

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Fit & Fun 11:00 Religious Service 11:30 Favorite Music 1:45 Don't Break the Window 2:45 Back to school 4:00 Performing Arts Appreciation (Part I) 6:30 Evening Film Daylight Saving Time Ends	2 10:15 Weight Exer. / Hydrate 11:00 Tai Chi with Akila 12:00 Conversation/ Hydrate 1:45 Walking Group 2:30 Activity Connection 4:00 Performing Arts Appreciation (Part II) 6:30 Resident's Choice Film	3 10:15 Daily Chronicle 11:00 Feel the Beat Cardio 11:45 Adapted Sports 1:30 1:1 Music therapy 1:30 Art Studio 4:00 Songwriters Circle / Small Art Group 5:00 Featured Resident 6:30 Evening Program	4 10:00 Feel the Beat Cardio Hydrate 11:00 Daily Chronicle/Knitting 1:45 Bingo/Jeopardy 2:30 1:1 Music therapy/ Ball Toss 4:00 Men's Group 4:00 Sing along or Word Game 6:30 Evening Film	5 10:15 Daily Chronicle 11:00 Happy Hearts Club 11:45 Song writing Workshop 1:30 Art Studio 3:00 Happy Hour! 4:00 I Have A Dream/Sm. Art Gp./ 1:1's 6:30 Evening Program	6 10:15 Daily Chronicle 11:00 Stretch and Smile 12:00 Jokes and Trivia 1:45 Adapted Sports or Explore the Outdoors 4:15 Crossword 6:30 Evening Film	7 10:00 Daily Chronicle 11:00 Jewish Services led by Beth Levy 12:00 Word Play or Jewelry Making 1:45 Adapted sports or Explore Outdoors 2:30 Word Game 4:15 Drum Circle 6:30 Evening Film
8 10:00 Fit & Fun 11:00 Religious Service 11:30 Favorite Music 1:45 Don't Break the Window 2:45 Back to school 4:00 Travelogue (Part I) 6:30 Evening Film Diwali (Hindi)	9 10:15 Weight Exer. / Hydrate 11:00 Tai Chi with Akila 12:00 Conversation/ Hydrate 1:45 Walking Group 2:30 Activity Connection 4:00 Travelouge (Part II) 6:30 Resident's Choice Film	10 10:15 Daily Chronicle 11:00 Pastor Daley 11:45 Adapted Sports 1:30 1:1 Music therapy 1:30 Art Studio 4:00 Songwriters Circle / Small Art Group 5:00 Featured Resident 6:30 Evening Program	11 10:00 Feel the Beat Cardio Hydrate 11:00 Daily Chronicle/Knitting 1:45 Bingo/Jeopardy 2:30 Veteran's Day Remembrance 4:00 Men's Group 4:00 Sing along or Word Game 6:30 Evening Film Veterans Day	12 10:15 Daily Chronicle 11:00 Happy Hearts Club 11:45 Song writing Workshop 1:30 Art Studio 3:00 Happy Hour! 4:00 I Have A Dream/Sm. Art Gp./ 1:1's 6:30 Evening Program	13 10:15 Daily Chronicle 11:00 Stretch and Smile 12:00 Jokes and Trivia 1:45 Adapted Sports or Explore the Outdoors 4:15 Crossword 6:30 Evening Film	14 10:15 Daily Chronicle 11:00 Hot Steppin 12:00 Word Play or Jewelry Making 1:45 Adapted sports or Explore Outdoors 2:30 Word Game 4:15 Drum Circle 6:30 Evening Film
15 10:00 Fit & Fun 11:00 Religious Service 11:30 Favorite Music 1:45 Don't Break the Window 2:45 Back to school 4:00 Performing Arts Appreciation (Part I) 6:30 Evening Film	16 10:15 Weight Exer. / Hydrate 11:00 Tai Chi with Akila 12:00 Conversation/ Hydrate 1:45 Walking Group 2:30 Activity Connection 4:00 Performing Arts Appreciation (Part II) 6:30 Resident's Choice Film	17 10:15 Daily Chronicle 11:00 Feel the Beat Cardio 11:45 Adapted Sports 1:30 1:1 Music therapy 1:30 Art Studio 4:00 Songwriters Circle / Small Art Group 5:00 Featured Resident 6:30 Evening Program	18 10:00 Feel the Beat Cardio Hydrate 11:00 Daily Chronicle/Knitting 1:45 Bingo/Jeopardy 2:30 1:1 Music therapy/ Ball Toss 4:00 Men's Group 4:00 Sing along or Word Game 6:30 Evening Film	19 10:15 Daily Chronicle 11:00 Happy Hearts Club 11:45 Song writing Workshop 1:30 Art Studio 3:00 Happy Hour! 4:00 I Have A Dream/Sm. Art Gp./ 1:1's 6:30 Evening Program	20 10:15 Daily Chronicle 11:00 Stretch and Smile 12:00 Jokes and Trivia 1:45 Adapted Sports or Explore the Outdoors 4:15 Crossword 6:30 Evening Film	21 10:15 Daily Chronicle 11:00 Hot Steppin 12:00 Word Play or Jewelry Making 1:45 Adapted sports or Explore Outdoors 2:30 Word Game 4:15 Drum Circle 6:30 Evening Film
22 10:00 Fit & Fun 11:00 Religious Service 11:30 Favorite Music 1:45 Don't Break the Window 2:45 Back to school 4:00 Travelogue (Part I) 6:30 Evening Film	23 10:15 Weight Exer. / Hydrate 11:00 Tai Chi with Akila 12:00 Conversation/ Hydrate 1:45 Walking Group 2:30 Activity Connection 4:00 Travelogue (Part II) 6:30 Resident's Choice Film	24 10:15 Daily Chronicle 11:00 Feel the Beat Cardio 11:45 Adapted Sports 1:30 1:1 Music therapy 1:30 Art Studio 4:00 Songwriters Circle / Small Art Group 5:00 Featured Resident 6:30 Evening Program	25 10:00 Feel the Beat Cardio Hydrate 11:00 Daily Chronicle/Knitting 1:45 Bingo/Jeopardy 2:30 1:1 Music therapy/ Ball Toss 4:00 Men's Group 4:00 Sing along or Word Game 6:30 Evening Film	26 10:15 Daily Chronicle 11:00 Happy Hearts Club 11:45 Song writing Workshop 12:30 Thanksgiving Lunch 1:30 Art Studio 3:00 Happy Hour! 4:00 I Have A Dream /Sm. Art Gp./ 1:1's 6:30 Evening Film Thanksgiving Day (U.S.)	27 10:15 Daily Chronicle 11:00 Stretch and Smile 12:00 Jokes and Trivia 1:45 Adapted Sports or Explore the Outdoors 4:15 Crossword 6:30 Evening Film	28 10:15 Daily Chronicle 11:00 Stretch and Smile 12:00 Jokes and Trivia 1:45 Adapted Sports or Explore the Outdoors 4:15 Crossword 6:30 Evening Film
29 10:00 Fit & Fun 11:00 Religious Service 11:30 Favorite Music 1:45 Don't Break the Window 2:45 Back to school 4:00 Travelogue (Part I) 6:30 Evening Film	30 10:15 Weight Exer. / Hydrate 11:00 Tai Chi with Akila 12:00 Conversation/ Hydrate 1:45 Walking Group 2:30 Activity Connection 4:00 Travelogue (Part II) 6:30 Resident's Choice Film					

Activity key: Physical, Social, Cognitive, Emotional and Spiritual Rogerson House 434 Jamaicaway, Plain, MA 02130(617) 983-2300 Director of Therapeutic Recreation gcasanova@rogerson.org All programs are subject to change, updates & additional programming posted on daily calendar by Sunroom