



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 9:30 Morning Gathering 9:45 Current Events / 10:15 Walking 10:30 Stretch & Flex 11:00 Slava—Keyboard & Dance 1:00 Afternoon Stretch 2:00 Ethan Stone, MS <i>Jazz Piano</i> 3:45 Sunday Trivia 4:30 Classical Music 6:00 Sunday Night Documentary</p>	<p>2 Labor Day 9:30 Morning Gathering 9:45 Current Events / 10:15 Walking 10:30 Movement to Music 11:00 Brain Games 1:00 Music Appreciation: 1950s 2:00 Art in the Afternoon 3:30 Labor Day Trivia & Reminisce 4:30 The Daily Chronicle 6:00 Hollywood Classic Movie</p>	<p>3 9:30 Morning Gathering 9:45 Current Events 10:15 Walking 10:30 Chair Yoga 11:00 Music w/ Michelle 1:00 Afternoon Chat w/ Michelle 2:00 IN2L Computer Games 3:30 Karaoke Dance Party! 4:30 Potpourri 6:00 Comedy Movie Night</p>	<p>4 9:30 Morning Gathering 9:45 Current Events 10:15 Walking Club 10:30 Stretch & Strengthen 11:00 Sing-Along w/ Michelle 1:00 Music Appreciation: Broadway 2:00 Bingo! 3:30 Reminisce: Back to School 4:30 Name Five! 6:00 Movie Musical</p>	<p>5 9:30 Morning Gathering 9:45 Current Events 10:15 Walking Club 10:30 Morning Exercise 11:00 Where in the World? Finland 1:00 Piano with George & Ethel! 2:00 Springbok Puzzles 3:30 Famous Faces: Actors 4:30 Music Relaxation 6:00 A Little Night Music</p>	<p>6 9:30 Morning Gathering 9:45 Current Events 10:30 Scenic Bus Tour: South Boston 11:00 Chair Aerobics 1:00 Karaoke 2:00 Art with Martha 3:30 Bowling! 4:00 Shabbat, MS 4:30 Trivia & Jokes 6:00 Movie Favorites</p>	<p>7 9:30 Morning Gathering 9:45 Current Events / 10:15 Walking 10:30 Get Moving w/ Mirlande 11:00 General Word Games 1:00 Afternoon Stretch 2:00 Mark West, MS <i>Classical & Jazz Piano</i> 3:45 Wheel of Fortune 4:30 Balloon Volleyball 6:00 Silver Screen</p>
<p>8 9:30 Morning Gathering 9:45 Current Events 10:15 Walking Club 10:30 Stretch & Flex 11:00 Sing-Along 1:00 Afternoon Stretch 2:00 Caring Canines Visit 2:30 Worship with Trevor, MS 3:30 Poetry 4:30 Sunday Trivia 6:00 Sunday Night Documentary</p>	<p>9 9:30 Morning Gathering 9:45 Current Events 10:15 Walking Club 10:30 Movement to Music 11:00 Communion Service, MS 11:00 Brain Games 1:00 Music Appreciation: 1960s 2:00 Bingo! 3:30 Karaoke Dance Party! 4:30 The Daily Chronicle 6:00 Hollywood Classic Movie</p>	<p>10 9:30 Morning Gathering 9:45 Current Events 10:15 Walking Club 10:30 Chair Yoga 11:00 Music w/ Michelle 1:00 Afternoon Chat w/ Michelle 1:45 Magical Movement! 3:30 Bulletin Board Art Project 4:30 Potpourri 6:00 Comedy Movie Night</p>	<p>11 9:30 Morning Gathering 9:45 Current Events 10:15 Walking 10:30 Stretch & Strengthen 11:00 Sing-Along w/ Michelle 12:00 Lobsterfest BBQ! 1:00 Music Appreciation: Broadway 2:00 Chef's Creations: <i>Apple Crisp</i> 3:30 Classical Music Highlights & Talk 4:30 Name Five! 6:00 Movie Musical 6:30 Care to Care Family Support Group</p>	<p>12 9:30 Morning Gathering 9:45 Current Events 10:15 Walking Club 10:30 Morning Exercise 11:00 Where in the World? Peru 1:00 Piano with George & Ethel! 2:00 Springbok Puzzles 3:30 Biography: Jack Nicholson 4:30 Music Relaxation 6:00 A Little Night Music</p>	<p>13 9:30 Morning Gathering 9:45 Current Events 10:30 Scenic Bus Tour: Seaport District 11:00 Chair Aerobics 1:00 Karaoke 2:00 Art with Martha 3:30 Bowling! 4:00 Shabbat, MS 4:30 Trivia & Jokes 6:00 Movie Favorites</p>	<p>14 9:30 Morning Gathering 9:45 Current Events 10:15 Walking 10:30 Get Moving w/ Mirlande 11:00 General Word Games 1:00 Afternoon Stretch 2:00 Documentaries with Desmond 3:30 Crossword Puzzle 4:30 Beach Ball Toss 6:00 Silver Screen</p>
<p>15 9:30 Morning Gathering 9:45 Current Events 10:15 Walking 10:30 Stretch & Flex 11:00 Hymns & Folk Songs 1:00 Afternoon Stretch 1:30 Jack Craig, MS <i>Songs of Rodgers & Hammerstein</i> 3:30 Sunday Trivia 4:30 RazzamaJAZZ 6:00 Sunday Night Documentary</p>	<p>16 9:30 Morning Gathering 9:45 Current Events 10:15 Walking Club 10:30 Movement to Music 11:00 Brain Games 1:00 Music Appreciation: 1950s 2:00 Art in the Afternoon 3:30 Classical Music Highlights & Talk 4:30 The Daily Chronicle 6:00 Hollywood Classic Movie</p>	<p>17 9:30 Morning Gathering 9:45 Current Events 10:15 Walking Club 10:30 Chair Yoga 11:00 Music w/ Michelle 10:30 Trip to the MFA 11:00 Music w/ Michelle 1:00 Afternoon Chat w/ Michelle 2:00 IN2L Computer Games 3:30 Karaoke Dance Party! 4:30 Potpourri 6:00 Comedy Movie Night</p>	<p>18 9:30 Morning Gathering 9:45 Current Events 10:15 Walking Club 10:30 Stretch & Strengthen 11:00 Sing-Along w/ Michelle 1:00 Music Appreciation: Broadway 2:00 Chef's Creations: <i>Apple & Honey Cake</i> 3:30 Crossword Puzzles 4:30 Name Five! 6:00 Movie Musical</p>	<p>19 9:30 Morning Gathering 9:45 Current Events 10:15 Walking Club 10:30 Morning Exercise 11:00 Where in the World? Thailand 1:00 Piano with George and Ethel! 2:00 Springbok Puzzles 3:30 Biography: Steve McQueen 4:30 Music Relaxation 6:00 A Little Night Music</p>	<p>20 9:30 Morning Gathering 9:45 Current Events 10:30 Scenic Bus Tour: The Fenway 11:00 Chair Aerobics 1:00 Barn Babies Visit, MS 2:00 Art with Martha 3:30 Bowling! 4:00 Shabbat, LBR2 4:30 Trivia & Jokes 6:00 Movie Favorites</p>	<p>21 9:30 Morning Gathering 9:45 Current Events 10:15 Walking 10:30 Get Moving w/ Mirlande 11:00 General Word Games 1:00 Afternoon Stretch 2:00 Alan Pearlmutter Duo, MS <i>Best of Yiddishkeit</i> 3:45 Documentaries with Desmond 4:30 Balloon Volleyball 6:00 Silver Screen</p>
<p>22 9:30 Morning Gathering 9:45 Current Events 10:15 Walking Club 10:30 Stretch & Flex 11:00 Hymns & Folk Songs 1:00 Afternoon Stretch 2:00 Ron Goldman, MS <i>Popular Guitar</i> 3:45 Sunday Trivia 4:30 RazzamaJAZZ 6:00 Sunday Night Documentary</p>	<p>23 Autumn Begins 9:30 Morning Gathering 9:45 Current Events 10:15 Walking Club 10:30 Movement to Music 11:00 Brain Games 1:00 Music Appreciation: 1960s 2:00 Autumn Collages 3:30 Classical Music Highlights & Talk 4:30 The Daily Chronicle 6:00 Hollywood Classic Movie</p>	<p>24 9:30 Morning Gathering 9:45 Current Events 10:15 Walking Club 10:30 Chair Yoga 11:00 Music w/ Michelle 1:00 Afternoon Chat w/ Michelle 2:00 IN2L Computer Games 3:30 Karaoke Dance Party! 4:30 Potpourri 6:00 Comedy Movie Night</p>	<p>25 9:30 Morning Gathering 9:45 Current Events 10:15 Walking Club 10:30 Falls Prevention Exercises 11:00 Sing-Along w/ Michelle 1:00 Music Appreciation: Broadway 2:00 Bingo! 3:30 Reminisce: Autumn 4:30 Name Five! 6:00 Movie Musical</p>	<p>26 9:30 Morning Gathering 9:45 Current Events 10:15 Walking Club 10:30 Morning Exercise 11:00 Where in the World? Sumatra 1:00 Piano Music! 2:00 Springhouse's 11th Annual Walk to End Alzheimer's! 3:30 Biography: James Dean 4:30 Music Relaxation 6:00 A Little Night Music</p>	<p>27 9:30 Morning Gathering 9:45 Current Events 10:30 Scenic Bus Tour: Apple Picking At Dowse Orchard/Sherborne 11:00 Chair Aerobics 1:00 Sing-Along 2:00 Art with Martha 3:30 Bowling! 4:00 Shabbat, MS 4:30 Trivia & Jokes 6:00 Movie Favorites</p>	<p>28 9:30 Morning Gathering 9:45 Current Events 10:15 Walking Club 10:30 Get Moving w/ Mirlande 11:00 Word Games 1:00 Afternoon Stretch 2:00 Jane Blair, MS <i>The Art of Illusion & M. C. Escher</i> 3:45 Karaoke 4:30 Beach Ball Toss 6:00 Silver Screen</p>
<p>29 Rosh Hashanah Begins at Sundown 9:30 Morning Gathering 9:45 Current Events 10:15 Walking 10:30 Stretch & Flex 11:00 Students to Seniors Visit 1:00 Afternoon Stretch 2:00 Dance with Julie! 3:30 Rosh Hashanah Story & Trivia 4:30 RazzamaJAZZ 5:00 Rosh Hashanah Dinner Service 6:00 Sunday Night Documentary</p>	<p>30 9:30 Morning Gathering 9:45 Current Events 10:15 Walking Club 10:30 Movement to Music 11:00 Trivia & Word Games 1:00 Music Appreciation: 1950s 2:00 Art in the Afternoon 3:30 Classical Music Highlights 4:30 The Daily Chronicle 6:00 Hollywood Classic Movie</p>			<p>• Afternoon Refreshments are served at 3:00 p.m. daily</p> <p>* Activity with Ledgemont AG Allen House Garden BST Bistro, 2nd Floor MS Main Street, 1st Floor PAT Patio</p> <p><i>Weather permitting some programs may be held outdoors</i></p>	<p>Allen House at <i>Springhouse</i> September 2019</p>	