

Goddard House Assisted Living

September 2018

Olmsted Programs 1st Floor

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:40 Broadcast Mass 10:45 Arts & Crafts 1:00 Name Ten Trivia 2:00 Nature Walk 3:00 Energy Break 3:15 Scenic Drives/America 3:30 Concert: Brian Kane Perform--- Palm Court 4:15 Walking Club 6:00 Mind Joggers 7:15 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"> 10:15 Manicures/Massage 11:15 Walks & 1:1 Talks 1:30 Puzzles/Art/Games 2:15 Read/Music/Photo &/or Magazine Browse 3:30 Puzzles/Art/Games 4:15 Walks & 1:1 Talks 7:15 Puzzles/Music/Photo &/or Magazine Browse 8:15 Walks & Talks <p>*Focused support (20-30mins) with 1-3 individuals</p>	<p><u>Birthdays:</u></p> <p><i>Astride 9/3</i> <i>Luise 9/9</i> <i>Nelia 9/19</i></p>	<p><i>Fall Weather permitting, groups may meet outdoors</i></p>		<p>1</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:45 Mind Stretchers 1:00 Sing-a-long 1:30 Prize Bingo! 2:30 Dance! 3:00 Energy Break 3:15 Music Thru the Decades 4:15 Healing Hearts YOGA 6:00 Guess Who Trivia! 7:15 Evening Movie 8:00 Energy Break</p>
<p>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 1:30 Nature Walks 2:00 Trivia 3:00 Energy Break 3:15 Music Program 3:15 Concert: Dieter Weslowski Palm Ct 4:30 Matter of Balance 6:15 Evening Movie 8:00 Energy Break</p>	<p>LABOR DAY 3</p> <p><i>Astride's Birthday!</i></p> <p>9:30 MUSIC with ANGEL! 10:45 Who Am I? 1:00 Name Ten 2:00 ART CLASS 2:45 <i>Astride's Birthday Party!</i> 3:30 Bananagrams 4:00 A Matter of Balance 4:30 Travel the World 6:15 Mind Stretchers 7:00 Evening Movie 8:00 Energy Break</p>	<p><i>Hair Salon Open</i> 4</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:00 Reconnections: Hawaii- People and its' Culture 10:00 Green City Growers 10:45 Reminiscing w/Natalia 1:30 Reconnections: Hawaiian Music/Dance 2:00 Dance with Donna 3:00 Energy Break 3:15 Creative Arts & Healing 4:00 Music with Deb 6:00 Name Ten 7:15 Evening Movie 8:00 Energy Break</p>	<p>5</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:30 Reconnections: How the Islands Formed 10:40 Small Groups w/Natalia 1:15 City Tour 1:15 Music Program 1:45 Dancing w/ Natalia 2:45 Energy Break: The Art of SPAM! 3:15 Art History 4:00 CHOIR with Deb 2nd fl. 4:15 Healing Hearts YOGA 6:00 Words in a Word 7:15 Evening Movie 8:00 Energy Break</p>	<p>6</p> <p>9:30 A Matter of Balance 9:30 Touch of H/ART Grp w/JOY 10:15 Energy Break 10:00 Historic Hawaiian Events 10:45 Energy Break 11:00 A to Z Trivia: Dept. Stores 11:30 Diner's Club 1:30 Music with ANGEL 2:45 Energy Break 3:00 Reconnections: Famous Places of Hawaii 3:30 Mind Stretchers 4:15 YOGA 6:00 CONCERT-Matt McCabe -- 7:15 Evening Movie 8:00 Energy Break</p>	<p>7</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:00 Music Program 10:45 Around the World with Natalia 1:00 DANCE with AUDREY 2:15 Creative Arts w/ Natalia 3:00 Energy Break 3:30 Shabbat Service 3:30 Healing Hearts YOGA 4:15 Name That Tune! 6:00 Mind Joggers 7:15 Evening Movie 8:00 Energy Break</p>	<p>8</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:30 Music 10:45 Mind Stretchers 1:30 Music Group w/EMILY 2:45 Energy Break 3:15 Music Through the Decades 4:15 Healing Hearts YOGA 6:00 Guess Who Trivia! 7:15 Evening Movie 8:00 Energy Break</p>
<p>Rosh Hashanah Begins 9</p> <p><i>LUISE'S Birthday!</i></p> <p>9:30 A Matter of Balance 10:00 Energy Break 10:00 Broadcast Mass 10:15 Art 11:15 Travel the World 1:00 Sing-a-long 2:00 Name Ten Trivia 2:45 <i>Luise's Birthday Party</i> 3:00 Music Program 3:15 Concert: Joe Sardara in Concert- Palm Court 4:30 Walking Club 6:00 Musical Trivia 7:15 Evening Movie 8:00 Energy Break</p>	<p>10</p> <p>9:00 Pet Pals Visit 9:30 A Matter of Balance 10:15 Energy Break 10:30 Rosh Hashanah History and Discussion 11:00 Words in a Word 1:00 BOXING: Work it Out! 1:00 Music Program 2:00 Nature Exploration 3:00 Challah, Apples & Honey 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><i>Hair Salon Open</i> 11</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:00 Reconnections: The Underwater World 10:00 Green City Growers 10:45 Reminiscing w/Natalia 1:30 Reconnections: The OCEANS 2:00 Dance with Audrey 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 10:15 Energy Break 10:30 Reconnections: The Titanic 10:40 Small Group w/Natalia 1:00 Music Program 1:15 Seaside Drive 1:45 Dance with Natalia 3:00 Energy Break 3:15 Reconnections: Underwater Art Treasures 3:15 Art History 4:00 Healing Hearts YOGA 4:00 CHOIR with Deb 2nd f 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 9:30 Touch of H/Art Grp w/JOY 10:15 Energy Break 10:00 Reconnections: Aquariums 10:45 Mind Joggers 1:00 Music Program 1:30 ART Class 2:45 Energy Break 3:00 Coral Reefs 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 10:40 Around the World w/ Natalia 1:00 DANCE with AUDREY 2:15 Creative Arts 3:00 Energy Break 3:15 Healing Hearts/YOGA 3:30 Shabbat Service 4:15 Name That Tune 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 10:45 Mind Stretchers 1:00 Sing-a-long 1:30 Prize Bingo! 2:30 Dance! 3:00 Energy Break 3:15 Music Thru the Decades 4:15 Healing Hearts YOGA 6:00 Guess Who Trivia 7:15 Evening Movie 8:00 Energy Break</p>

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<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 3:30 Concert: Joe Weinberg Perform--- Palm Court 4:30A Matter of Balance 6:00 Mind Joggers 7:15 Evening Movie 8:00 Energy Break</p>	<p>17</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:30 Jewelry Design-Walk to End Alzheimer's Fund Raiser – Part I 1:00Music Program 2:00 Scenic Drives America 3:15 Jewelry Design-Walk to End Alzheimer's Fund Raiser – Part II 4:15 A Matter of Balance 6:00 Poetry 7:15Evening Movie 8:00 Energy Break</p>	<p>Hair Salon Open</p> <p>18</p> <p>9:30 A Matter of Balance 10:00 Green City Growers 10:00 MFA ACCESS TOUR 10:00 Reconnections: Mozart, Bach & Beethoven 10:45 Reminiscing w/Natalia 1:00 Reconnections: Music of the Composers 2:00 Dance with Donna 3:10 Energy Break 3:30 Creative Arts Healing 4:00 Music with Deb 6:00 Name Ten Trivia 7:15Evening Movie 8:00 Energy Break</p>	<p><i>Nelia's Birthday!</i></p> <p>YOM KIPPUR</p> <p>19</p> <p>9:30 A Matter of Balance 10:00 Reconnections: Composers Continued 10:45 Small Groups w/Natalia 1:15 Country Drive 1:15 Reconnections: Composers-Who Am I? 1:45DANCE w/Natalia 3:00 <i>Nelia's Party!</i> 3:30 Art History 4:00 YOM KIPPUR SERVICE 4:00 Healing Hearts Yoga 4:00 CHOIR with Deb 2nd fl 6:00 Words in a Word 7:15Evening Movie</p>	<p><i>GRAB YOUR PASSPORT</i></p> <p>South Africa</p> <p>20</p> <p>9:30 A Matter of Balance 9:30 Touch of H/Art Grp w/JOY 10:15 Energy Break 10:30 Reconnections: African Music History 11:30 Restaurant Trip 1:30 Music with ANGEL! 2:00 Cornell Coley—Drumming History & Music of South Africa 3:30 Guest Lecturer: South African Culture 4:15 Healing Hearts YOGA 6:00 Words in a Word 7:15 Evening Movie 8:00 Energy Break</p>	<p>21</p> <p>9:30 A Matter of Balance 10:00 GH MINI Walk to END ALZHEIMER's 10:15 Energy Break 10:40 Around the World w/ Natalia 1:00 DANCE with AUDREY 2:15 Creative Arts 3:00 Energy Break 3:15 Healing Hearts/YOGA 3:30 Shabbat Service 4:15 Name That Tune 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 11:00 Mind Stretchers 1:45 Prize Bingo! 2:45 Energy Break 3:15 Music Through the Decades 4:15 Healing Hearts YOGA 6:00 Guess Who Trivia! 7:15 Evening Movie 8:00 Energy Break</p>
<p>WALK to END ALZHEIMER's</p> <p>23</p> <p>9:30Matter of Balance 10:15 Energy Break 10:30Music Program 10:45 Broadcast Mass 1:15 A to Z Trivia 2:00 ART CLASS 3:15 Kevin Sherwin in Concert - Palm Ct 4:30 Walking Club 6:00 Trivia 7:15Evening Movie 8:00 Energy Break</p>	<p>24</p> <p>9:00 Pet Pals Visit 9:30 MUSIC with ANGEL! 10:45 Energy Break 11:00 Word Games 1:15 A Matter of Balance 2:00 Art Class 3:00 Energy Break 3:15 Nature Walk 4:15 A Matter of Balance 6:00 News of the Day 7:15Evening Movie 8:00 Energy Break</p>	<p>25</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:00 Music Program 10:00 Green City Growers 10:00 Reconnections: Autumn in New England 10:45 Reminiscing w/Natalia 1:15 Reconnections: Vermont in the FALL 2:00 Dance with Audrey 3:15Energy 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>26</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:00 Reconnections: Apple Picking 10:40 Small Group w/Natalia 11:00 Sing-a-long 1:30 Word Games 2:15 Reconnections: Baking Apple Pies 3:30 Art History w/Natalia 4:00 Name Ten 4:00 CHOIR with Deb 2nd fl 6:00 JAZZ CONCERT-Trad Courtyard 7:15Evening Movie 8:00 Energy Break</p>	<p>27</p> <p>9:30 A Matter of Balance 9:30 Touch of H/Art Grp w/JOY 10:15 Energy Break 10:30 ART Class 11:30 Music Program 11:30 Diners Club 1:00 Trivia 1:30 Music with ANGEL! 2:45 Energy Break 3:15 Word Stretchers 4:00 Healing Hearts YOGA 6:00 Who Am I? 7:15 Evening Movie 8:00 Energy Break</p>	<p>28</p> <p>9:30 A Matter of Balance 10:15 Energy Break 10:40 Around the World w/ Natalia 1:00 DANCE with AUDREY 2:15 Creative Arts 3:00 Energy Break 3:15 Healing Hearts/YOGA 3:30 Shabbat Service 4:15 Name That Tune 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 10:45 Mind Stretchers 1:00 Sing-a-long 1:30 Prize Bingo! 2:30 Dance! 3:00 Energy Break 3:15 Music Thru the Decades 4:15 Healing Hearts YOGA 6:00 Guess Who Trivia 7:15 Evening Movie 8:00 Energy Break</p>