabe Concert- Palm Ct 7:15Evening Movie 8:00 Energy Break</p>	<p>19</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:45Reconnections Dorchester 1:00 Lexington and Concord 1:45DANCE w/Natalia 2:45 Energy Break 3:00 Holiday Cooking Class 4:00 Healing Hearts Yoga 4:00 Olmsted Holiday CHOIR concert- Palm Ct with Deb 2nd fl 6:00 What is in the News? 7:15 Evening Movie 8:00 Energy Break</p>	<p>20</p> <p>9:30 A Matter of Balance 10:00 Energy Break 10:15 Music Program 10:40 Arts & Crafts 11:30 DINER's CLUB 1:00 Travel the World 1:30 Music with ANGEL! 2:45 Energy Break 3:30 Trivia 4:15 Healing Hearts YOGA 6:00 Words in a Word 7:00 Lindsay Straw Sings- Palm Court 7:15 Evening Movie 8:00 Energy Break</p>	<p>21</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:45 Music Group w/Interns 10:45 Trivia w/Natalia 1:00 DANCE with AUDREY 2:00 Around the World w/Natalia 3:00 Energy Break 3:15 Creative Arts w/Natalia 3:15 Shabbat Service 4:15 Healing Hearts/YOGA 6:00 Mind Joggers 7:15 Evening Movie 8:00 Energy Break</p>	<p>22</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:00 Music Group w/EMILY 11:15 Pictionary 1:00 National Parks 1:40 Trivia 2:15 Dance w/ Natalia! 3:00 Energy Break 3:15 Jim Kellerman Performs- Palm Court 4:30 Healing Hearts YOGA 6:00 Guess Who Trivia 7:15 Evening Movie 8:00 Energy Break</p>
<p>23</p> <p>9:30Matter of Balance 10:15 Energy Break 10:30words in a Word 10:45 Broadcast Mass 1:15 A to Z Trivia 2:00 ART CLASS 3:15 Concert: Archie Richards-Palm Ct 3:15 Music Program 4:30 Walking Club 6:00 Trivia 7:15Evening Movie 8:00 Energy Break</p>	<p>24</p> <p>9:30 A Matter of Balance 10:15 Energy Break 11:00 Karaoke w/Interns 1:15 Mind Stretchers 2:00 Art Class 3:00 Energy Break 3:15 National Parks 3:45 Celtic Holiday Music Concert – Palm Court 6:00 Holiday Sing-a-long 7:15Evening Movie 8:00 Energy Break</p>	<p>Christmas Day 25</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:00 Reconnections Holiday Celebrations 'Round the World 11:00 Holiday Sing-a-long NOON: Holiday Luncheon 1:15 YANKEE SWAP 2:00 Dance with Audrey 3:15Energy Break 3:30 Creative Art 6:15 Holiday Movie 8:00 Energy Break</p>	<p>26</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:00 Reconnections: Holiday Traditions 11:00 Sing-a-long 1:45Word Games 2:15 Reconnections: The Best and Worst of the Holidays 2:45 Energy Break 3:00 Art Class 4:00 CHOIR with Deb 2nd fl 6:00 Words in a Word 7:15Evening Movie 8:00 Energy Break</p>	<p>27</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:30 Reconnections: 10:45 Name that Tune! 11:15 A to Z Trivia 11:30 Dining OUT! 1:00 Travel the World 1:30 Music with ANGEL! 2:45 Energy Break 3:00 Mind Stretchers 4:00Healing Hearts YOGA 6:00 Words in a Word 7:15 Evening Movie</p>	<p>28</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:45 Music Group w/SALLY 10:45 Trivia w/Natalia 1:00 DANCE with AUDREY 2:00 Around the World w/Natalia 3:00 Energy Break 3:15 Creative Arts w/Natalia 3:15 Shabbat Service 4:15 Healing Hearts/YOGA 6:00 Mind Joggers 7:15 Evening Movie 8:00 Energy Break</p>	<p>29</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:40 Pictionary! 11:15 Art History 1:00 National Parks 1:30 Dance w/Natalia 2:30 Trivia 3:00 Energy Break 3:15 Art Class 4:30 Healing Hearts YOGA 6:00 Guess Who Trivia 7:00 Brookline Music School Performance – Palm Court 7:15 Evening Movie 8:00 Energy Break</p>