



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HAIR SALON: by Appointment Only Contact the Stylists directly Linda Kennedy: 413-427-1183 Nancy Hoynowski 860-881-7026	<u>Angel Hallway Gatherings</u> Thursdays -4:00pm Bring Your Own Beverage; Maintain Social Distancing Guidelines <u>Storage Open Tuesdays</u> If assistance required, place a Work Order with Receptionist	<i>For those wishing to remain in their rooms and have their meal delivered, contact the kitchen at ext. 2535</i>	<h1>2022</h1>  <h1>January</h1>		ZOOM Exercise Meeting # 576 677 309 Passcode 119629 ALTERATIONS with Cindy Thursday, January 6 10:00 AM sign up in Activity Rm #1	1 Happy New Year!! New Years Day 11:30 - 1:15 Main Meal No Evening Meal **MEGA Left-Right-Center* 2:30pm in the DiningRoom 7:00 Movie
2 10:30 Qigong-Movie Room 2:00 Mexican Train 6:30 L-R-Center 7:00 Cards 7:00 Movie	3 10:00 Banks/Holyoke 10:15 ZOOM Exercise 1:00 Opera Without Tears with Fr. Riendeau 1:00 Big Y Southampton 2:00 BINGO 6:30 L-R-Center 7:00 Cards	4 7:30 Lab Work <i>Art is 4 Every 1</i> 9am/ 10:45am/ 1pm 10:00 Walking Group 10:00 S.Hadley Pub. Library 10:30 Undecking the Halls 1:00 CVS/Barnes&Noble 1:30 <i>Art thru the Ages</i> 1:30 Prayer Shawl Ministry 7:00 Transition Circle with Martha Johnson 7:00 Cards	5 10:15 ZOOM Exercise 10:30 Funeral Mass for Al Leroux in Chicopee MA 1:00 Stop & Shop/Riverdale 1:30 Reflections w/ Sr. Madeleine 1:30 History w/ Gene Adamz 6:30 L-R-Center 7:00 Movie 7:00 Cards	6 Coffee Shop Pancakes 9:00 Qigong 10:00 Walking Group <i>Alterations by Appointment</i> 1:00 Target/Mall 1:00 Blood Pressure Clinic 1:30 History w/ Gene Adamz 2:30 Exercise w/ MaryKate in the Community Rm 6:30 L-R-Center 7:00 Cards	7 9:45 Reflections w/ Sr. Madeleine Joy 10:00 Trader Joe's/ Whole Foods, Hadley 1:00 Stop & Shop/Holyoke 1:30 Book Group in the Movie Room 3:00 Birthday Celebration 7:00 Rosary in the Chapel 7:00 Cards	8 10:30 Writing Circle-- Movie Room 7:00 Movie
9 10:00 Choral Group in the Piano Lounge 10:30 Qigong-Movie Room 2:00 Mexican Train 6:30 L-R-Center 7:00 Cards 7:00 Movie	10 10:00 Geissler's Market 10:15 ZOOM Exercise 1:00 Opera Without Tears with Fr. Riendeau 1:00 Banks/WSpfld 2:00 BINGO 6:30 L-R-Center 7:00 Cards	11 7:30 Lab Work <i>Art is 4 Every 1</i> 9am/ 10:45am/ 1pm 10:00 Walking Group 10:00 Pub. Library of WSpfld 1:00 CVS/Barnes&Noble 1:30 <i>Art thru the Ages</i> 1:30 Prayer Shawl Ministry 7:00 Transition Circle with Martha Johnson 7:00 Cards	12 10:15 ZOOM Exercise 10:00 Stop & Shop/Riverdale 1:00 Thornes Market/ Northampton 1:30 History w/ Gene Adamz 1:30 Reflections w/ Sr. Madeleine 6:30 L-R-Center 7:00 Movie 7:00 Cards	13 CS: Hot Breakfast 9:00 Qigong-Movie Room 10:00 Walking Group 1:00 Target/Mall 1:30 History w/ Gene Adamz 6:30 L-R-Center 7:00 Cards	14 9:45 Reflections w/ Sr. Madeleine Joy 10:00 Stop & Shop/Holyoke <i>Footcare by Nurses by Appt</i> 10:15 ZOOM Exercise 1:30 Randall's Farms 7:00 Rosary in the Chapel 7:00 Cards	15 10:30 Writing Circle-- Movie Room 2:00 Movie: "1776" in the Movie Room 7:00 Movie

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16 10:00 Choral Group in the Piano Lounge 10:30 Qigong-Movie Room 2:00 Mexican Train 6:30 L-R-Center 7:00 Cards 7:00 Movie	17 10:00 Louis & Clark Gifts 10:15 ZOOM Exercise 1:00 Opera Without Tears with Fr. Riendeau 1:00 Banks/Holyoke 2:00 BINGO 6:30 L-R-Center 7:00 Cards	18 7:30 Lab Work <i>Art is 4 Every 1</i> 9am/ 10:45am/ 1pm 10:00 Walking Group 10:00 S.Hadley Pub. Library 1:00 CVS/Barnes&Noble 1:30 Art thru the Ages 1:30 Prayer Shawl Ministry 7:00 Cards	19 10:00 Stop & Shop/Riverdale 10:15 ZOOM Exercise 1:00 Big Y Southampton 1:30 History w/ Gene Adamz 1:30 Reflections w/ Sr. Madeleine 6:30 L-R-Center 7:00 Movie 7:00 Cards	20 Coffee Shop: French Toast 9:00 Qigong-Movie Room 10:00 Big Y/Southampton 10:00 Walking Group 1:00 Target/Mall 1:30 History w/ Gene Adamz 6:30 L-R-Center 7:00 Cards	21 9:45 Reflections w/ Sr. Madeleine Joy 10:00 Trader Joe's/ Whole Foods, Hadley 10:15 ZOOM Exercise 1:00 Stop & Shop/Holyoke 3:30 Adam Bergeron/ Piano in the Chapel 7:00 Rosary in the Chapel 7:00 Cards	22 10:30 Writing Circle-- Movie Room 7:00 Movie
23 10:00 Choral Group in the Piano Lounge 10:30 Qigong-Movie Room 2:00 Mexican Train 6:30 L-R-Center 7:00 Cards 7:00 Movie	24 10:00 Geissler's Market 10:15 ZOOM Exercise 1:00 Banks/WSpfld 1:00 Opera Without Tears with Fr. Riendeau 2:00 BINGO 6:30 L-R-Center 7:00 Cards	25 7:30 Lab Work <i>Art is 4 Every 1</i> 9am/ 10:45am/ 1pm 10:00 Walking Group 10:00 Pub. Library of WSpfld 1:00 CVS/Barnes&Noble 1:30 Art thru the Ages 1:30 Prayer Shawl Ministry 7:00 Cards	26 10:15 ZOOM Exercise 10:00 Atkins Farms Market 1:00 Stop & Shop/Riverdale 1:30 History w/ Gene Adamz 1:30 Reflections w/ Sr. Madeleine 6:30 L-R-Center 7:00 Movie 7:00 Cards	27 Coffee Shop: Waffles 9:00 Qigong 10:00 River Valley Coop 10:00 Walking Group 1:00 Target/Mall 1:30 History w/ Gene Adamz 6:30 L-R-Center 7:00 Cards	28 9:45 Reflections w/ Sr. Madeleine Joy 10:15 ZOOM Exercise 10:00 Stop & Shop/Holyoke 1:30 Randall's Farms 3:00 Happy Hour 5:00+ Resident Share Gallery with Martha Johnson in the Community Room 7:00 Rosary in the Chapel 7:00 Cards	29 10:30 Writing Circle-- Movie Room 2:00 Movie: Hamilton in the Movie Room Resident Share Gallery with Martha Johnson in the Community Room 7:00 Movie
30 10:00 Choral Group in the Piano Lounge 10:30 Qigong-Movie Room Resident Share Gallery with Martha Johnson in the Community Room 6:30 L-R-Center 7:00 Cards 7:00 Movie	31 10:00 Banks/Holyoke 10:15 ZOOM Exercise <i>Podiatry by Appointment</i> 1:00 Louis & Clark Gifts 1:00 Opera Without Tears with Fr. Riendeau 2:00 BINGO 6:30 L-R-Center 7:00 Cards		<p><i>A Little Reminder</i></p> <p>→</p> <p>Meeting Locations</p>	WELLNESS CENTER located on the first floor just inside the West/Resident Entrance (the one with the overhang) COMMUNITY/WELLNESS ROOM located on the 4th floor, across from the East Elevator and near apt. 428.	PIANO LOUNGE located on the first floor, entrance opposite of main entrance and Reception desk MOVIE ROOM located on the first floor, off Angel Hallway, to the East of the Reception Desk	ACTIVITY ROOM#1 located on first floor, to the West of the Reception Desk across the hall from Richard's Office ACTIVITY/EXERCISE ROOM located on first floor, to the East of the Reception Desk and the SouthEast stairwell