

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2020

Laughter is good for the heart!

										<p>9:30 Fitness w/Lily (A) 10:30 Hangman (L) 1:30 Movie Matinee (A) <b>2:00 Bingo (A)</b> 3:15 Rummikub (P) 3:30 Bowling w/Dina (A) 6:30 Games w/Friends (P) 6:30 Movie (A)</p>		1	
<p>9:30 Fitness w/Lily (A) 10:00 Mass on TV (A) 10:30 Trivia &amp; Donuts (L) <b>2:00 Bingo (A)</b> <b>3:15 Wine &amp; Conversation (LR)</b> 4:00 Pet Therapy in Reflections 6:30 Games w/Friends (P) 6:30 Movie (A)</p> <p>Groundhog Day</p>	2	<p>8:30 Sit &amp; Be Fit (A) 9:30 Fitness w/Lily (A) 10:30 Male Valentine Cards for Meals om Wheels (A) <b>11:30 Lunch: 99 Restaurant (L)</b> <b>2:00 Bingo (A)</b> 3:15 Arbors Chorus (LR) <b>3:30 Seated Balloon Volleyball (A)</b> <b>3:45-5:15 Deerfield Academy Students in building</b> 6:30 Up-Words (P) 6:30 Movie (A)</p>	3	<p>9:30 Fitness w/Lily (A) <b>9:45 Shopping: Stop &amp; Shop (L)</b> 10:30 Giant Crossword w/Receptionist <b>2:00 Bingo (A)</b> <b>3:15 Welcome Home Root Beer Float Social (P)</b> <b>3:45-Wii Bowling (A)</b> <b>3:45-5:15 Deerfield Academy Students in building</b> 6:30 Knitting Group (L) 6:30 Movie (A)</p>	4	<p>8:30 Sit &amp; Be Fit (A) 9:30 Fitness w/Lily (A) <b>10:30 Make a Valentine's Day Door Hanging (A)</b> <b>1:30 Shopping: Hadley Walmart (L)</b> <b>2:00 Bingo (A)</b> <b>3:15 Make Your Own Sundaes (P)</b> <b>3:30 Seated Balloon Volleyball (A)</b> 6:30 Knitting Group (L) 6:30 Movie (A)</p>	5	<p>8:30-12:30 UMass Nursing Students Program TBD 9:30 Fitness w/Lily (A) 10:30 Male Valentine Cards for Meals on Wheels (A) <b>2:00 Entertainment: Steve &amp; Tom (LR)</b> <b>3:30 The Andy Griffith Show Episode 1</b> 6:30 Scrabble (P) 6:30 Movie (A)</p>	6	<p>8:30 Sit &amp; Be Fit (A) 9:30 Fitness w/Lily (A) 10:30 Communion Service 10:30 Jokes &amp; Humor Coffee Social (P) <b>2:00 Monthly Birthday Party (A)</b> <b>3:15 Environmental Group (LR)</b> <b>3:30 Seated Balloon Volleyball (A)</b> 6:30 Games with Friends (P) 6:30 Movie (A)</p>	7	<p>9:30 Fitness w/Lily (A) 10:30 Hangman (L) 1:30 Movie Matinee (A) <b>2:00 Bingo (A)</b> 3:15 Rummikub (P) 3:30 Bowling w/Dina (A) 6:30 Games w/Friends (P) 6:30 Movie (A)</p>	8
<p>9:30 Fitness w/Lily (A) 10:00 Mass on TV (A) 10:30 Trivia &amp; Donuts (L) <b>2:00 Bingo (A)</b> <b>3:15 Wine &amp; Conversation (LR)</b> 4:00 Pet Therapy in Reflections 6:30 Games w/Friends (P) 6:30 Movie (A)</p>	9	<p>8:30 Sit &amp; Be Fit (A) 9:30 Fitness w/Lily (A) <b>10:30 Conversation Hearts Valentine's Day Social</b> <b>1:30 Shopping: Hadley Target (L)</b> <b>2:00 Bingo (A)</b> 3:15 Arbors Chorus (LR) <b>3:30 Seated Balloon Volleyball (A)</b> 6:30 Up-Words (P) 6:30 Movie (A)</p>	10	<p>9:30 Fitness w/Lily (A) <b>9:45 Shopping: Big Y/Dollar Tree (L)</b> 10:30 Giant Crossword w/Receptionist <b>2:00 Bingo (A)</b> <b>3:15 Happy Hour w/Special Valentine's Day Themed Cocktail! (P)</b> <b>3:45-Wii Bowling (A)</b> <b>3:45-5:15 Deerfield Academy Students in building</b> 6:30 Knitting Group (L) 6:30 Movie (A)</p>	11	<p>8:30 Sit &amp; Be Fit (A) 9:30 Fitness w/Lily (A) 10:30 Mass w/ Deacon Paul <b>2:00 Bingo (A)</b> <b>3:30 Seated Balloon Volleyball (A)</b> 6:30 Knitting Group (L) 6:30 Movie (A)</p>	12	<p>8:30-12:30 UMass Nursing Students Program TBD 9:30 Fitness w/Lily (A) <b>10:30 B/P Clinic in Pub</b> <b>2:00 Entertainment: Chris Ekblom (LR)</b> <b>3:30 The Andy Griffith Show Episode 2</b> <b>4:00-5:15 Deerfield Academy Students in building</b> 6:30 Scrabble (P) 6:30 Movie (A)</p>	13	<p>8:30 Sit &amp; Be Fit (A) 9:30 Fitness w/Lily (A) 10:30 Shabbat Gathering (A) 10:30 Coda the Dog visit (LR) <b>FINE DINING</b> <b>2:00 Valentine's Day Directors Cut (A)</b> <b>3:15 Environmental Group (LR)</b> <b>3:30 Seated Balloon Volleyball (A)</b> <b>3:45-5:15 Deerfield Academy Students in building</b> 6:30 Games with Friends (P) 6:30 Movie (A) Valentine's Day</p>	14	<p>9:30 Fitness w/Lily (A) 10:30 Hangman (L) 1:30 Movie Matinee (A) <b>2:00 Bingo (A)</b> 3:15 Rummikub (P) 3:30 Bowling (A) 6:30 Games w/Friends (P) 6:30 Movie (A)</p>	15
<p>9:30 Fitness w/Lily (A) 10:00 Mass on TV (A) 10:30 Trivia &amp; Donuts (L) <b>2:00 Bingo (A)</b> <b>3:15 Wine &amp; Conversation (LR)</b> 4:00 Pet Therapy in Reflections 6:30 Games w/Friends (P) 6:30 Movie (A)</p>	16	<p>8:30 Sit &amp; Be Fit (A) 9:30 Fitness w/Lily (A) 10:30 Uno (P) <b>2:00 Bingo (A)</b> 3:15 Arbors Chorus (LR) <b>3:30 Seated Balloon Volleyball (A)</b> <b>3:45-5:15 Deerfield Academy Students in building</b> 6:30 Up-Words (P) 6:30 Movie (A)</p> <p>Presidents' Day (US)</p>	17	<p>9:30 Fitness w/Lily (A) <b>9:45 Shopping: Stop &amp; Shop (L)</b> 10:30 Giant Crossword w/Receptionist <b>2:00 Bingo (A)</b> <b>3:15 Strawberry Smoothies (P)</b> <b>3:45-Wii Bowling (A)</b> <b>3:45-5:15 Deerfield Academy Students in building</b> 6:30 Knitting Group (L) 6:30 Movie (A)</p>	18	<p>8:30 Sit &amp; Be Fit (A) 9:30 Fitness w/Lily (A) <b>10:30 Daily News (L)</b> <b>2:00 Bingo (A)</b> <b>3:30 Seated Balloon Volleyball (A)</b> 6:30 Knitting Group (L) 6:30 Movie (A)</p>	19	<p>8:30-12:30 UMass Nursing Students Program TBD 9:30 Fitness w/Lily (A) <b>10:30 Wellness Presentation: Heart Failure</b> <b>2:00 Bingo (A)</b> <b>3:30 The Andy Griffith Show Episode 3</b> <b>4:00-5:15 Deerfield Academy Students in building</b> 6:30 Scrabble (P) 6:30 Movie (A)</p>	20	<p>8:30 Sit &amp; Be Fit (A) 9:30 Fitness w/Lily (A) 10:30 Communion Service (A) <b>10:30 Make a Mardi Gras Mask (P)</b> 2:00 Cards in the pub <b>3:15 Environmental Group (LR)</b> <b>3:30 Seated Balloon Volleyball (A)</b> <b>3:45-5:15 Deerfield Academy Students in building</b> 6:30 Games with Friends (P) 6:30 Movie (A)</p>	21	<p>9:30 Fitness w/Lily (A) 10:30 Hangman (L) 1:30 Movie Matinee (A) <b>2:00 Bingo (A)</b> 3:15 Rummikub (P) 3:30 Bowling (A) 6:30 Games w/Friends (P) 6:30 Movie (A)</p>	22
<p>9:30 Fitness w/Lily (A) 10:00 Mass on TV (A) 10:30 Trivia &amp; Donuts (L) <b>2:00 Bingo (A)</b> <b>3:15 Wine &amp; Conversation (LR)</b> 4:00 Pet Therapy in Reflections 6:30 Games w/Friends (P) 6:30 Movie (A)</p>	23	<p>8:30 Sit &amp; Be Fit (A) 9:30 Fitness w/Lily (A) <b>10:30 Make a Mardi Gras Flower Arrangement (Sign Up Required) (P)</b> 11:30 Lunch: Friendly's <b>1:30 Resident Council (A)</b> 3:15 Arbors Chorus (LR) <b>3:30 Seated Balloon Volleyball (A)</b> <b>3:45-5:15 Deerfield Academy Students in building</b> 6:30 Up-Words (P) 6:30 Movie (A)</p>	24	<p>9:30 Fitness w/Lily (A) <b>9:45 Shopping: Big Y/Dollar Tree (L)</b> 10:30 Giant Crossword w/Receptionist <b>2:00 Bingo (A)</b> <b>3:15 Mardi Gras Happy Hour (P)</b> <b>3:45-5:15 Deerfield Academy Students in building</b> 6:30 Knitting Group (L) 6:30 Movie (A)</p> <p>Mardi Gras</p>	25	<p>8:30 Sit &amp; Be Fit (A) 9:30 Fitness w/Lily (A) 10:30 Word Searches (P) <b>12:00 Men's Lunch (P)</b> <b>2:30 Silly Spaghetti Eat-Off! (LR)</b> 6:30 Knitting Group (L) 6:30 Movie (A)</p> <p>Ash Wednesday</p>	26	<p>8:30-12:30 UMass Nursing Students Program TBD 9:30 Fitness w/Lily (A) <b>10:30 Paint Pour (A)</b> <b>12:00 Birthday Lunch</b> <b>2:00 Bingo (A)</b> <b>3:30 The Andy Griffith Show Episode 4</b> <b>4:00-5:15 Deerfield Academy Students in building</b> 6:30 Scrabble (P) 6:30 Movie (A)</p>	27	<p><b>RELAXATION DAY</b> 8:30 Sit &amp; Be Fit (A) 9:30 Fitness w/Lily (A) 10:30 Communion Service (A) 10:30 Coda the Dog visit (LR) <b>12:00-4:00 Relaxation &amp; Hand Massages</b> <b>3:15 Environmental Group (LR)</b> <b>4:00 Pizza in the Pub</b> <b>3:45-5:15 Deerfield Academy Students in building</b> 6:30 Games with Friends (P) 6:30 Movie (A)</p>	28	<p>9:30 Fitness w/Lily (A) 10:30 Hangman (L) 1:30 Movie Matinee (A) <b>2:00 Bingo (A)</b> 3:15 Rummikub (P) 3:30 Bowling (A) 6:30 Games w/Friends (P) 6:30 Movie (A)</p> <p>Leap Day</p>	29

The Arbors at Greenfield – 15 Meridian St. – Greenfield, MA 01301 – Ph: 413-774-4400

\*\*Calendar subject to change according to weather and needs of residents\*\*

Key: L=LOBBY P=PUB A=ACTIVITY ROOM DR=DINING ROOM LR=LIVING ROOM S=SUNROOM

\*Did you know: Participating in Activities helps prevent and slow down memory decline & helps reduce anxiety, depression and feelings of loneliness?\*