

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
October 2025		REMEMBER TO SIGN UP IN ACTIVITY ROOM#1 for any and all bus ACTIVITY ROOM#1 located on first floor, to the West of the Reception Desk across the hall from the Marketing Office	1 7:30 Lab Work 9:30 VEGA YOGA 10:00 Stop & Shop/Riverdale 12:30 Springfield Museum (free First Wednesdays) 1:30 National Parks with Gene Adamz 7:00 Movie	2 9:00 Qigong-Movie Room 9:30 BP Clinic/Card Room 10:00 CVS/Barnes&Noble 10:00 Men's Group 1:00 Trader Joe's/ Whole Foods, Hadley 1:30 Jim Masi Lecture in the Movie Room 2:30 Exercise w/ Mary Kate in the Community Room 4:00 Thirsty Thursdays 6:15 L-R-C/6:30 Opera	3 10:00 Stop & Shop/Holyoke 10:15 ZOOM Exercise (on Video) 1:00 Savers/W.Spfld 3:00 Farewell Gathering for Roger Korell at Providence Place 6:30 Rosary in the Chapel	4 10:30 Writing Circle 1:30 Movie 7:00 Movie  
5 10:30 Qigong-Movie Room 1:30 Movie 1:30 Canasta in the Community Room 2:00 Scrabble in the Coffee Shop 2:00 ZOOM:"Can We Talk? Starting a Conversation About Death" , Movie Room 4:15 - 4:45 Guided Meditation for World Peace, Movie Room 4:45 - 6:30 Bio-Touch Clinic 7:00 Movie	6 10:00 Banks/Holyoke 10:00Reflections:A Women's Discussion/Community Rm 10:15 ZOOM Exercise (on Video) 1:00 Geissler's 2:00 BINGO CLOTHING DRIVE for Providence Ministries (Oct 6-11) → 6:15 L-R-Center 6:30 Mexican Train 6:30 Movie Club w/ Fr.R	7 10:00 S.Hadley Pub Library 10:30 Garden Club Meeting in the Community Room Art is 4 Every 1 9am/ 10:45am 1:00 Target/Mall 1:30 The Power of Myth with Alan Gilburg 1:30 Needle Craft Crew 6:45 Transitions w/ Martha Johnson	8 7:30 Lab Work 9:30 VEGA YOGA 10:15 All Resident Meeting in the Dining Room 1:00 Stop & Shop/Riverdale 1:30 National Parks with Gene Adamz 3:00 Happy Hour 7:00 Movie	9 9:00 Qigong-Movie Room 9:30 BP Clinic/Card Room 10:00 CVS/Barnes&Noble 1:00 Dollar Tree, Holyoke 1:30 Jim Masi Lecture in the Movie Room 2:30 Exercise w/ Mary Kate in the Community Room 3:00 Joy of Song with Sara Snyder 4:00 Thirsty Thursdays 6:15 L-R-C/6:30 Opera	10 FLU CLINIC 8A-4P by Appointment in the Movie Room 10:00 Stop & Shop/Holyoke 10:15 ZOOM Exercise 1:30 Randall's Farms <i>FootCare by Nurses by Appt</i> 6:30 Rosary in the Chapel	11  10:00 Sciantic River Artisans Monson, MA 10:30 Writing Circle 1:30 Movie 6:00 Springfield Symphony (residents get own tickets) 7:00 Movie
12 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	13 Indigenous Peoples Day 10:00 Williamsburg General Store, Williamsburg MA 10:00Reflections:A Women's Discussion/Community Rm 10:15 ZOOM Exercise 1:00 Quabbin Reservoir 2:00 BINGO 6:15 L-R-Center 6:30 Mexican Train 6:30 Movie Club w/ Fr.R	14 10:00 Banks/WSpfld 10:00 PBJ Ministry Art is 4 Every 1 9am/ 10:45am 1:00 Target/Mall 1:30 The Power of Myth with Alan Gilburg 1:30 Needle Craft Crew	15 7:30 Lab Work NO VEGA YOGA 10:00 Stop & Shop/Riverdale 1:00 Trader Joe's/ Whole Foods, Hadley 1:30 National Parks with Gene Adamz 3:00 Pete & Laura Musically Married in the Piano Lounge 7:00 Movie	16 9:00 Qigong-Movie Room 9:30 BP Clinic/Card Room 10:00 CVS/Barnes&Noble 10:00 Men's Group 12:00 Lunch Out: Red Rose 1:30 Jim Masi Lecture in the Movie Room 2:30 Exercise w/ Mary Kate in the Community Room 4:00 Thirsty Thursdays 6:15 L-R-C/6:30 Opera	17 10:00 Stop & Shop/Holyoke 10:15 ZOOM Exercise 1:00 Louis & Clark Gifts 1:30 Sally's Subjects 3:00 Birthday Celebration w/ Bill Shontz 6:30 Rosary in the Chapel	18  10:30 Writing Circle 1:30 Movie 7:00 Movie 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19 10:30 Qigong-Movie Room 1:30 Movie 1:30 Canasta in the Community Room 2:00 Scrabble in the Coffee Shop 2:00 CHAPEL CONCERT Heart of the Valley Chorus 4:15 - 4:45 Guided Meditation for World Peace, Movie Room 4:45 - 6:30 Bio-Touch Clinic 7:00 Movie	20 10:00Reflections:A Women's Discussion/Community Rm 10:00 Banks/Holyoke 10:15 ZOOM Exercise 1:00 Bridge of Flowers 2:00 BINGO Paper Shredding Week (Oct. 20-25)  6:15 L-R-Center 6:30 Mexican Train 6:30 Movie Club w/ Fr.R	21 10:00 Agawam Pub. Library Art is 4 Every 1 9am/ 10:45am 1:00 Target/Mall 1:30 The Power of Myth with Alan Gilburg 1:30 Needle Craft Crew	22 7:30 Lab Work 9:30 VEGA YOGA 10:00 Stop & Shop/Riverdale 1:00 Atkins Farms 1:30 National Parks with Gene Adamz 7:00 Movie	23 9:00 Qigong-Movie Room 9:30 BP Clinic/Card Room 10:00 CVS/Barnes&Noble 1:00 Richardson's Candy, Old Deerfield Cty Store 1:30 Jim Masi Lecture in the Movie Room 2:30 Exercise w/ Mary Kate in the Community Room 4:00 Thirsty Thursdays 6:15 L-R-C/6:30 Opera	24 10:00 Stop & Shop/Holyoke 10:15 ZOOM Exercise 1:30 Book Club 1:30 Randall's Farms 6:30 Rosary in the Chapel	25  10:30 Writing Circle 1:30 Movie 3:30 DUELING PIANOS with Adam Bergeron & Ethan Stone 7:00 Movie
26 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	27 10:00Reflections:A Women's Discussion/Community Rm 10:00 Banks/WSpfld 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	28 10:00 Big Y/S. Hadley <i>Podiatry by Appointment</i> Art is 4 Every 1 9am/ 10:45am 1:00 Target/Mall 1:30 The Power of Myth with Alan Gilburg 1:30 Needle Craft Crew	29 7:30 Lab Work NO VEGA YOGA 10:00 Stop & Shop/Riverdale 1:00 Trader Joe's/ Whole Foods, Hadley 1:30 National Parks with Gene Adamz 7:00 Movie	30 9:00 Qigong-Movie Room 9:30 BP Clinic/Card Room 10:00 CVS/Barnes&Noble 1:00 Mystery Ride 1:30 Jim Masi Lecture in the Movie Room 2:30 Exercise w/ Mary Kate in the Community Room 4:00 Thirsty Thursdays 6:15 L-R-C/6:30 Opera	31 Halloween 10:00 Stop & Shop/Holyoke 10:15 ZOOM Exercise  1:00 Odyssey Bookstore South Hadley 2:30 Halloween Social Costumes encouraged! Parade starts at 2:35  6:30 Rosary in the Chapel	GAMES/BOARD GAMES various games available to play w/ friends & neighbors Schedules posted in Activity Room #1  Alterations with Cindy by Appointment TBD sign up in Activity Rm 1
HAIR SALON: by Appointment Only Contact Stylists directly Linda Kennedy 413-427-1183 Nancy Hoynowski 860-881-7026 Bridget McGurn 413-330-4616 Massage Therapy by Appointment Only Juanita Drew 860-508-3278	<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> REMINDER: No Guests are permitted for Sunday's meal Inform the Hostess IN ADVANCE if you are going to have mealtime guest during the week.	<u>Storage Open Tuesdays</u> If assistance required, place a work order with Receptionist; Dial "0" <u>Notary</u> Laurie Hoey call ext 2502 available upon request <u>ZOOM Exercise</u> Meeting # 576 677 309 Passcode 119629	ANGEL HALLWAY located on the first floor, to the right of the entrance to the Piano Lounge COFFEE SHOP located on the first floor, entrance on the right from the lobby, facing the Piano Lounge; where breakfast is usually served WELLNESS CENTER located on the first floor just inside the West/Resident Entrance (the one with the portico) COMMUNITY/WELLNESS ROOM located on the 4th floor, across from the East Elevator and near apt. 428. PIANO LOUNGE located on the first floor, entrance opposite of main entrance and Reception desk MOVIE ROOM located on the first floor, off Angel Hallway, to the East of the Reception Desk			 EXERCISE ROOM/ Activity Room#2 located on first floor, to the East of the Reception Desk and the SouthEast stairwell