

| SUNDAY                                                                                                                                                                                                                                                  | MONDAY                                                                                                                                                                                                                                                                                                               | TUESDAY                                                                                                                                                                                                                                                                                                                         | WEDNESDAY                                                                                                                                                                                                                                                                                           | THURSDAY                                                                                                                                                                                                                                                                                                                                                       | FRIDAY                                                                                                                                                                                                                                                                               | SATURDAY                                                                                                                                                                                                                                                                                                                     |
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| <div>November 2025</div>                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                      | NOVEMBER is:<br><br><b>National Diabetes Month</b><br><br><br><br><b>National Alzheimer's Disease Awareness Month</b>                                                                                                                        | <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><br><br><b>REMINDER:</b><br>No Guests are permitted for Sunday's meal<br><br><b>Inform the Hostess IN ADVANCE if you are going to have mealtime guest during the week.</b> | <b>HAIR SALON:</b><br><b>by Appointment Only</b><br><i>Contact Stylists directly</i><br>Linda Kennedy<br>413-427-1183<br><br>Nancy Hoynowski<br>860-881-7026<br><br>Bridget McGurn<br>413-330-4616<br><br><b>Massage Therapy by Appointment Only</b><br>Juanita Drew<br>860-508-3278                                                                           | <b>REMEMBER TO SIGN UP IN ACTIVITY ROOM#1 for any and all bus</b><br><br><br><b>ACTIVITY ROOM#1</b><br>located on first floor, to the West of the Reception Desk across the hall from the Marketing Office                                                                           | <div>1</div> 10:30 Writing Circle<br><br>1:30 Movie<br><br>7:00 Movie<br><br> <b>**CHANGE CLOCKS**</b><br><b>Fall Back One Hour</b><br>before bedtime  |
| <div>2</div> <b>Daylight Savings Time Ends @ 2a.m.</b><br>10:30 Qigong-Movie Room<br>1:30 Movie<br>1:30 Canasta in the Community Room<br>2:00 Scrabble in the Coffee Shop<br><b>2:00 Dan Kane's Young Friends</b> in the Piano Lounge<br><br>7:00 Movie | <div>3</div> 10:00 Banks/WSpfld<br><b>10:00Reflections:A Womens Discussion/CommunityRm</b><br><br><b>10:15 ZOOM Exercise</b><br><br>1:00 Target/Mall<br><br>2:00 BINGO<br><b>Food Drive to Benefit Margaret's Pantry</b> →<br>Nov. 3rd -10th<br><br>6:15 L-R-Center<br>6:30 Mexican Train<br>6:30 Movie Club w/ Fr.R | <div>4 Election Day</div> <b>10:00 Garden Club Meeting in the Community Room</b><br><i>Art is 4 Every 1 9am/ 10:45am</i><br><br><b>10AM/1PM VOTE</b><br>Morgan St. School Holyoke<br><br><b>3:00 The Power of Myth with Alan Gilburg</b><br><br>1:30 Needle Craft Crew                                                          | <div>5</div> 7:30 Lab Work<br><b>9:30 VEGA YOGA</b><br>10:00 Stop & Shop/Riverdale<br><br>12:30 Springfield Museum (free First Wednesdays)<br><br><b>1:30 National Parks with Gene Adamz</b><br><br><br>7:00 Movie                                                                                  | <div>6</div> 9:00 Qigong-Movie Room<br><b>9:30 BP Clinic/Card Room</b><br>10:00 CVS/Barnes&Noble<br><b>10:00 Men's Group in the Movie Room</b><br><br>1:00 Williamsburg Cty Store Williamsburg, MA<br><br><b>1:30 Gerontology Lecture with Jim Masi</b><br>2:30 Exercise w/ Mary Kate in the Community Room<br>4:00 Thirsty Thursdays<br>6:15 L-R-C/6:30 Opera | <div>7</div> 10:00 Stop & Shop/Holyoke<br><b>10:15 ZOOM Exercise</b><br><br>1:30 Randall's Farms<br><br><b>3:00 Happy Hour</b><br><br><div>→</div> <b>BABY DIAPER DRIVE</b><br><b>Nov. 7th - 21st</b><br><b>To Benefit Connie O'Dell Women's Center</b><br>6:30 Rosary in the Chapel | <div>8</div> 10:30 Writing Circle<br><br>1:30 Movie<br><br>7:00 Movie<br><br>                                                                                                                                                            |
| <div>9</div> 10:30 Qigong-Movie Room<br>1:30 Movie<br>1:30 Canasta in the Community Room<br>2:00 Scrabble in the Coffee Shop<br><br><b>3:30 Ethan Stone/Piano</b> in the Piano Lounge<br><br>7:00 Movie                                                 | <div>10</div> <b>10:00Reflections:A Womens Discussion/CommunityRm</b><br><br>10:00 Banks/Holyoke<br><br><b>10:15 ZOOM Exercise</b><br><br><b>1:00 Veteran's Cemetery Agawam,MA</b><br><br>2:00 BINGO<br><br>6:15 L-R-Center<br>6:30 Mexican Train<br>6:30 Movie Club w/ Fr.R                                         | <div>11 Veteran's Day</div> <b>10:00 PBJ Ministry</b><br><b>10:30 Veterans Day Ceremony</b><br><i>In the Dining Room</i><br><br><i>Art is 4 Every 1 9am/ 10:45am</i><br>1:00 Target/Mall<br>1:30 Needle Craft Crew<br><br><b>3:00 The Power of Myth with Alan Gilburg</b><br><br><b>3:00 Patriotic Tunes with Doug Schmolze</b> | <div>12</div> 7:30 Lab Work<br><b>9:30 VEGA YOGA</b><br><br><b>10:15 All Resident Meeting in the Dining Room</b><br><br>1:00 Stop & Shop/Riverdale<br><br><b>1:30 National Parks with Gene Adamz</b><br><br><br>7:00 Movie                                                                          | <div>13</div> 9:00 Qigong-Movie Room<br><b>9:30 BP Clinic/Card Room</b><br>10:00 CVS/Barnes&Noble<br><br>1:00 Trader Joe's/ Whole Foods, Hadley<br><b>1:30 Gerontology Lecture with Jim Masi</b><br>2:30 Exercise w/ Mary Kate in the Community Room<br>4:00 Thirsty Thursdays<br><br>6:15 L-R-C/6:30 Opera                                                    | <div>14</div> 10:00 Stop & Shop/Holyoke<br><b>10:15 ZOOM Exercise</b><br><br><i>FootCare by Nurses by Appt</i><br><br><b>1:00 WINGS Butterfly Museum</b><br><b>South Deerfield, MA</b><br><br>6:30 Rosary in the Chapel                                                              | <div>15</div> 10:30 Writing Circle<br><br>1:30 Movie<br><br>7:00 Movie<br><br>                                                                                                                                                          |

| SUNDAY                                                                                                                                                                                                                                                                          | MONDAY                                                                                                                                                                                                                                                                          | TUESDAY                                                                                                                                                                                                                                                                    | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                        | FRIDAY                                                                                                                                                                        | SATURDAY                                                                                                                                                                                                                                  |
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| <b>16</b><br>10:30 Qigong-Movie Room<br>1:30 Movie<br>1:30 Canasta<br>in the Community Room<br>2:00 Scrabble<br>in the Coffee Shop<br><br><b>2:00 CHAPEL CONCERT</b><br><b>Mt. Holyoke College</b><br><b>Chorale, Glee Club and</b><br><b>Chamber Singers</b><br><br>7:00 Movie | <b>17</b><br><b>10:00Reflections:A Womens</b><br><b>Discussion/CommunityRm</b><br>10:00 Banks/WSpfld<br><br><b>10:15 ZOOM Exercise</b><br><br>1:00 Dollar Tree/Holyoke<br><br>2:00 BINGO<br><br><br>6:15 L-R-Center<br>6:30 Mexican Train<br>6:30 Movie Club w/ Fr.R            | <b>18</b><br>10:00 Agawam Pub. Library<br><br><b>Art is 4 Every 1</b><br><b>9am/ 10:45am</b><br><br>1:00 Target/Mall<br>1:30 Needle Craft Crew<br><br><b>3:00 The Power of Myth</b><br><b>with Alan Gilburg</b>                                                            | <b>19</b><br>7:30 Lab Work<br><b>NO VEGA YOGA</b><br><br>10:00 Stop & Shop/Riverdale<br>1:00 Atkins Country Mkt<br><br><b>1:30 National Parks with</b><br><b>Gene Adamz</b><br><b>Susan B Anthony: Guest</b><br><b>Lecturer</b><br><br><b>3:00 Birthday Celebration</b><br><b>w/ Joel Meginsky</b><br><br>7:00 Movie                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>20</b><br>9:00 Qigong-Movie Room<br><b>9:30 BP Clinic/Card Room</b><br>10:00 CVS/Barnes&Noble<br><b>10:00 Men's Group</b><br><b>in the Movie Room</b><br>1:00 Yankee Candle<br>S. Deerfield<br><b>1:30 Gerontology Lecture</b><br><b>with Jim Masi</b><br>2:30 Exercise w/ Mary Kate<br>in the Community Room<br>4:00 Thirsty Thursdays<br><br>6:15 L-R-Center<br>6:30 Opera w/ Fr. Riendeau | <b>21</b><br>10:00 Stop & Shop/Holyoke<br><br><b>10:15 ZOOM Exercise</b><br><br><b>1:30 Sally's Subjects</b><br><br>1:30 Randall's Farms<br><br><br>6:30 Rosary in the Chapel | <b>22</b><br><br>10:30 Writing Circle<br><br>1:30 Movie<br><br><br><br>7:00 Movie                                                                                                                                                         |
| <b>23</b><br>10:30 Qigong-Movie Room<br><br>1:30 Movie<br>1:30 Canasta<br>in the Community Room<br>2:00 Scrabble<br>in the Coffee Shop<br><br><b>Final Meditation and</b><br><b>Farewell to Carole Handler</b><br>in the Dining Room<br><br>7:00 Movie                          | <b>24</b><br><b>10:00Reflections:A Womens</b><br><b>Discussion/CommunityRm</b><br>10:00 Banks/Holyoke<br><b>10:15 ZOOM Exercise</b><br><br>1:00 Geissler's/Dollar Store<br>Agawam, MA<br><br>2:00 BINGO<br><br>6:15 L-R-Center<br>6:30 Mexican Train<br>6:30 Movie Club w/ Fr.R | <b>25</b><br>10:00 Big Y/S. Hadley<br><br><b>Art is 4 Every 1</b><br><b>9am/ 10:45am</b><br><br>1:00 Target/Mall<br><b>1:30 The Power of Myth</b><br><b>with Alan Gilburg</b><br>1:30 Needle Craft Crew                                                                    | <b>26</b><br>7:30 Lab Work<br><b>NO VEGA YOGA</b><br>10:00 Stop & Shop/Riverdale<br><br>1:00 Trader Joe's/<br>Whole Foods, Hadley<br><br><b>1:30 National Parks with</b><br><b>Gene Adamz</b><br><br><b>4:45 Bright Nights</b><br><br>7:00 Movie                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>27 Thanksgiving</b><br><br><br><b>11:00-1:30 p.m. Main Meal</b><br><br><b>**Must Reserve Table in</b><br><b>Advance" see Receptionist</b><br><br><b>No Evening Meal</b><br><br>6:15 L-R-Center<br>6:30 Opera w/ Fr. Riendeau                                                                              | <b>28</b><br>10:00 Stop & Shop/Holyoke<br><b>10:15 ZOOM Exercise</b><br><br><br><b>12:30 MGM Casino</b><br><br><br><b>1:30 Book Club</b><br><br>6:30 Rosary in the Chapel     | <b>29</b><br><br>10:30 Writing Circle<br><br>1:30 Movie<br><br><br><br>7:00 Movie                                                                                                                                                         |
| <b>30 Advent Sunday</b><br>10:30 Qigong-Movie Room<br><br>1:30 Movie<br>1:30 Canasta<br>in the Community Room<br>2:00 Scrabble<br>in the Coffee Shop<br><br>7:00 Movie                                                                                                          | <b>Alterations with Cindy</b><br><b>by Appointment</b><br><b>TBD</b><br><br><b>sign up in Activity Rm 1</b><br><br><br><b>Thirsty Thursday Gathering</b><br>Thursdays @ 4:00pm<br>Bring Your Own Beverage;<br>in Angel Hallway                                                  | <b>Storage Open Tuesdays</b><br>If assistance required,<br>place a work order with<br>Receptionist; Dial "0"<br><br><b>Notary</b><br><b>Laurie Hoey</b><br>call ext 2502<br>available upon request<br><br><b>ZOOM Exercise</b><br>Meeting # 576 677 309<br>Passcode 119629 | <div><b>ANGEL HALLWAY</b><br/>located on the first floor,<br/>to the right of the entrance<br/>to the Piano Lounge</div> <div><b>COFFEE SHOP</b><br/>located on the first floor,<br/>entrance on the right from<br/>the lobby, facing the Piano<br/>Lounge; where breakfast is<br/>usually served</div> <div><b>WELLNESS CENTER</b><br/>located on the first floor just<br/>inside the West/Resident<br/>Entrance (the one with the<br/>portico)</div> <div><b>COMMUNITY/WELLNESS</b><br/><b>ROOM</b><br/>located on the 4th floor,<br/>across from the East<br/>Elevator and near apt. 428.</div> <div><b>PIANO LOUNGE</b><br/>located on the first floor,<br/>entrance opposite of main<br/>entrance and Reception desk</div> <div><b>MOVIE ROOM</b><br/>located on the first floor, off<br/>Angel Hallway, to the East<br/>of the Reception Desk</div> |                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                               | <div><i>A Little<br/>Reminder</i></div> <div></div> <div></div> |