


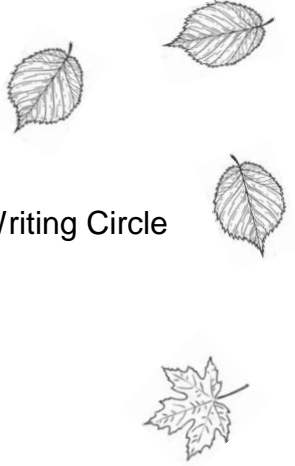
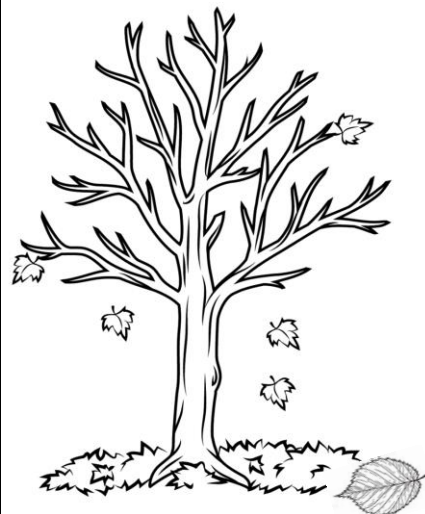


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>November</h1> <h2>2023</h2>			1 10:00 Stop & Shop/Riverdale 1:00 Atkins Farm 1:30 Environmental Science & History w/ Jim Masi 1:30 Sr. Madeleine's Reflections -Community Rm 6:00 Social Gathering in Angel Hallway 7:00 Movie	2 9:00 Qigong-Movie Room 9:30 BP Clinic/Card Room 10:00 CVS/Barnes&Noble 10:30 Exercise w/Mary Kate in the Community Room Massage Thera;y by Appt. 1:30 WWII-Pacific with Gene Adamz 2:45-4:30 Holyoke Sr. Ctr. Diabetes Fair 4:00 Thirsty Thursdays in Angel Hallway 6:00 Social Gathering in Angel Hallway 6:15 L-R-Center 6:30 Opera w/ Fr. Riendeau	3 10:00 Stop & Shop/Holyoke 10:15 ZOOM Exercise 1:30 Randall's Farms 6:00 Social Gathering in Angel Hallway 7:00 Rosary in the Chapel	4 10:30 Writing Circle 1:00 Springfield Symphony 6:00 Social Gathering in Angel Hallway  7:00 Movie  **CHANGE CLOCKS** Fall Back One Hour
			5 Daylight Savings Time Ends @ 2a.m. 10:30 Qigong-Movie Room 1:30 Mah Jong in the Community Room 2:00 Scrabble in the Coffee Shop 2:00 Chapel Concert Longmeadow H.S. Chorus & String Orchestra 6:00 Social Gathering in Angel Hallway 7:00 Movie	6 10:15 ZOOM Exercise 10:00 Banks/Holyoke 1:00 Target 1:00 Opera W/out Tears Father Riendeau 2:00 BINGO 6:00 Social Gathering in Angel Hallway 6:15 L-R-Center	7 7:30 Lab Work Art is 4 Every 1 9am/ 10:45am/ 1pm 10AM/1PM VOTE Morgan St. School Holyoke 1:30 The Bible as Stories with Alan Gilburg 1:30 VEGA YOGA 1:30 Needle Craft Crew 6:00 Social Gathering in Angel Hallway	8 10:00 Stop & Shop/Riverdale 1:00 Geissler's Market 1:30 Environmental Science & History w/ Jim Masi 1:30 Sr. Madeleine's Reflections -Community Rm 3:00 Happy Hour 6:00 Social Gathering in Angel Hallway 7:00 Movie
12 10:30 Qigong-Movie Room 1:30 Mah Jong in the Community Room FOOD DRIVE to benefit Margaret's Pantry (Nov. 13-16) 2:00 Cash Bingo in the Dining Room 2:00 Scrabble in the Coffee Shop 6:00 Social Gathering in Angel Hallway 7:00 Movie	13 10:00 Banks/WSpfld 10:15 ZOOM Exercise 1:00 Smith College Mum Show 1:00 Opera W/out Tears Father Riendeau 2:00 BINGO 6:00 Mexican Train in the Community Room 6:00 Social Gathering in Angel Hallway 6:15 L-R-Center	14 7:30 Lab Work Art is 4 Every 1 9am/ 10:45am/ 1pm 10:00 S.Hadley Pub.Library 10:00 Body Groove Dance with Josefina 1:00 Target/Mall 1:30 The Bible as Stories with Alan Gilburg 1:30 VEGA YOGA 1:30 Needle Craft Crew 6:00 Social Gathering in Angel Hallway 7:00 Poetry Corner with Dan	15 10:00 Stop & Shop/Riverdale 10:00 Resident Meeting 1:30 Environmental Science & History w/ Jim Masi 1:30 Sr. Madeleine's Reflections -Community Rm 3:00 Birthday Celebration w/ Joel Meginsky 6:00 Social Gathering in Angel Hallway 7:00 Movie	16 9:00 Qigong-Movie Room 9:30 BP Clinic/Card Room 10:00 CVS/Barnes&Noble Massage Therapy by Appt. 12:00 Lunch Out: Fish Tales 1:30 WWII-Pacific with Gene Adamz 2:30 Exercise w/Mary Kate in the Community Room 4:00 Thirsty Thursdays in Angel Hallway 6:00 Social Gathering in Angel Hallway 6:15 L-R-Center 6:30 Opera w/ Fr. Riendeau	17 10:00 Stop & Shop/Holyoke 10:15 ZOOM Exercise 1:30 Randall's Farms 1:30 Book Club in the Movie Room 6:00 Social Gathering in Angel Hallway 7:00 Rosary in the Chapel	18  10:30 Writing Circle 6:00 Social Gathering in Angel Hallway 7:00 Movie

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19 10:30 Qigong-Movie Room 1:30 Mah Jong in the Community Room 2:00 Scrabble in the Coffee Shop 6:00 Social Gathering in Angel Hallway 7:00 Movie	20 10:00 Banks/Holyoke 10:15 ZOOM Exercise 1:00 Big Y/S. Hadley 1:00 Opera W/out Tears Father Riendeau 2:00 BINGO 6:00 Mexican Train in the Community Room 6:00 Social Gathering in Angel Hallway 6:15 L-R-Center	21 7:30 Lab Work Art is 4 Every 1 9am/ 10:45am/ 1pm 10:00 Pub. Library of WSpfld 10:00 Body Groove Dance with Josefina 1:00 Target/Mall 1:30 The Bible as Stories with Alan Gilburg 1:30 VEGA YOGA 1:30 Needle Craft Crew 6:00 Social Gathering in Angel Hallway	22 10:00 Stop & Shop/Riverdale 1:00 Atkins Farm NO Environmental Science 1:30 Sr. Madeleine's Reflections -Community Rm 6:00 Social Gathering in Angel Hallway 7:00 Movie	23 9:00 Qigong-Movie Room Happy Thanksgiving!  Luncheon 11:30AM-1:15PM No Evening Meal 6:00 Social Gathering in Angel Hallway 6:15 L-R-Center 6:30 Opera w/ Fr. Riendeau	24 10:00 Trader Joe's/ Whole Foods, Hadley NO EXERCISE w/ Mary Kate 1:00 Stop & Shop/Holyoke NO Sally's Subjects 6:00 Social Gathering in Angel Hallway 7:00 Rosary in the Chapel	25  10:30 Writing Circle  6:00 Social Gathering in Angel Hallway 7:00 Movie
26 10:30 Qigong-Movie Room 1:30 Mah Jong in the Community Room 2:00 Scrabble in the Coffee Shop 6:00 Social Gathering in Angel Hallway 7:00 Movie	27 10:00 Banks/WSpfld 10:15 ZOOM Exercise 1:00 Louis & Clark Gifts 1:00 Opera W/out Tears Father Riendeau 2:00 BINGO 6:00 Mexican Train in the Community Room 6:00 Social Gathering in Angel Hallway 6:15 L-R-Center	28 7:30 Lab Work Art is 4 Every 1 9am/ 10:45am/ 1pm 10:00 S.Hadley Pub.Library 10:00 Body Groove Dance with Josefina 11:00 Decking the Halls 1:00 Target/Mall 1:30 The Bible as Stories with Alan Gilburg 1:30 VEGA YOGA 1:30 Needle Craft Crew 2:30 Trim A Tree Social 6:00 Social Gathering in Angel Hallway	29 10:00 Stop & Shop/Riverdale 1:00 Geissler's Market 1:30 Environmental Science & History w/ Jim Masi 1:30 Sr. Madeleine's Reflections -Community Rm 6:00 Social Gathering in Angel Hallway 7:00 Movie	30 9:00 Qigong-Movie Room 9:30 BP Clinic/Card Room 10:00 CVS/Barnes&Noble Massage Therapy by Appt. 1:00 Yankee Candle, South Deerfield 1:30 WWII-Pacific with Gene Adamz 2:30 Exercise w/Mary Kate in the Community Room 4:00 Thirsty Thursdays in Angel Hallway 6:00 Social Gathering in Angel Hallway 6:15 L-R-Center 6:30 Opera w/ Fr. Riendeau	Storage Open Tuesdays If assistance required, place a work order with Receptionist; Dial "0" Notary Laurie Hoey call ext 2502 available upon request	HAIR SALON: by Appointment Only Contact Stylists directly Linda Kennedy 413-427-1183 Nancy Hoynowski 860-881-7026 Bridget McGurn 413-330-4616
					ZOOM Exercise Meeting # 576 677 309 Passcode 119629	Massage Therapy by Appointment Only Juanita Drew 860-508-3278

For those not well
and needing to
remain in their rooms and
have their meal delivered,
Call ext. 2535

Thirsty Thursday Gathering
Thursdays @ 4:00pm
Bring Your Own Beverage;
in Angel Hallway



*A Little
Reminder*

Meeting Locations

**ACTIVITY/EXERCISE
ROOM**

located on first floor, to the
East of the Reception Desk
and the SouthEast stairwell

ANGEL HALLWAY
located on the first floor,
to the right of the entrance
to the Piano Lounge

COFFEE SHOP
located on the first floor,
entrance on the right from
the lobby, facing the Piano
Lounge; where breakfast is
usually served

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
Susan's Office

**Sign up sheets for events/
trips are on clipboards in
Activity Room #1**

