









SEPTEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>September</div> <div>2025</div> <div></div>		<div>September is</div> <div>NATIONAL FALL</div> <div>PREVENTION</div> <div>month</div> <div></div> <div>Thirsty Thursday Gathering</div> <div>Thursdays @ 4:00pm</div> <div>Bring Your Own Beverage;</div> <div>in Angel's Hallway</div>	<div>HAIR SALON:</div> <div>by Appointment Only</div> <div>Contact Stylists directly</div> <div>Linda Kennedy</div> <div>413-427-1183</div> <div>Nancy Hoynowski</div> <div>860-881-7025</div> <div>Bridget McGurn</div> <div>413-330-4616</div> <div>Massage Therapy</div> <div>by Appointment Only</div> <div>Juanita Drew</div> <div>860-508-3278</div>	<div>For those not well and</div> <div>needing to remain in their</div> <div>rooms and have their meal</div> <div>delivered, Call ext. 2535</div> <div>by 3:00 p.m.</div> <div>REMINDER:</div> <div>No Guests are permitted</div> <div>for Sunday's meal</div> <div>Inform the Hostess IN</div> <div>ADVANCE if you are going</div> <div>to have mealtime</div> <div>guest during the week.</div>	<div>GAMES/BOARD GAMES</div> <div>various games available to</div> <div>play w/ friends & neighbors</div> <div>Schedules posted in</div> <div>Activity Room #1</div> <div></div> <div>Alterations with Cindy</div> <div>by Appointment</div> <div>Tuesday, September 30</div> <div>sign up in Activity Rm 1</div>	<div>Storage Open Tuesdays</div> <div>If assistance required,</div> <div>place a work order with</div> <div>Receptionist; Dial "0"</div> <div>Notary</div> <div>Laurie Hoey</div> <div>call ext 2502</div> <div>available upon request</div> <div>ZOOM Exercise</div> <div>Meeting # 576 677 309</div> <div>Passcode 119629</div>
<div>REMEMBER TO</div> <div>SIGN UP IN</div> <div>ACTIVITY</div> <div>ROOM#1</div> <div>for any and all bus</div> <div>trips</div> <div>ACTIVITY ROOM#1</div> <div>located on first floor, to the</div> <div>West of the Reception Desk</div> <div>across the hall from</div> <div>the Marketing Office</div>	<div>1 Labor Day</div> <div>11:30-1:15 p.m. Main Meal</div> <div>No Evening Meal</div> <div>6:15 L-R-Center</div> <div>6:30 Mexican Train</div> <div>6:30 Movie Club w/ Fr.R</div>	<div>2</div> <div>10:00 Banks/WSpfld</div> <div>Art is 4 Every 1</div> <div>9am/ 10:45am</div> <div>1:00 Target/Mall</div> <div>1:30 The Bible as Stories</div> <div>with Alan Gilburg</div> <div>Fall Risk Evaluation by Appt.</div> <div>1:30-2:30 p.m.</div> <div>1:30 Needle Craft Crew</div>	<div>3</div> <div>7:30 Lab Work</div> <div>9:30 VEGA YOGA</div> <div>10:00 Stop & Shop/Riverdale</div> <div>12:30 Springfield Museum</div> <div>(free First Wednesdays)</div> <div>7:00 Movie</div>	<div>4</div> <div>9:30 BP Clinic/Card Room</div> <div>10:00 Men's Group</div> <div>10:00 CVS/Barnes&Noble</div> <div>1:00 Savers/WSpfld</div> <div>1:30 Aqua Aerobics w/</div> <div>MaryKate, Poolside</div> <div>1:30 Jim Masi Gerontology</div> <div>lecture in the Movie Room</div> <div>4:00 Thirsty Thursdays</div> <div>6:15 L-R-Center</div>	<div>5</div> <div>10:00 Stop & Shop/Holyoke</div> <div>10:15 ZOOM Exercise</div> <div>1:00 Trader Joe's/</div> <div>Whole Foods, Hadley</div> <div>1:30 Walker Clinic Reprisal</div> <div>in the Movie Room</div> <div>1:30 Mahjongg in the</div> <div>Community Room</div> <div>Beginners Welcome!</div> <div>6:30 Rosary in the Chapel</div>	<div>6</div> <div>10:30 Writing Circle</div> <div>1:30 Movie</div> <div>7:00 Movie</div> <div></div>
<div>7</div> <div>10:30 Qigong-Movie Room</div> <div>1:30 Movie</div> <div>1:30 Canasta</div> <div>in the Community Room</div> <div>2:00 Scrabble</div> <div>in the Coffee Shop</div> <div>3:30 Ethan Stone/Piano</div> <div>in the Piano Lounge</div> <div>4:15 - 4:45 Guided Meditation</div> <div>for World Peace, Movie Room</div> <div>4:45 - 6:30 Bio-Touch Clinic</div> <div>7:00 Movie</div>	<div>8</div> <div>10:00 Banks/Holyoke</div> <div>10:00Reflections:A Womens</div> <div>Discussion/CommunityRm</div> <div>10:15 ZOOM Exercise</div> <div>1:00 Big Y/ S. Hadley</div> <div>2:00 BINGO</div> <div>6:15 L-R-Center</div> <div>6:30 Mexican Train</div> <div>6:30 Movie Club w/ Fr.R</div>	<div>9</div> <div>10:00 S. Hadley Pub. Library</div> <div>10:00 PBJ Ministry</div> <div>10:30 Garden Club Meeting</div> <div>in the Community Room</div> <div>Art is 4 Every 1</div> <div>9am/ 10:45am</div> <div>1:00 Target/Mall</div> <div>1:30 The Bible as Stories</div> <div>with Alan Gilburg</div> <div>1:30 Needle Craft Crew</div> <div>Fall Risk Evaluation by Appt.</div> <div>1:30-2:30 p.m.</div>	<div>10</div> <div>7:30 Lab Work</div> <div>9:30 VEGA YOGA</div> <div>10:15 All Resident Meeting</div> <div>in the Dining Room</div> <div>1:00 Stop & Shop/Riverdale</div> <div>1:30 Geology lecture</div> <div>with Gene Adamz</div> <div>3:00 Happy Hour</div> <div>7:00 Movie</div>	<div>11</div> <div>9:00 Qigong-Movie Room</div> <div>9:30 BP Clinic/Card Room</div> <div>10:00 CVS/Barnes&Noble</div> <div>1:00 Atkins</div> <div>1:30 Aqua Aerobics w/</div> <div>MaryKate, Poolside</div> <div>1:30 Jim Masi Gerontology</div> <div>lecture in the Movie Room</div> <div>4:00 Thirsty Thursdays</div> <div>6:15 L-R-Center</div>	<div>12</div> <div>10:00 Stop & Shop/Holyoke</div> <div>10:15 ZOOM Exercise</div> <div>FootCare by Nurses by Appt</div> <div>1:30 Randall's Farms</div> <div>1:30 Mahjongg in the</div> <div>Community Room</div> <div>Beginners Welcome!</div> <div>6:30 Rosary in the Chapel</div>	<div>13</div> <div>10:30 Writing Circle</div> <div>1:30 Movie</div> <div>7:00 Movie</div> <div></div>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14 10:30 Qigong-Movie Room 1:30 Movie 1:30 Canasta in the Community Room 2:00 Scrabble in the Coffee Shop 4:15 - 4:45 Guided Meditation for World Peace, Movie Room 4:45 - 6:30 Bio-Touch Clinic 7:00 Movie	15 10:00Reflections:A Womens Discussion/CommunityRm 10:00 BIG E 10:15 ZOOM Exercise 1:00 Banks/WSpfld 2:00 BINGO 5:30 Blessed Sacrament Lecture: End of Life 6:15 L-R-Center 6:30 Mexican Train 6:30 Movie Club w/ Fr.R	16 10:00 VOTE: Holyoke Ward5 Preliminary Election Art is 4 Every 1 9am/ 10:45am 1:00 Target/Mall 1:30 The Bible as Stories with Alan Gilburg 1:30 Needle Craft Crew <i>Fall Risk Evaluation by Appt. 1:30-2:30 p.m.</i> 6:45 End of Life Discussion Group w/ Martha Johnson	17 7:30 Lab Work 9:30 VEGA YOGA 10:00 Stop & Shop/Riverdale 1:00 Geisslers 1:30 Geology lecture with Gene Adamz 7:00 Movie	18 9:00 Qigong-Movie Room 9:30 BP Clinic/Card Room 10:00 Men's Group 10:00 CVS/Barnes&Noble 1:00 Stop & Shop/Holyoke 1:30 Jim Masi Gerontology lecture in the Movie Room 2:30 Exercise w/ Mary Kate in the Community Room 4:00 Thirsty Thursdays 6:15 L-R-Center	19 9:30 Divine Mercy: Outdoor Stations of the Cross Stockbridge, MA 10:15 ZOOM Exercise 1:30 Book Club 1:30 Mahjongg in the Community Room Beginners Welcome! 6:30 Rosary in the Chapel	20 10:30 Writing Circle 1:30 Movie 7:00 Movie 
21 10:30 Qigong-Movie Room 1:30 Movie 1:30 Canasta in the Community Room 2:00 Scrabble in the Coffee Shop 4:15 - 4:45 Guided Meditation for World Peace, Movie Room 4:45 - 6:30 Bio-Touch Clinic 7:00 Movie	22 10:00Reflections:A Womens Discussion/CommunityRm 10:00 Banks/Holyoke 10:15 ZOOM Exercise 1:00 "Art in the Orchard" Easthampton MA 2:00 BINGO 6:15 L-R-Center 6:30 Mexican Train 6:30 Movie Club w/ Fr.R	23 10:00 Agawam Pub. Library Art is 4 Every 1 9am/ 10:45am 1:00 Target/Mall 1:30 The Bible as Stories with Alan Gilburg 1:30 Needle Craft Crew <i>Fall Risk Evaluation by Appt. 1:30-2:30 p.m.</i> ART EXHIBITION 1:30pm-3:30 pm in Mary's Cloister	24 7:30 Lab Work 9:30 VEGA YOGA 10:00 Stop & Shop/Riverdale 1:00 Atkins Farms 1:30 Geology lecture with Gene Adamz 3:00 Birthday Celebration w/ Dave Colucci 7:00 Movie	25 9:00 Qigong-Movie Room 9:30 BP Clinic/Card Room 10:00 CVS/Barnes&Noble 11:30 MGM Casino 1:30 Jim Masi Gerontology lecture in the Movie Room 2:30 Exercise w/ Mary Kate in the Community Room 4:00 Thirsty Thursdays 6:15 L-R-Center	26 10:00 Stop & Shop/Holyoke 10:15 ZOOM Exercise 1:30 Randall's Farms 1:30 Mahjongg in the Community Room Beginners Welcome! 6:30 Rosary in the Chapel	27 10:30 Writing Circle 1:30 Movie 7:00 Movie 
28 10:30 Qigong-Movie Room 1:30 Movie 1:30 Canasta in the Community Room 2:00 Scrabble in the Coffee Shop 4:15 - 4:45 Guided Meditation for World Peace, Movie Room 4:45 - 6:30 Bio-Touch Clinic 7:00 Movie	29 10:00Reflections:A Womens Discussion/CommunityRm 10:00 Banks/Holyoke 10:15 ZOOM Exercise 1:00 Walmart/Westfield 2:00 BINGO 6:15 L-R-Center 6:30 Mexican Train 6:30 Movie Club w/ Fr.R	30 10:00 Big Y/S. Hadley <i>Alterations by Appointment</i> NO ART CLASS 1:00 Target/Mall 1:30 The Bible as Stories with Alan Gilburg <i>Fall Risk Evaluation by Appt. 1:30-2:30 p.m.</i> 1:30 Needle Craft Crew 6:45 Transitions w/ Martha Johnson	<div><div>ANGEL HALLWAY located on the first floor, to the right of the entrance to the Piano Lounge</div><div>COFFEE SHOP located on the first floor, entrance on the right from the lobby, facing the Piano Lounge; where breakfast is usually served</div></div> <div><div>WELLNESS CENTER located on the first floor just inside the West/Resident Entrance (the one with the portico)</div><div>COMMUNITY/WELLNESS ROOM located on the 4th floor, across from the East Elevator and near apt. 428.</div></div> <div><div>PIANO LOUNGE located on the first floor, entrance opposite of main entrance and Reception desk</div><div>MOVIE ROOM located on the first floor, off Angel Hallway, to the East of the Reception Desk</div></div>			<div><div><i>A Little Reminder</i></div><div></div><div>EXERCISE ROOM/ Activity Room#2 located on first floor, to the East of the Reception Desk and the SouthEast stairwell</div></div>