








SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>March 2025</h1> 		<p>Alterations with Cindy by Appointment TBD sign up in Activity Rm 1</p> <p>Thirsty Thursday Gathering Thursdays @ 4:00pm Bring Your Own Beverage; in Angels' Hallway</p>	<p>Storage Open Tuesdays If assistance required, place a work order with Receptionist; Dial "0"</p> <p>Notary Laurie Hoey call ext 2502 available upon request</p> <p>ZOOM Exercise Meeting # 576 677 309 Passcode 119629</p>	<p>HAIR SALON: by Appointment Only Contact Stylists directly Linda Kennedy 413-427-1183</p> <p>Nancy Hoynowski 860-881-7026</p> <p>Bridget McGurn 413-330-4616</p> <p>Massage Therapy by Appointment Only Juanita Drew 860-508-3278</p>	<p><i>For those not well and needing to remain in their rooms and have their meal delivered, Call ext. 2535 by 3:00 p.m.</i></p> <p>REMINDER: No Guests are permitted for Sunday's meal</p> <p>Inform the Hostess IN ADVANCE if you are going to have mealtime guest during the week.</p>	<p>1 10:30 Writing Circle </p> <p>RESIDENT SHARE SAMPLER in the Community Room 10 a.m. - 4:00 p.m.</p> <p>1:30 Movie</p> <p>7:00 Movie </p>
<p>2 10:30 Qigong-Movie Room</p> <p>1:30 Movie</p> <p>RESIDENT SHARE SAMPLER in the Community Room 10 a.m. - 1:00 p.m.</p> <p>2:00 Chapel Concert: Tamila Azadaliyeva</p> <p>7:00 Movie</p>	<p>3 10:00 Reflections: A Womens Discussion/Community Rm 10:00 Banks/WSpfld <i>Chair Massage by Appt.</i> 10:15 ZOOM Exercise</p> <p>1:00 Mt. Holyoke College Flower Show</p> <p>1:30 "How to View...Great Movies" w/ Fr. Riendeau 2:00 BINGO 6:30 Mexican Train in the Community Room 6:15 L-R-Center</p>	<p>4 8:15 Mall Walkers</p> <p>10:00 Walmart/Westfield Art is 4 Every 1 9am/ 10:45am</p> <p>1:00 Target/Mall 1:30 The Bible as Stories with Alan Gilburg</p> <p>1:30 Needle Craft Crew</p> <p>3:00 Mardi Gras Social</p>	<p>5 Ash Wednesday</p> <p>7:30 Lab Work NO VEGA YOGA</p> <p>10:00 Stop & Shop/Riverdale</p> <p>12:30 Springfield Museum (free First Wednesdays)</p> <p>1:30 Geology with Gene Adamz</p> <p>7:00 Movie</p>	<p>6 8:15 Mall Walkers 9:00 Qigong-Movie Room 9:30 BP Clinic/Card Room 10:00 CVS/Barnes&Noble 10:00 MEN'S CLUB in the Community Room <i>Chair Massage by Appt.</i></p> <p>1:30 Randall's Farms 1:30 Modern Medicine w/ Jim Masi</p> <p>2:30 Exercise w/Mary Kate 4:00 Thirsty Thursdays 6:15 L-R-Center 6:30 Opera w/ Fr. Riendeau</p>	<p>7 10:00 Stop & Shop/Holyoke 10:15 ZOOM Exercise</p> <p>12:15 Wilbraham Sr. Ctr Native American Program Sr. Kateri Mitchell</p> <p>6:30 Rosary in the Chapel</p>	<p>8 10:30 Writing Circle</p> <p>1:30 Movie 2:00 Big Broadcast, Mt. Holyoke College</p> <p>CLOCKS SPRING AHEAD Daylight Savings Time </p> <p>7:00 Movie</p>
<p>9 Daylight Savings Begins</p> <p>10:30 Qigong-Movie Room</p> <p>1:30 Movie 1:30 Canasta in the Community Room 2:00 Scrabble in the Coffee Shop 3:30 Piano/Ethan Stone</p> <p>7:00 Movie</p>	<p>10 10:00 Reflections: A Womens Discussion/Community Rm 10:00 Banks/Holyoke 10:15 ZOOM Exercise <i>Chair Massage by Appt.</i> 1:00 Smith College Spring Bulb Show</p> <p>1:30 "How to View...Great Movies" w/ Fr. Riendeau 2:00 BINGO 6:30 Mexican Train 6:15 L-R-Center</p>	<p>11 8:15 Mall Walkers <i>Podiatry by Appointment</i></p> <p>10:00 PBJ Ministry 10:00 Stop & Shop/Riverdale Art is 4 Every 1 9am/ 10:45am</p> <p>1:00 Target/Mall 1:30 The Bible as Stories with Alan Gilburg</p> <p>1:30 Needle Craft Crew</p>	<p>12 7:30 Lab Work 9:30 VEGA YOGA</p> <p>10:15 All Resident Meeting in the Dining Room</p> <p>12:45 Amherst College Beneski Museum w/ Gene Adamz</p> <p>7:00 Movie</p>	<p>13 9:00 Qigong-Movie Room 9:30 BP Clinic/Card Room 10:00 CVS/Barnes&Noble <i>Chair Massage by Appt.</i> 1:00 Geissler's/Dollar Store 1:30 Modern Medicine w/ Jim Masi</p> <p>2:30 Exercise w/Mary Kate in the Community Room 4:00 Thirsty Thursdays Angel Hallway 6:15 L-R-Center 6:30 Opera w/ Fr. Riendeau</p>	<p>14 10:00 Stop & Shop/Holyoke 10:15 ZOOM Exercise <i>FootCare by Nurses by Appt</i></p> <p>1:00 Trader Joe's/ Whole Foods, Hadley</p> <p>3:00 Birthday Celebration w/Dave Colucci</p> <p>6:30 Rosary in the Chapel</p>	<p>15 10:30 Writing Circle </p> <p>1:30 Movie</p> <p>2:00 Springfield Symphony</p> <p>2:00 Ireland Parish Band in the Piano Lounge </p> <p>7:00 Movie</p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16	17 St Patrick's Day	18	19 St. Joseph's Day	20	21	22 

<p>10:30 Qigong-Movie Room</p> <p>1:30 Movie 1:30 Canasta in the Community Room</p> <p>2:00 Scrabble in the Coffee Shop</p> <p>7:00 Movie</p> 	<p>10:00 Banks/WSpfld 10:00Reflections:A Womens Discussion/CommunityRm</p> <p>10:15 ZOOM Exercise <i>Chair Massage by Appt.</i></p> <p>1:00 Big Y/S. Hadley 1:30 "How to View...Great Movies" w/ Fr. Riendeau</p> <p>2:00 BINGO</p> <p>6:30 Mexican Train in the Community Room</p> <p>6:15 L-R-Center</p>	<p>8:15 Mall Walkers 10:00 S. Hadley Library</p> <p>Art is 4 Every 1 9am/ 10:45am</p> <p>1:00 Target/Mall 1:30 The Bible as Stories with Alan Gilburg</p> <p>1:30 Needle Craft Crew</p>	<p>7:30 Lab Work 9:30 VEGA YOGA</p> <p>10:00 Stop & Shop/Riverdale</p> <p>1:00 Atkins Farm Market 1:30 Geology with Gene Adamz</p> <p>7:00 Movie</p>	<p>8:15 Mall Walkers 9:00 Qigong-Movie Room 9:30 BP Clinic/Card Room <i>Chair Massage by Appt.</i></p> <p>10:00 CVS/Barnes&Noble 1:30 Modern Medicine w/ Jim Masi</p> <p>2:30 Exercise w/Mary Kate in the Community Room</p> <p>4:00 Thirsty Thursdays Angel Hallway</p> <p>6:15 L-R-Center 6:30 Opera w/ Fr. Riendeau</p>	<p>10:00 Stop & Shop/Holyoke 10:15 ZOOM Exercise</p> <p>1:30 Randall's Farms 1:30 Sally's Subjects</p> <p>3:00 IRISH Happy Hour</p> <p>6:30 Rosary in the Chapel</p>	<p>10:30 Writing Circle </p> <p>1:30 Movie</p> <p>3:30 Dueling Pianos Piano Lounge with Ethan Stone and Adam Bergeron</p> <p>7:00 Movie </p>					
<p>23</p> <p>10:30 Qigong-Movie Room</p> <p>Holyoke St. Pat's Parade <i>12:00 noon on WWLP</i> Comcast channel 822</p>  <p>1:30 Movie 1:30 Canasta in the Community Room</p> <p>2:00 Scrabble in the Coffee Shop</p> <p>7:00 Movie</p>	<p>24</p> <p>10:00Reflections:A Womens Discussion/CommunityRm</p> <p>10:00 Banks/Holyoke</p> <p>10:15 ZOOM Exercise <i>Podiatry by Appointment</i></p> <p>1:00 Louis & Clark Gifts 1:30 "How to View...Great Movies" w/ Fr. Riendeau</p> <p>2:00 BINGO</p> <p>6:30 Mexican Train</p> <p>6:15 L-R-Center</p>	<p>25</p> <p>8:15 Mall Walkers 10:00 Chmura Bakery Indian Orchard</p> <p>Art is 4 Every 1 9am/ 10:45am</p> <p>1:00 Target/Mall 1:30 The Bible as Stories with Alan Gilburg</p> <p>1:30 Needle Craft Crew</p>	<p>26</p> <p>7:30 Lab Work 9:30 VEGA YOGA</p> <p>10:00 Stop & Shop/Riverdale</p> <p>1:00 Geissler's /Dollar Store 1:30 Geology with Gene Adamz</p> <p>7:00 Movie</p>	<p>27</p> <p>8:15 Mall Walkers 9:00 Qigong-Movie Room 9:30 BP Clinic/Card Room <i>Chair Massage by Appt.</i></p> <p>12:30 MGM Casino</p> <p>1:30 Modern Medicine w/ Jim Masi</p> <p>2:30 Exercise w/Mary Kate in the Community Room</p> <p>4:00 Thirsty Thursdays 6:15 L-R-Center 6:30 Opera w/ Fr. Riendeau</p>	<p>28</p> <p>10:00 Stop & Shop/Holyoke 10:15 ZOOM Exercise</p> <p>1:00 Trader Joe's/ Whole Foods, Hadley</p> <p>1:30 Book Club</p> <p>6:30 Rosary in the Chapel</p>	<p>29</p> <p>10:30 Writing Circle </p> <p>1:30 Movie</p> <p>7:00 Movie </p>					
<p>30</p> <p>10:30 Qigong-Movie Room</p> <p>1:30 Movie 1:30 Canasta in the Community Room</p> <p>2:00 Scrabble in the Coffee Shop</p> <p>2:30 CASH BINGO in the Dining Room</p> <p>7:00 Movie</p> 	<p>31</p> <p>10:00Reflections:A Womens Discussion/CommunityRm</p> <p>10:00 Banks/WSpfld <i>Chair Massage by Appt.</i></p> <p>10:15 ZOOM Exercise</p> <p>1:00 Big Y/S. Hadley 1:30 "How to View...Great Movies" w/ Fr. Riendeau</p> <p>2:00 BINGO</p> <p>6:15 L-R-Center 6:30 Mexican Train</p>	<p style="text-align: center;"><i>A Little Reminder</i></p> <p style="text-align: center;">→ Meeting Locations</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%; padding: 5px;"> <p>ACTIVITY/EXERCISE ROOM located on first floor, to the East of the Reception Desk and the SouthEast stairwell</p> </td> <td style="width: 20%; padding: 5px;"> <p>ANGEL HALLWAY located on the first floor, to the right of the entrance to the Piano Lounge</p> <p>COFFEE SHOP located on the first floor, entrance on the right from the lobby, facing the Piano Lounge; where breakfast is usually served</p> </td> <td style="width: 20%; padding: 5px;"> <p>WELLNESS CENTER located on the first floor just inside the West/Resident Entrance (the one with the overhang)</p> <p>COMMUNITY/WELLNESS ROOM located on the 4th floor, across from the East Elevator and near apt. 428.</p> </td> <td style="width: 20%; padding: 5px;"> <p>PIANO LOUNGE located on the first floor, entrance opposite of main entrance and Reception desk</p> <p>MOVIE ROOM located on the first floor, off Angel Hallway, to the East of the Reception Desk</p> </td> <td style="width: 20%; padding: 5px;"> <p>ACTIVITY ROOM#1 located on first floor, to the West of the Reception Desk across the hall from Exec. Director's Office</p> <p><i>**Sign up sheets for events/trips are on clipboards in Activity Room #1**</i></p> </td> </tr> </table>					<p>ACTIVITY/EXERCISE ROOM located on first floor, to the East of the Reception Desk and the SouthEast stairwell</p>	<p>ANGEL HALLWAY located on the first floor, to the right of the entrance to the Piano Lounge</p> <p>COFFEE SHOP located on the first floor, entrance on the right from the lobby, facing the Piano Lounge; where breakfast is usually served</p>	<p>WELLNESS CENTER located on the first floor just inside the West/Resident Entrance (the one with the overhang)</p> <p>COMMUNITY/WELLNESS ROOM located on the 4th floor, across from the East Elevator and near apt. 428.</p>	<p>PIANO LOUNGE located on the first floor, entrance opposite of main entrance and Reception desk</p> <p>MOVIE ROOM located on the first floor, off Angel Hallway, to the East of the Reception Desk</p>	<p>ACTIVITY ROOM#1 located on first floor, to the West of the Reception Desk across the hall from Exec. Director's Office</p> <p><i>**Sign up sheets for events/trips are on clipboards in Activity Room #1**</i></p>
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