
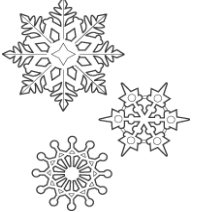





# JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>For those not well and needing to remain in their rooms and have their meal delivered, Call ext. 2535</i></p> <p><b>REMINDER:</b> No Guests are permitted for Sunday's meal</p> <p>Let Hostess know IN ADVANCE if you are going to have mealtime guests during the week.</p>	<p><b>1</b></p>  <p><b>New Years Day 11:30 - 1:15 Main Meal</b></p> <p><b>No Evening Meal</b></p> <p>6:00 Mexican Train in the Community Room 6:00 Social Gathering in Angel Hallway 6:30 L-R-Center</p>	<p><b>2</b></p> <p>7:30 Lab Work <b>Art is 4 Every 1 9am/ 10:45am</b></p> <p>10:00 Banks/Holyoke</p> <p>1:00 Target/Mall <b>1:30 VEGA YOGA</b> 1:30 Needle Craft Crew</p> <p>6:00 Social Gathering in Angel Hallway</p>	<p><b>3</b></p> <p>10:00 Stop &amp; Shop/Riverdale <b>10:00 Alterations by Appt.</b></p> <p>1:00 Geissler's/Dollar Store Agawam</p> <p><b>1:30 Sr. Madeleine's Reflections -Community Rm</b></p> <p>6:00 Social Gathering in Angel Hallway 7:00 Movie</p>	<p><b>4</b></p> <p>9:00 Qigong-Movie Room <b>9:30 BP Clinic/Card Room</b> 10:00 CVS/Barnes&amp;Noble</p> <p>1:00 Yankee Candle/ Richardson's S.Deerfield</p> <p><b>2:30 Exercise w/Mary Kate</b> in the Community Room</p> <p>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</p>	<p><b>5</b></p> <p>10:00 Stop &amp; Shop/Holyoke <b>10:15 ZOOM Exercise</b></p> <p>1:00 Trader Joe's/ Whole Foods, Hadley</p> <p>6:00 Social Gathering in Angel Hallway 7:00 Rosary in the Chapel</p>	<p><b>6</b></p>  <p>10:30 Writing Circle Paused for project completion</p>  <p>6:00 Social Gathering in Angel Hallway 7:00 Movie</p>
<p><b>7</b></p> <p>10:30 Qigong-Movie Room 1:30 Movie 1:30 Mah Jong in the Community Room</p> <p>2:00 Scrabble in the Coffee Shop</p> <p><b>2:30 Cash Bingo in the Dining Room</b></p> <p>6:00 Social Gathering in Angel Hallway 7:00 Movie</p>	<p><b>8</b></p> <p>10:00 Banks/WSpfld <b>10:15 ZOOM Exercise</b></p> <p>1:00 Walmart/Westfield</p> <p><b>1:00 Opera W/out Tears Father Riendeau</b></p> <p>2:00 BINGO</p> <p>6:00 Mexican Train in the Community Room 6:00 Social Gathering in Angel Hallway 6:15 L-R-Center</p>	<p><b>9</b></p> <p>7:30 Lab Work <b>Art is 4 Every 1 9am/ 10:45am</b></p> <p>10:00 S.Hadley Pub.Library <b>10:00 Body Groove Dance with Josefina</b></p> <p><b>10:00 PBJ Ministry 11:00 Undecking the Halls</b> 1:00 Target/Mall <b>1:15 The Bible as Stories with Alan Gilburg</b></p> <p><b>1:30 VEGA YOGA</b> 1:30 Needle Craft Crew 6:00 Social Gathering in Angel Hallway <b>7:00 Poetry Corner w/ Dan</b></p>	<p><b>10</b></p> <p>10:00 Stop &amp; Shop/Riverdale</p> <p>1:00 Atkins Farm <b>1:30 Etruscans &amp; Ancient Rome w/ Jim Masi</b></p> <p><b>1:30 Sr. Madeleine's Reflections -Community Rm</b></p> <p><b>3:00 Happy Hour</b></p> <p>6:00 Social Gathering in Angel Hallway 7:00 Movie</p>	<p><b>11</b></p> <p>9:00 Qigong-Movie Room <b>9:30 BP Clinic/Card Room</b> 10:00 CVS/Barnes&amp;Noble</p> <p><b>1:00 Lunch Out: Red Rose</b></p> <p><b>1:30 WWII-Europe with Gene Adamz</b></p> <p><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 6:15 L-R-Center</p>	<p><b>12</b></p> <p>10:00 Stop &amp; Shop/Holyoke <b>10:15 ZOOM Exercise</b> <i>FootCare by Nurses by Appt</i></p> <p>1:30 Randall's Farms</p> <p>6:00 Social Gathering in Angel Hallway 7:00 Rosary in the Chapel</p>	<p><b>13</b></p>  <p>10:30 Writing Circle Paused for project completion</p> <p><b>6:30 Springfield Symphony</b> [residents buy own tickets]</p> <p>6:00 Social Gathering in Angel Hallway 7:00 Movie</p>
<p><b>14</b></p> <p>10:30 Qigong-Movie Room 1:30 Mah Jong in the Community Room 1:30 Movie</p> <p>2:00 Scrabble in the Coffee Shop</p> <p><b>3:30 Piano w/ Ethan Stone in the Piano Lounge</b></p> <p>6:00 Social Gathering in Angel Hallway 7:00 Movie</p>	<p><b>15 Martin Luther King Day</b></p> <p>10:00 MGM Casino <b>10:15 ZOOM Exercise</b></p> <p><b>1:00 Opera W/out Tears Father Riendeau</b></p> <p>1:00 Big Y/S. Hadley 2:00 BINGO</p> <p>6:00 Mexican Train in the Community Room 6:00 Social Gathering in Angel Hallway 6:15 L-R-Center</p>	<p><b>16</b></p> <p>7:30 Lab Work <b>Art is 4 Every 1 9am/ 10:45am</b></p> <p>10:00 Banks/Holyoke <b>10:00 Body Groove Dance with Josefina</b></p> <p>1:00 Target/Mall <b>1:15 The Bible as Stories with Alan Gilburg</b></p> <p>1:30 Needle Craft Crew 6:00 Social Gathering in Angel Hallway <b>7:00 Transitions w/ Martha</b></p>	<p><b>17</b></p> <p><b>10:00 All Resident Meeting in the Dining Room</b></p> <p>1:00 Stop &amp; Shop/Riverdale</p> <p><b>1:30 Etruscans &amp; Ancient Rome w/ Jim Masi</b></p> <p><b>1:30 Sr. Madeleine's Reflections -Community Rm</b></p> <p>6:00 Social Gathering in Angel Hallway 7:00 Movie</p>	<p><b>18</b></p> <p>9:00 Qigong-Movie Room <b>9:30 BP Clinic/Card Room</b> 10:00 CVS/Barnes&amp;Noble</p> <p>1:00 Marshall's/Chicopee Marketplace</p> <p><b>1:30 WWII-Europe with Gene Adamz</b></p> <p><b>2:30 Exercise w/Mary Kate</b> in the Community Room 4:00 Thirsty Thursdays Angel Hallway 6:15 L-R-Center 6:30 Opera w/ Fr. Riendeau</p>	<p><b>19</b></p> <p>10:00 Stop &amp; Shop/Holyoke <b>10:15 ZOOM Exercise</b></p> <p>1:00 Trader Joe's/ Whole Foods, Hadley</p> <p><b>1:30 Book Club in the Movie Room</b></p> <p>6:00 Social Gathering in Angel Hallway <b>7:00 Resident Share: Martha Johnson's Write For Your Life I</b></p> <p>7:00 Rosary in the Chapel</p>	<p><b>20</b></p> <p><b>10:00 Resident Share: Martha Johnson's Write For Your Life II</b> (writing circle cancelled)</p>  <p>6:00 Social Gathering in Angel Hallway 7:00 Movie</p>

<div>21</div> <div>10:30 Qigong-Movie Room</div> <div>1:30 Movie</div> <div>1:30 Mah Jong in the Community Room</div> <div>2:00 Scrabble in the Coffee Shop</div> <div>6:00 Social Gathering in Angel Hallway</div> <div>7:00 Movie</div>	<div>22</div> <div>10:00 Banks/WSpfld</div> <div>10:15 ZOOM Exercise</div> <div>1:00:Thornes/Webs/Talbots</div> <div>1:00 Opera W/out Tears Father Riendeau</div> <div>2:00 BINGO</div> <div>6:00 Mexican Train in the Community Room</div> <div>6:00 Social Gathering in Angel Hallway</div> <div>6:15 L-R-Center</div>	<div>23</div> <div>7:30 Lab Work</div> <div>Art is 4 Every 1 9am/ 10:45am</div> <div>10:00 S.Hadley Pub.Library</div> <div>10:00 Body Groove Dance with Josefina</div> <div>1:00 Target/Mall</div> <div>1:15 The Bible as Stories with Alan Gilburg</div> <div>1:30 VEGA YOGA</div> <div>1:30 Needle Craft Crew</div> <div>6:00 Social Gathering in Angel Hallway</div>	<div>24</div> <div>10:00 Stop &amp; Shop/Riverdale</div> <div>1:00 Geissler's/Dollar Store Agawam</div> <div>1:30 Etruscans &amp; Ancient Rome w/ Jim Masi</div> <div>1:30 Sr. Madeleine's Reflections -Community Rm</div> <div>3:00 Birthday Celebration</div> <div>6:00 Social Gathering in Angel Hallway</div> <div>7:00 Movie</div>	<div>25</div> <div>9:00 Qigong-Movie Room</div> <div>9:30 BP Clinic/Card Room</div> <div>10:00 CVS/Barnes&amp;Noble</div> <div>1:00 Century Center/Savers</div> <div>1:30 WWII-Europe with Gene Adamz</div> <div>2:30 Exercise w/Mary Kate in the Community Room</div> <div>4:00 Thirsty Thursdays in Angel Hallway</div> <div>6:00 Social Gathering in Angel Hallway</div> <div>6:15 L-R-Center</div> <div>6:30 Opera w/ Fr. Riendeau</div>	<div>26</div> <div>10:00 Stop &amp; Shop/Holyoke</div> <div>10:15 ZOOM Exercise</div> <div>1:30 Randall's Farms</div> <div>1:30 Sally's Subjects</div> <div>6:00 Social Gathering in Angel Hallway</div> <div>7:00 Rosary in the Chapel</div>	<div>27</div> <div>10:30 Writing Circle Paused for project completion</div> <div>6:00 Social Gathering in Angel Hallway</div> <div>7:00 Movie</div>	
<div>28</div> <div>10:30 Qigong-Movie Room</div> <div>1:30 Movie</div> <div>1:30 Mah Jong in the Community Room</div> <div>2:00 Scrabble in the Coffee Shop</div> <div>6:00 Social Gathering in Angel Hallway</div> <div>7:00 Movie</div>	<div>29</div> <div>10:15 ZOOM Exercise</div> <div>10:00 Banks/Holyoke</div> <div>10:15 ZOOM Exercise</div> <div>1:00 Walmart/Westfield</div> <div>1:00 Opera W/out Tears Father Riendeau</div> <div>2:00 BINGO</div> <div>6:00 Mexican Train in the Community Room</div> <div>6:00 Social Gathering in Angel Hallway</div> <div>6:15 L-R-Center</div>	<div>30</div> <div>7:30 Lab Work</div> <div>10:00 Pub. Library of WSpfld</div> <div>Art is 4 Every 1 9am/ 10:45am</div> <div>10:00 Body Groove Dance with Josefina</div> <div>1:00 Target/Mall</div> <div>1:15 The Bible as Stories with Alan Gilburg</div> <div>1:30 VEGA YOGA</div> <div>1:30 Needle Craft Crew</div> <div>2:30 Let It Snow Social</div> <div>6:00 Social Gathering in Angel Hallway</div>	<div>31</div> <div>10:00 Stop &amp; Shop/Riverdale</div> <div>1:00 Atkins Farm</div> <div>1:30 Etruscans &amp; Ancient Rome w/ Jim Masi</div> <div>1:30 Sr. Madeleine's Reflections -Community Rm</div> <div>6:00 Social Gathering in 7:00 Movie</div>	<div>Alterations with Cindy by Appointment Wednesday, January 3 starting at 10AM sign up in Activity Rm 1</div> <div>Thirsty Thursday Gathering Thursdays @ 4:00pm Bring Your Own Beverage; in Angel Hallway</div>			<div>January 2024</div>
<div>Storage Open Tuesdays</div> <div>If assistance required, place a work order with Receptionist; Dial "0"</div> <div>Notary Laurie Hoey call ext 2502 available upon request</div>	<div>HAIR SALON: by Appointment Only Contact Stylists directly</div> <div>Linda Kennedy 413-427-1183</div> <div>Nancy Hoynowski 860-881-7026</div> <div>Bridget McGurn 413-330-4616</div>	<div>A Little Reminder</div> <div>Meeting Locations</div> <div>ACTIVITY/EXERCISE ROOM</div> <div>located on first floor, to the East of the Reception Desk and the SouthEast stairwell</div> <div>ANGEL HALLWAY</div> <div>located on the first floor, to the right of the entrance to the Piano Lounge</div> <div>COFFEE SHOP</div> <div>located on the first floor, entrance on the right from the lobby, facing the Piano Lounge; where breakfast is usually served</div> <div>WELLNESS CENTER</div> <div>located on the first floor just inside the West/Resident Entrance (the one with the overhang)</div> <div>COMMUNITY/WEELLNESS ROOM</div> <div>located on the 4th floor, across from the East Eleavator and near apt. 428.</div> <div>PIANO LOUNGE</div> <div>located on the first floor, entrance opposite of main entrance and Reception desk</div> <div>MOVIE ROOM</div> <div>located on the first floor, off Angel Hallway, to the East of the Reception Desk</div> <div>ACTIVITY ROOM#1</div> <div>located on first floor, to the West of the Reception Desk across the hall from Susan's Office</div> <div>**Sign up sheets for events/ trips are on clipboards in Activity Room #1**</div>					
<div>ZOOM Exercise</div> <div>Meeting # 576 677 309 Passcode 119629</div>	<div>Massage Therapy by Appointment Only</div> <div>Juanita Drew 860-508-3278</div>						