JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6 markana
For those not well	Happy	7:30 Lab Work	10:00 Stop & Shop/Riverdale	9:00 Qigong-Movie Room	10:00 Stop & Shop/Holyoke	
and needing to	MGYear)	Art is 4 Every 1	10:00 Otop a Grop/Averdale	9:30 BP Clinic/Card Room	10:15 ZOOM Exercise	
remain in their rooms and		9am/ 10:45am	Total Tational Symptim	10:00 CVS/Barnes&Noble	10.10 E30111 Ex616166	*
have their meal delivered,		_	1:00 Geissler's/Dollar Store			
Call ext. 2535	New Years Day	10:00 Banks/Holyoke	Agawam	1:00 Yankee Candle/	4.00 Trader leals/	
	11:30 - 1:15 Main Meal	1:00 Target/Mall	1:30 Sr. Madeleine's	Richardson's S.Deerfield 2:30 Exercise w/Mary Kate	Whole Foods, Hadley	
REMINDER:	No Evening Meal		Reflections -Community Rm			10:30 Writing Circle Paused
No Guests are permitted		1:30 Needle Craft Crew	_	,		for project completion
for Sunday's meal				1 00 TI: 1 TI		NJ, 🖫 115
Let Hostess know IN	6:00 Mexican Train			4:00 Thirsty Thursdays in Angel Hallway		***************************************
ADVANCE if you are going	in the Community Room			6:00 Social Gathering in		新春福
to have mealtime guests	6:00 Social Gathering in		6:00 Social Gathering in	Angel Hallway	6:00 Social Gathering in	6:00 Social Gathering in
during the week.		6:00 Social Gathering in	Angel Hallway	6:15 L-R-Center	Angel Hallway	
7	6:30 L-R-Center	Angel Hallway		6:30 Opera w/ Fr. Riendeau		7:00 Movie
'	8	9	10	11	12	13
		7:30 Lab Work	10:00 Stop & Shop/Riverdale	9:00 Qigong-Movie Room 9:30 BP Clinic/Card Room		
10:30 Qigong-Movie Room	10:15 ZOOM Exercise	<i>Art is 4 Every 1</i> 9am/ 10:45am		10:00 CVS/Barnes&Noble	10:00 Stop & Shop/Holyoke	The state of the s
1:30 Movie		10:00 S.Hadley Pub.Library		10.00 O V G/Barriesar (Obie	10:15 ZOOM Exercise	
1:30 Mah Jong		10:00 Body Groove Dance	1:00 Atkins Farm	1:00 Lunch Out: Red Rose	FootCare by Nurses by Appt	
in the Community Room		with Josefina		4.00 MANAUL François a seriale	4.20 Day Jallia Farras	10:30 Writing Circle Paused
2:00 Scrabble	1:00 Opera W/out Tears	10:00 PBJ Ministry 11:00 Undecking the Halls	1:30 Sr. Madeleine's	1:30 WWII-Europe with Gene Adamz	1:30 Randall's Farms	for project completion
in the Coffee Shop	Father Riendeau		Reflections -Community Rm			
· I		1:15 The Bible as Stories	-	2:30 Exercise w/Mary Kate		6:30 Springfield Symphony
2:30 Cash Bingo	0 00 M · T ·	with Alan Gilburg	3:00 Happy Hour	in the Community Room		[residents buy own tickets]
in the Dining Room	in the Community Room	1:30 VEGA YOGA		4:00 Thirsty Thursdays	6:00 Social Gathering in	
6:00 Social Gathering in			6:00 Social Gathering in	6:00 Social Gathering in		6:00 Social Gathering in
Angel Hallway	Angel Hallway	Angel Hallway	Angel Hallway	Angel Hallway	7:00 Rosary in the Chapel	Angel Hallway
	6:15 L-R-Center	7:00 Poetry Corner w/ Dan	7:00 Movie	6:15 L-R-Center		7:00 Movie
14	15	16	17	18	19	20
	Martin Luther King Day		10:00 All Resident Meeting	9:00 Qigong-Movie Room		
10:30 Qigong-Movie Room	40.00 MOM O i	Art is 4 Every 1	in the Dining Room	0.00 DD Olivia (Canal Dagge	10:00 Stop & Shop/Holyoke	
1:30 Mah Jong in the Community Room	10:00 MGM Casino	9am/ 10:45am		9:30 BP Clinic/Card Room 10:00 CVS/Barnes&Noble	10:15 ZOOM Exercise	10:00 Resident Share:
1:30 Movie	10.13 ZOOW EXERCISE	10:00 Banks/Holyoke	1:00 Stop & Shop/Riverdale	10.00 CV3/Barries@Nobie	1:00 Trader Joe's/	Martha Johnson's
		10:00 Body Groove Dance		1:00 Marshall's/Chicopee	Whole Foods, Hadley	Write For Your Life II
	1:00 Opera W/out Tears		1:30 Etruscans & Ancient		1:30 Book Club	(writing circle cancelled)
2:00 Scrabble	Father Riendeau 1:00 Big Y/S. Hadley	1:00 Target/Mall	Rome w/ Jim Masi 1:30 Sr. Madeleine's	1:30 WWII-Europe with Gene Adamz	in the Movie Room	
in the Coffee Shop		•	Reflections -Community Rm			
3555 555		with Alan Gilburg	_	2:30 Exercise w/Mary Kate	6:00 Social Gathering in	
	6:00 Mexican Train	1:30 Needle Craft Crew		in the Community Room	Angel Hallway	
in the Piano Lounge					7:00 Resident Share:	6:00 Social Gathering in
	•	· · · · · · · · · · · · · · · · · · ·	6:00 Social Gathering in	Angel Hallway		Angel Hallway
Angel Hallway	Angel Hallway	•		6:15 L-R-Center		7:00 Movie
7:00 Movie	6:15 L-R-Center	7:00 Transitions w/ Martha	7:00 Movie	6:30 Opera w/ Fr. Riendeau	7:00 Rosary in the Chapel	

21	22	23	24	25	26	عريًٰكِ 27
		7:30 Lab Work	10:00 Stop & Shop/Riverdale	9:00 Qigong-Movie Room		**************************************
10:30 Qigong-Movie Room	10:00 Banks/WSpfld		i i	9:30 BP Clinic/Card Room		***
3 3	10:15 ZOOM Exercise	Art is 4 Every 1	1:00 Geissler's/Dollar Store	10:00 CVS/Barnes&Noble	10:00 Stop & Shop/Holyoke	10:30 Writing Circle Paused
1:30 Movie		9am/ 10:45am	Agawam		10:15 ZOOM Exercise	for project completion
1:30 Mah Jong	1:00:Thornes/Webs/Talbots		1:30 Etruscans & Ancient	1:00 Century Center/Savers		
in the Community Room		10:00 Body Groove Dance		1:30 WWII-Europe with	1:30 Randall's Farms	282
2:00 Scrabble	1:00 Opera W/out Tears		1:30 Sr. Madeleine's	Gene Adamz		
in the Coffee Shop	Father Riendeau 2:00 BINGO		Reflections -Community Rm		1:30 Sally's Subjects	
	2.00 BINGO	1:15 The Bible as Stories	3:00 Birthday Celebration	2:30 Exercise w/Mary Kate in the Community Room		
		with Alah Gibarg	S.00 Birtinday Celebration	4:00 Thirsty Thursdays		N E ST
	6:00 Mexican Train	1:30 VEGA YOGA		in Angel Hallway		
	in the Community Room			6:00 Social Gathering in	6:00 Social Gathering in	6:00 Social Gathering in
6:00 Social Gathering in	6:00 Social Gathering in	1.50 Nocale State Stew	6:00 Social Gathering in	Angel Hallway	_	
Angel Hallway		6:00 Social Gathering in		6:15 L-R-Center	7:00 Rosary in the Chapel	7:00 Movie
	6:15 L-R-Center	Angel Hallway	_	6:30 Opera w/ Fr. Riendeau	The tree and in the enaper	
28	29	30	31	, , , , , , , , , , , , , , , , , , ,	_	ı
	10:15 ZOOM Exercise	7:30 Lab Work	10:00 Stop & Shop/Riverdale	Alterations with Cindy		
10:30 Qigong-Movie Room	To. 13 200W Exercise	10:00 Pub. Library of WSpfld	·	by Appointment		
10.30 Qigorig-Movie Room	10:00 Banks/Holyoke	Art is 4 Every 1	1:00 Atkins Farm	Wednesday, January 3		
1:30 Movie	10:15 ZOOM Exercise	9am/ 10:45am	1.00 / tikins r arm	starting at 10AM		
1:30 Mah Jong	To 10 Loom Exoroloo	10:00 Body Groove Dance		sign up in Activity Rm 1		
in the Community Room		_	1:30 Etruscans & Ancient	sign up in Addition 1		
2:00 Scrabble	1:00 Walmart/Westfield	1:00 Target/Mall	Rome w/ Jim Masi	**************************************		
	1:00 Opera W/out Tears	1:15 The Bible as Stories		和		
	Father Riendeau		1:30 Sr. Madeleine's	Thirsty Thursday Gathering		AMIM
	2:00 BINGO	_	Reflections -Community Rm			
	6:00 Mexican Train	1:30 Needle Craft Crew	_	Bring Your Own Beverage;	We State	THE PARTY OF THE P
	in the Community Room	2:30 Let It Snow Social		in Angel Hallway		
6:00 Social Gathering in	6:00 Social Gathering in			and the	*****	
Angel Hallway	Angel Hallway	6:00 Social Gathering in	6:00 Social Gathering in	206	和 多 作	024
7:00 Movie	6:15 L-R-Center	Angel Hallway	7:00 Movie		* = *	
	HAIR SALON:	100 Danie 100				
Storage Open Tuesdays	by Appointment Only	A Little ,				
If assistance required,	Contact Stylists directly	January 2	ANGEL HALLWAY	WELLNESS CENTER	PIANO LOUNGE	ACTIVITY ROOM#1
place a work order with		Reminder	located on the first floor,	located on the first floor just	located on the first floor,	located on first floor, to the
Receptionist; Dial "0"	Linda Kennedy) 6, (,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	to the right of the entrance	inside the West/Resident	entrance opposite of main	West of the Reception Desk
	413-427-1183	───	to the Piano Lounge	Entrance (the one with the overhang)	entrance and Reception desk	across the hall from Susan's Office
Notary	Nancy Hoynowski	Meeting Locations		overnang)		Gusaii s Oilice
Laurie Hoey	860-881-7026		COFFEE SHOP	COMMUNITY/WELLNESS	MOVIE ROOM	**Sign up sheets for events/
call ext 2502		ACTIVITY/EXERCISE	located on the first floor,	ROOM	located on the first floor, off	trips are on clipboards in
available upon request	Bridget McGurn	ROOM	entrance on the right from	located on the 4th floor,	Angel Hallway, to the East	Activity Room #1**
	413-330-4616	located on first floor, to the	the lobby, facing the Piano Lounge; where breakfast is	across from the East Eleavator and near apt. 428.	of the Reception Desk	₩. Æ
ZOOM Exercise	Massage Therapy	East of the Reception Desk and the SouthEast stairwell	usually served	Licavator and near apt. 420.	I	W. W
Meeting # 576 677 309	by Appointment Only	and the SouthLast stall Well	I asadiny solved	ı		WALL THE WAL
Passcode 119629	Juanita Drew					A
	960 <u>-</u> 509-3279					

860-508-3278