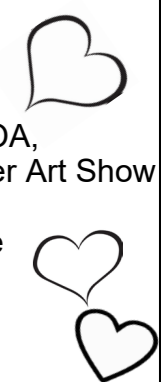







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>19</b> 10:30 Qigong-Movie Room 1:30 Mah Jong in the Community Room 2:00 Mexican Train in the Community Room 2:00 Scrabble in the Coffee Shop 6:00 Social Gathering in Angel Hallway 7:00 Movie	<b>20 President's Day</b> 10:00 Breakfast Out/Memos <b>10:15 ZOOM Exercise</b> 1:00 Target 1:00 Civilisation with Father Riendeau 2:00 BINGO 6:00 Social Gathering in Angel Hallway 6:30 L-R-Center	<b>21</b> 7:30 Lab Work  <b>Art is 4 Every 1</b> <b>9am/ 10:45am/ 1pm</b> 10:00 S.Hadley Pub.Library <b>10:00 Walking Group</b> <b>10:00 Body Groove Dance</b> with Josefina 1:00 Banks/WSpfld 1:30 Needle Craft Crew 1:30 "Mythos" w/Alan Gilburg <b>3:00 Mardi Gras Birthday</b> Celebration 6:00 Social Gathering in Angel Hallway	<b>22 Ash Wednesday</b> <b>10:00 VEGA YOGA</b> 10:00 Stop & Shop/Riverdale 10:00 Ancient Greece with Jim Masi 1:00 Geissler's/Dollar Store Agawam <b>1:30 Reflections w/</b> <b>Sr. Madeleine Joy</b> 6:00 Social Gathering in Angel Hallway 7:00 Movie	<b>23</b> 9:00 Qigong-Movie Room <b>10:00 Walking Group</b> 10:00 CVS/Barnes&Noble <b>1:00 BP Clinic/Card Room</b> 1:00 Louis & Clark Gifts 1:30 History w/ Gene Adamz <b>2:30 Exercise w/Mary Kate</b> in the Community Room 4:00 Thirsty Thursdays in Angel Hallway 6:00 Social Gathering in Angel Hallway 6:30 L-R-Center	<b>24</b> <b>9:45 Reflections w/</b> <b>Sr. Madeleine Joy</b> 10:00 Stop & Shop/Holyoke <b>10:15 ZOOM Exercise</b> <i>Massage with Juanita</i> <i>by Appointment</i> 1:30 Randall's Farms 6:00 Social Gathering in Angel Hallway 7:00 Rosary in the Chapel	<b>25</b>  10:00 Hampden COA, Scantic River Art Show 10:30 Writing Circle 6:00 Social Gathering in Angel Hallway 7:00 Movie 
<b>26</b> 10:30 Qigong-Movie Room 1:30 Mah Jong in the Community Room 2:00 Mexican Train in the Community Room 2:00 Scrabble in the Coffee Shop 6:00 Social Gathering in Angel Hallway 7:00 Movie	<b>27</b> 10:00 Banks/Holyoke <b>10:15 ZOOM Exercise</b> 1:00 Civilisation with Father Riendeau 1:00:Thornes/Webs/Talbots 2:00 BINGO 6:00 Social Gathering in Angel Hallway 6:30 L-R-Center	<b>28</b> 7:30 Lab Work  <b>Art is 4 Every 1</b> <b>9am/ 10:45am/ 1pm</b> 10:00 Pub. Library of WSpfld <b>10:00 Walking Group</b> <b>10:00 Body Groove Dance</b> with Josefina 1:00 Target/Mall 1:30 Needle Craft Crew 1:30 "Mythos" w/Alan Gilburg 6:00 Social Gathering in Angel Hallway	<b>Social Gathering in</b> <b>Angel Hallway</b> Every evening at 6:00 p.m. Come and gather and chat with other residents.  <b>Thirsty Thursday Gathering</b> Thursdays @ 4:00pm Bring Your Own Beverage; in Angel Hallway	<b>Storage Open Tuesdays</b> If assistance required, place a work order with Receptionist; Dial "0"  <b>Notary</b> <b>Laurie Hoey</b> call ext 2502 available upon request	<i>For those not well</i> <i>and needing to</i> <i>remain in their rooms and</i> <i>have their meal delivered,</i> <b>Call ext. 2535</b>  <i>Call early enough to give the</i> <i>kitchen time to prepare</i> 	
<b>Alterations with Cindy</b> <b>by Appointment</b> Wednesday, tbd starting at 10AM <b>sign up in Activity Rm 1</b>	<b>HAIR SALON:</b> <b>by Appointment Only</b> <b>Contact Stylists directly</b>  Linda Kennedy: 413-427-1183  Nancy Hoynowski 860-881-7026  Bridget McGurn 413-330-4616	<b>ACTIVITY ROOM#1</b> located on first floor, to the West of the Reception Desk across the hall from Susan's Office  <b>ACTIVITY/EXERCISE</b> <b>ROOM</b> located on first floor, to the East of the Reception Desk and the SouthEast stairwell	<b>COFFEE SHOP</b> located on the first floor, entrance on the right from the lobby, facing the Piano Lounge; where breakfast is usually served  <b>ANGEL HALLWAY</b> located on the first floor, to the right of the entrance to the Piano Lounge	<b>WELLNESS CENTER</b> located on the first floor just inside the West/Resident Entrance (the one with the overhang)  <b>COMMUNITY/WELLNESS</b> <b>ROOM</b> located on the 4th floor, across from the East Elevator and near apt. 428.	<b>PIANO LOUNGE</b> located on the first floor, entrance opposite of main entrance and Reception desk  <b>MOVIE ROOM</b> located on the first floor, off Angel Hallway, to the East of the Reception Desk	<b>A Little</b> <b>Reminder</b>   Meeting Locations