

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>10:00 Televised Catholic Mass 10:30 Cranium Crunches & Adult Coloring (Word Puzzles, etc.) 1:00 Crossroads Bingo 2:30 Sunday Social (Coffee & Snack) 3:00 Group Rummy 5:00-6:00 1:1 Visit 6:00 New Movie Sunday</p>	<p>10:30 Exercise w/ Joanne 11:00 Memories of Motherhood 1:00-3:00 Movie Matinee 3:00 Fun w/ Floor Games 5:00-6:00 1:1 Visits 6:00 Reminisce & Relax</p> <p>Labor Day</p>	<p>10:00 Exercise w/ Tara (LS) OR 10:30 Exercise w/ Joanne 10:30 Balloon Tennis 1:00 Crossroads Bingo 2:30 Poems of Faith 3:00 Group Story Time 3:00-4:00 <u>Sing-A-Long With Sandy</u> 5:00-6:00 1:1 Visits 6:00 Sit & Sort, Pair & Match</p>	<p>10:30 Exercise w/ Allison 11:00 Whiteboard Wordle (Word Within a Word) 11:00-11:30 Cardio Drumming (LS) 1:00 Target Practice 1:00 Knotty Knitters Knitting Club (LS) 2:00 Exercise w/Tara (LS) 3:30 Cardio Drumming 3:00 2 Cents Game 5:00-6:00 1:1 Visits 6:00 Wild Card Wednesday Movie</p>	<p>10:00 Catholic Mass & Communion w/ FR. Peter of St. Mary's Church (C) 10:00 Exercise w/ Tara (LS) OR 10:30 Exercise w/ Allison 11:00 Balloon Tennis 1:00 Crossroads Bingo 2:00 Trivia Time 3:00 Joggin' Your Noggin' 5:00-6:00 1:1 Visits 6:00 Sit & Sort, Pair & Match</p>	<p>10:00 Exercise w/ Ron (LS) OR 10:30 Exercise w/ Allison 11:00 Pennies In 1:00PM Resident Council & Food Committee Meeting 1:00-3:00 Matinee in the Theater 3:00 Fun Games 5:00-6:00 1:1 Visits 6:00 Reminisce & Relax</p>	<p>10:00 Exercise w/ Steph (LS) OR 10:30 Exercise w/ Allison 11:00-11:30 Catholic Rosary & Prayer w/Maureen of Divine Mercy Ministry (C) 11:00 Beach Ball Volley 1:00 Crossroads Bingo 2:00 Giant Conversation Cards 3:00 Saturday Spa Day Manicures 5:00-6:00 1:1 Visits 6:30 Movie Night</p>	
<p>GRANDPARENTS DAY 10:00 Televised Catholic Mass 10:30 Cranium Crunches & Adult Coloring (Word Puzzles, etc.) 1:00PM Grand Parents Ice Cream Social 2:30 Sunday Social (Coffee & Snack) 3:00 Group Rummy 5:00-6:00 1:1 Visit 6:00 New Movie Sunday</p> <p>Grandparents Day</p>	<p>SHAKE THOSE HIPS DAY 9:00 Exercise w/ Tara (LS) OR 10:30 Exercise w/ Joanne 11:00 Memories of Motherhood 1:00-1:30 Seated Chair Yoga w/ Lisa Zizza (LS) 2:00PM Shake These Hips Dance Party & Hip Shaking Contest 3:00pm Elvis on Ed Sullivan (P) 6:00 Reminisce & Relax</p>	<p>TV DINNER DAY 10:00 Exercise w/ Tara (LS) OR 10:30 Exercise w/ Joanne 10:30 Balloon Tennis 1:00 Crossroads Bingo 2:30 Poems of Faith 3:30PM Theme Song Sing Along 4:30PM Special TV Dinner 6:00PM TV Prize Trivia (P)</p>	<p>CRAZY HAT DAY 10:00AM Hat Decorating 10:30 Exercise w/ Allison 1:00 Target Practice 1:00 Knotty Knitters Knitting Club 2:00PM Laura and Peter Hicks Perform 3:00PM Best Crazy Hat Contests 3:00 2 Cents Game 5:00-6:00 1:1 Visits 6:00 Wild Card Wednesday Movie</p>	<p>SCHOOL PICTURE DAY 10:00-1:00 Pictures Taken 10:00 Exercise w/ Tara (LS) OR 10:30 Exercise w/ Allison 11:00AM Therapy Dog Freddy 11:00 Balloon Tennis 1:00 Crossroads Bingo 2:00 Trivia Time 3:30PM School Picture Happy Hour 5:00-6:00 1:1 Visits</p>	<p>HOW THINGS HAVE CHANGED DAY 10:00 Exercise w/ Ron (LS) OR 10:30 Exercise w/ Allison 11:00 Pennies In 1:00-3:00 Matinee in the Theater 2:00PM Jimmy Mazz Performs 3:30PM What Came First 5:00-6:00 1:1 Visits 6:00 Reminisce & Relax</p>	<p>WORDS OF WISDOM DAY 10:00 Exercise w/ Steph (LS) OR 10:30 Exercise w/ Allison 11:00 Beach Ball Volley 11:00-11:30 Catholic Rosary & Prayer w/Maureen of Divine Mercy Ministry (C) 1:00PM Wisdom for the Next Gen 2:00 Giant Conversation Cards 3:00 Saturday Spa Day Manicures 5:00-6:00 1:1 Visits 6:00 Movie Night</p>	
<p>10:00 Televised Catholic Mass 10:30 Cranium Crunches & Adult Coloring (Word Puzzles, etc.) 1:00 Crossroads Bingo 2:30 Sunday Social (Coffee & Snack) 3:00 Group Rummy 5:00-6:00 1:1 Visit 6:00 New Movie Sunday</p>	<p>9:00 Exercise w/ Tara (LS) OR 10:30 Exercise w/ Joanne 11:00 Memories of Motherhood 1:00-3:00 Movie Matinee 3:00 Fun w/ Floor Games 5:00-6:00 1:1 Visits 6:00 Reminisce & Relax</p>	<p>10:00 Exercise w/ Tara (LS) OR 10:30 Exercise w/ Joanne 10:30 Balloon Tennis 1:00 Crossroads Bingo 2:30 Poems of Faith 3:00 Group Story Time 3:30 Sing a Along with John 5:00-6:00 1:1 Visits 6:00 Sit & Sort, Pair & Match</p>	<p>10:30 Exercise w/ Allison 10:30AM Chef Demo 11:00 Word Within a Word 1:00 Target Practice 1:00 Knotty Knitters Knitting Club 2:00 Exercise with Tara 3:30 Cardio Drumming 3:00 2 Cents Game 5:00-6:00 1:1 Visits 6:00 Wild Card Wednesday Movie</p>	<p>10:00 Exercise w/ Tara (LS) OR 10:30 Exercise w/ Allison 11:00 Balloon Tennis 1:00 Crossroads Bingo 2:00 Trivia Time 3:00 Joggin' Your Noggin' 6:00 Sit & Sort, Pair & Match 6:00 Sit & Sort, Pair & Match</p>	<p>10:00 Exercise w/ Ron (LS) OR 10:30 Exercise w/ Allison 11:00 Pennies In 1:00-3:00 Matinee in the Theater 3:00 Fun Games 5:00-6:00 1:1 Visits 6:00 Reminisce & Relax</p>	<p>10:00 Exercise w/ Steph (LS) OR 10:30 Exercise w/ Allison 11:00 Beach Ball Volley 11:00-11:30 Catholic Rosary & Prayer w/Maureen of Divine Mercy Ministry (C) 1:00PM Crossroads Bingo 2:00PM Caden on Piano 3:00 Saturday Spa Day Manicures 6:00 Movie Night</p> <p>Oktoberfest Begins</p>	
<p>10:00 Televised Catholic Mass 10:30 Cranium Crunches & Adult Coloring (Word Puzzles, etc.) 1:00 Crossroads Bingo 1:00PM Worship Service and Hymnals with Pastor Katie 2:30 Sunday Social (Coffee & Snack) 3:00 Group Rummy 5:00-6:00 1:1 Visit 6:00 New Movie Sunday</p> <p>Autumn Begins</p>	<p>9:00 Exercise w/ Tara (LS) OR 10:30 Exercise w/ Joanne 11:00 Group Sing-Along 1:00-1:30 Seated Chair Yoga w/ Lisa Zizza (LS) 3:00 Fun w/ Floor Games 5:00-6:00 1:1 Visits 6:00 Reminisce & Relax</p>	<p>10:00 Exercise w/ Tara (LS) OR 10:30 Exercise w/ Joanne 10:30 Balloon Tennis 1:00 Crossroads Bingo 2:00PM Stephen George Performs 3:00 Group Story Time 3:30 Travelogue - Iceland 5:00-6:00 1:1 Visits 6:00 Sit & Sort, Pair & Match</p>	<p>10:30 Exercise w/ Allison 11:00 Whiteboard Wordle 1:00 Target Practice 1:00 Knotty Knitters Knitting Club (LS) 2:00 Exercise w/Tara (LS) 3:30 Cardio Drumming 3:00 2 Cents Game 5:00-6:00 1:1 Visits 6:00 Wild Card Wednesday Movie</p>	<p>10:00 Exercise w/ Tara (LS) OR 10:30 Exercise w/ Allison 11:00AM Therapy Dog Freddy 11:00 Balloon Tennis 1:00 Crossroads Bingo 2:00 Reminiscing 3:00 Joggin' Your Noggin' 5:00-6:00 1:1 Visits</p>	<p>10:00 Exercise w/ Ron (LS) OR 10:30 Exercise w/ Allison 11:00 Pennies In 1:00-3:00 Matinee in the Theater 3:00 Fun w/ Floor Games 5:00-6:00 1:1 Visits 6:00 Reminisce & Relax</p>	<p>10:00 Exercise w/ Steph (LS) OR 10:30 Exercise w/ Allison 11:00 Beach Ball Volley 11:00-11:30 Catholic Rosary & Prayer w/Maureen of Divine Mercy Ministry (C) 1:00 Crossroads Bingo 2:00 Giant Conversation Cards 3:00 Saturday Spa Day Manicures 5:00-6:00 1:1 Visits 6:00 Movie - Desk Set</p>	
<p>10:00 Televised Catholic Mass 10:30 Cranium Crunches & Adult Coloring (Word Puzzles, etc.) 1:00 Crossroads Bingo 2:30 Sunday Social (Coffee & Snack) 3:00 Group Rummy 5:00-6:00 1:1 Visit 6:00 New Movie Sunday</p>	<p>9:00 Exercise w/ Tara (LS) OR 10:30 Exercise w/ Joanne 11:00 Memories of Motherhood 1:30 <u>Breezelands Orchard</u> 3:00 Fun w/ Floor Games 5:00-6:00 1:1 Visits 6:00 Reminisce & Relax</p>	 <h1 style="color: orange;">September 2024</h1> <h2 style="color: blue;">CROSSROADS</h2>					

Journey to the Final Frontier



Those planning their dream vacation no longer have to settle for finding a country to visit on planet Earth. They can now reach for the stars! Space tourism is finally becoming a reality, thanks to bold and

visionary companies like SpaceX. The innovator has achieved numerous milestones, including sending the first privately funded rocket into orbit in 2008 and the first private crewed flight to the International Space Station (ISS) in 2020.

Another important player in the space tourism industry is Virgin Galactic, owned by entrepreneur Richard Branson. Virgin Galactic successfully launched its first fully crewed spaceflight in July 2021 and now regularly schedules flights for private individuals. Seats on Virgin Galactic's spacecraft initially sold for \$250,000, but prices have since increased to around \$450,000 per seat.

The Russian Space Agency has allowed trips to the ISS aboard their Soyuz spacecraft, considered one of the safest and most cost-effective spacecraft designs. For 20 to 40 million dollars, these tourists received the training needed to launch safely into space. For now, space tourism is certainly confined to the wealthy few who are brave enough to travel into space.

Why travel to space at all? Some venture to space for the pure thrill. Others contend that traveling to space is the first step in colonizing other planets, like Mars. On a more practical note, spacecraft that launch into space travel faster than airplanes. A flight from New York to Sydney, Australia, will take a mere hour rather than a whole day. But maybe the unique view of Earth from outer space is reason enough. Astronauts tell of how their entire perspectives have changed after seeing Earth so fragile and alone in outer space.

Activity Tracker

Staying Active is very important to a healthy lifestyle and has so many benefits. Did you know taking part in activities help you Stay Happier, Cope with difficult situations, can give you a Longer Lifespan, improve your Cognitive Functions. Activities can even help prevent certain Diseases. So, stay active.

To encourage you, we will start tracking who attends activities (Excluding Exercise, Bingo, Happy Hours) and at the end of the month, Will win a Visa Gift Card for \$50. Bonus Points if you bring some of your neighbors with you. So let's Stay Active, Stay Healthy and Have Fun!

DIY Education



Interested in a little self-improvement? Self-University Week is September 1-7. MOOC stands for Massive Online Open Courses, and this means

that anyone can open a computer and join a course online for free. You no longer have to spend thousands of dollars to receive an education at top universities like Harvard, Yale, Stanford, Duke, UCLA, and others that have joined the MOOC movement. Professors have recorded their lectures and have even provided required reading, homework, and final exams. With thousands of people enrolled in these free courses, students cannot expect one-on-one contact with their teachers, but students can easily chat online with other students. Will you earn a degree? Not quite. Some professors offer certificates of completion, but these are not official certificates from the university itself. The goal of MOOC is not to hand out degrees but to offer high quality education to the far reaches of the globe. Do you want to learn Italian? Build a solar panel? Learn how to write good comedy? It's now all there for you at the touch of a button.

Crossroads Courier

CEDARBROOK VILLAGE / 73 SOUTHSTREET, WARE, MA. 01082 / 413-758-5377

INSPIRING GENERATIONS NATIONAL ASSISTED LIVING WEEK SEPTEMBER 8TH - 14TH

National Assisted Living Week is soon approaching, and we have Some Fun Things Planned for you, your Families and the Staff to take part in.

Sunday the 8th - Grandparents Day
Invite the Grand Kids in for an Ice Cream Social at 1:00PM

Monday the 9th - Shake These Hips Day
Anniversary of Elvis on the Ed Sullivan Show
2:00PM Hip Shaking Contest or Residents. Staff and Family. Prize for winner from each group!
3:00PM Elvis on The Ed Sullivan Show. All the appearances, All the Music, All the Shaking!

Tuesday the 10th - TV Dinner Day
2:00PM TV Show Bingo
3:30PM TV Theme Song Sing Along
4:30PM Special TV Dinner Meal
Meat Loaf, Mashed Potatoes, Peas and Carrots, Brownie
Fried Chicken, Mac and Cheese, Corn, Brownie
6:00PM - Prize TV Trivia

Wednesday the 11th - Crazy Hat Day
10:00AM - Crazy Hat Decorating
2:00PM Peter and Laura Hicks Perform
3:00PM - Best Crazy Hat Contest and Social

Thursday the 12th - Cedarbrook High School Picture Day
We will be taking new pictures but if you have your original High School Picture, Let John know. He can make a Copy and return it.
10:00AM - 1:00PM - Get Gussied Up and
Stop by the Pub to have your New Picture Taken.
3:30PM - High School Picture Happy Hour
Let's see if we can guess whose original School Picture is who's!

Friday the 13th - My, How Things have Changed Day
2:00PM - Jimmy Mazz Through the Decades
3:30PM - What Came First Game for Prizes.

Saturday the 14th - Words of Wisdom Day
Do you have some Good Wisdom to share with Today's Generation? If you do, write it down and turn it into John or Concierge. You can do this anytime during the week.
1:00PM - Wisdom for the Next Generation. We will review all the great wisdom you've shared with us.

THIS MONTH'S AWESOME ENTERTAINMENT

Tuesday the 3rd
Sing Along with Sandy

Wednesday the 11th
Laura and Peter Hicks
Perform

Friday the 13th
Jimmy Mazz

Saturday the 20th
Caden on Piano

Tuesday the 24th
Stephen George Sings



OUT AND ABOUT!

Monday the 30th we will be
going on a trip to
Breezy Point Orchards