Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	ugust 20 Flip Floppin Fu		1 Flip Floppin Fun 9:30 Exercise w/ a Twist! 10:15 PITCH, Pay Me, Kings Rummikub & pencil art 2:00 Karen's Krafty Knitting & Crocheting in Library 2:00 Flip Floppin fun art And games of choice 6:30 Singing Seniors, Lobby	2 Walmart Trip 9:30 Total Body Movement 10:15 Scrabble, PITCH, Kings Pencil Art, Rummikub 1:30 Walmart Trip Today 2:00 POKER on 3 rd floor 2:00 Kings, Rummikub, Pencil Art & Bananagrams 6:30 PRIZE BINGO TONIGHT	Bugs Be Gone 9:30 Total Body Movement 10:15 Scrabble, PITCH, Kings Pencil Art, Rummikub Sequence group 2:00 Bugs be gone w/Rachel 2:00 Beading in the Activity Rn 2:00 Kings, Rummikub 6:30 Riddle Me This with Terri And wine in Lobby
5 Painters Palette 9:30 Communion with Larry & Betty in Activity Room 10:00 Catholic Mass –Pub TV 10:15 Independent card games 2:00 Painters Palette!! 2:00 Card games with rca's 3:15 Ice Tea & Lemonade 6:30 Ecumenical Services and Cookie Social	6 Monday Mingle as We Meet New Residents 9:30 Motor Monday Exercise 10:15 PITCH, Kings, Pencil Art Crazy 8's & Rummikub 2:00 Tim Perry entertains in Dining Room! Welcome Party 3:15 Walking Group outside 6:30 Tricky Trivia and wine In our Lobby with Terri	INTEGRA VISITS 7 9:15 Blood Pressure Clinic with Integra Health Care!! 10:15 Rummikub, Kings, PITCH Puzzles & Bananagrams 1:30 Shop \$ Store, Stop & Shop 2:00 Family Feud & cocktails In the Lobby!! 2:00 Kings & Rummikub 5:30 Concert @ Amelia Park 6:30 PRIZE BINGO TONIGHT	Catholic Mass 8 9:30 Exercise w/ a Twist! 10:15 PITCH, Puzzles, Kings Rummikub & pencil art 1:30 Savers Trip today 2:00 Catholic Mass w/ St. Mary's in our Activity room 2:00 Karen's Krafty Knitting & Crocheting in Library 3:15 Iced Tea & Lemonade 6:30 Singing Seniors, Lobby	9 Therapy Dogs Visit 9:30 Total Body Movement 10:15 Scrabble, PITCH, Kings Pencil Art, Rummikub 2:00 Love on a Leash therapy Dogs come for visit!! 2:00 Sequence and Rummikub 3:15 Walk to Farmers Market 6:30 PRIZE BINGO TONIGHT	1 Beading 9:30 Total Body Movement 10:15 Scrabble, PITCH, Kings Pencil Art, Rummikub Sequence group 1:45 Hang Man group 2:00 Beading in the Activity Rn 2:00 Bugs be gone w/Rachel 6:30 Trivia time with Terri in Our Lobby
12 Family Feud 9:30 Communion with Larry & Betty in Activity Room 10:00 Catholic Mass –Pub TV 10:15 Independent card games 2:00 Group Family Feud Card games in Pub 3:15 Ice Tea & Lemonade 6:30 Ecumenical Services and Cookie Social	13 Flip Flop Craft 9:30 Motor Monday Exercise 10:15 PITCH, Pay Me, Kings And Rummikub 10:15 Pokeno Pals 2:00 Flip Flop door hangers! Come create a flip flop 2:00 Games in Library 6:30 Word Games in Lobby	14 Shopping Day 9:30 Tone it up Tuesday! 10:15 PITCH, Kings, Rummikub 10:30 Make Dog Treats 1:30 Shop \$ Store, Big Y Foods 2:00 Painting wine bottles, shells And Rocks oh my!! 2:00 Kings & Rummikub 5:30 Concert @ Amelia Park 6:30 PRIZE BINGO TONIGHT	Rosary & Prayers 15 9:30 Exercise w/ a Twist! 10:15 PITCH, Puzzles, Kings Rummikub & pencil art 2:00 Rosary & Prayers with Peg & Fran in Library 2:00 Karen's Krafty Knitting & Crocheting in Corner 3:15 Iced Tea & Lemonade 6:30 Irving entertains in our Dining Room	16 Picnic with Chicopee Arbors @ Amelia Park 9:30 Total Body Movement 10:15 Scrabble, PITCH, Kings 10:45 Picnic @ Amelia Park with Chicopee Arbors friends 2:00 POKER on 3 rd floor Games in Activity Room 3:15 Walk to Farmers Market 6:30 PRIZE BINGO TONIGHT	1 Hang Man 9:30 Total Body Movement 10:15 Scrabble, PITCH, Kings Sequence group 1:45 Hang Man group in Pub 2:00 Pay Me, Kings, Rummikub 3:15 Lemonade & Chats in Lobb 6:30 Reminisce with friends and Terri in Lobby and enjoy a Glass of wine!
Ecumenical Services19 9:30 Communion with Larry & Betty in Activity Room 10:00 Catholic Mass –Pub TV 10:15 Independent card games 2:00 Scrabble, Kings, Pitch & Rummikub 3:15 Ice Tea & Lemonade With Hang Man 6:30 Ecumenical Services and Cookie Social	20 Flip Flop Painting 9:30 Motor Monday Exercise 10:15 PITCH, Pay Me, Kings And Rummikub 10:15 Sequence Group 2:00 Painting flip flops And games of choice 3:15 Walking group 6:30 Riddle Me This with Terri In our Lobby	INTEGRA VISITS 21 9:15 Blood Pressure Clinic with Integra Health Care!! 10:15 Rummikub, Kings, PITCH Puzzles & Bananagrams 1:30 Shop \$ Store, Stop & Shop 2:00 Rummikub, Pay Me, Kings Skip Bo, Pencil Art 3:15 Iced Tea & Lemonade & "You Be the Judge" 6:30 PRIZE BINGO TONIGHT	22 Jack is Back 9:30 Exercise w/ a Twist! 10:15 PITCH, Pay Me, Kings Rummikub & pencil art 2:00 Jack is Back! Entertainment In our Dining Room 3:15 Group Word Games in Activity Room 6:30 Singing Seniors, Lobby		2 Governor's visits 9:30 Total Body Movement 10:15 Scrabble, PITCH, Kings Sequence group 2:00 Learning with Governor's In our Activity room 3:15 Word Games and lemonad 6:30 Magical Memories in our Lobby with Terri
Ecumenical Services26 9:30 Communion with Larry & Betty in Activity Room 10:00 Catholic Mass –Pub TV 10:15 Independent card games 2:00 Skip Bo, Kings, Pencil Art & Rummikub 3:15 Ice Tea & Lemonade With word games 6:30 Ecumenical Services and Cookie Social	27 Flip Flop Cookies 9:30 Motor Monday Exercise 10:15 PITCH, Pay Me, Kings And Rummikub 10:15 Pokeno Pals 1:45 Decorate Flip Flop cookies And games of choice 3:15 Cookies and cards 6:30 Unscramble the Words In our Lobby	28 Shopping Day 9:30 Tone it up Tuesday! 10:00 Baystate Hearing in Pub 10:15 PITCH, Puzzles, Kings Rummikub & pencil art 1:30 Shop \$ Store, Big Y Foods 2:00 Group Word Games in Library 2:00 Cards in Activity Room 6:30 PRIZE BINGO TONIGHT	29 Ice Cream Trip 9:30 Exercise w/ a Twist! 10:15 PITCH, Pay Me, Kings Rummikub & pencil art 1:30 Ice Cream Trip today! 1:45 Pokeno Pals! 2:00 Skip Bo, Rummikub, Kings 6:30 Singing Seniors, Lobby	30 Drinks with Directors 9:30 Total Body Movement 10:15 Scrabble, PITCH, Kings 2:00 Drinks with the Directors! Come to the Lobby for music And mingling with friends! Walk to Farmers Market 6:30 PRIZE BINGO TONIGHT	3 Birthday Celebration 9:30 Total Body Movement 10:15 Scrabble, PITCH, Kings Sequence Group 2:00 July Birthday Bash in our Dining room w/ Kevin Pau 3:15 Cards until dinner time 6:30 Friday Night at the Movies with popcorn

The Arbors at Westfield

40 Court Street Westfield, MA 01085 (413) 562-0001

Friday Saturday 3 lugs Be Gone Flip Flop Cookies tal Body Movement 9:30 Total Body Movement rabble, PITCH, Kings 10:15 PITCH, Kings, Pay Me cil Art, Rummikub Rummikub, word search quence group 2:00 Make Flip Flop Cookies gs be gone w/Rachel And eniov with coffee ading in the Activity Rm 2:00 Games of Choice gs, Rummikub 3:15 Coffee and cookies dle Me This with Terri 6:30 CASH BINGO TONIGHT wine in Lobby 11 10 Beading **Root Beer Floats** otal Body Movement 9:30 Total Body Movement rabble, PITCH, Kings 10:15 PITCH, Kings, Pay Me ncil Art, Rummikub Rummikub, Skip-Bo quence group 2:00 Root Beer Floats in Pub g Man group and Court Yard w/ RCA's ading in the Activity Rm Games of choice in Activity Room! Bring your float!! s be gone w/Rachel via time with Terri in 6:30 CASH BINGO TONIGHT Lobby 18 17 Hang Man **Out & About** tal Body Movement 9:30 Total Body Movement rabble, PITCH, Kings 10:15 PITCH, Kings, Pay Me quence group Rummikub, word search g Man group in Pub 1:30 Out & About you go, where You stop nobody knows! Me, Kings, Rummikub nonade & Chats in Lobby 2:00 Rummikub, Kings, PITCH ninisce with friends and & Pencil Art w/ RCA's 6:30 CASH BINGO TONIGHT in Lobby and enjoy a of wine! 25 24 Hang Man overnor's visits 9:30 Total Body Movement al Body Movement 10:15 PITCH, Kings, Pay Me rabble, PITCH, Kings Rummikub, Skip-Bo equence group 2:00 Hang Man group with ning with Governor's RCA's in Lobby ur Activity room 2:00 Rummikub & Cards w/Alla rd Games and lemonad 3:15 Coffee & Chit Chat in Lobby ical Memories in our 6:30 CASH BINGO TONIGHT by with Terri 31 hday Celebration Stop by the Lobby after al Body Movement 2:30 on week days for a rabble, PITCH, Kings uence Group cup of coffee and a y Birthday Bash in our ing room w/ Kevin Paul cookie from Donna our rds until dinner time

Traditional Community Activity Calendar

Receptionist!