

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>10:00AM Catholic Mass on TV 10:30AM Cranium Crunches (SL) 1:00PM Documentary (T) 2:00PM Rummy / 31 Skat (ML) 2:00PM Billiards 6:00PM New Movie Sunday 6:30PM Mexican Dominoes (L)</p>	<p>2 9:00AM Video Led Exercise (LS) 1:00PM Country Legends Video - Dolly Parton and Friends (T) 3:00PM Cedarbrook Hold'em (P) 6:00PM Movie Night (T)</p> <p>Labor Day</p>	<p>3 9:00AM Exercise w/Tara (LS) 10:00AM Exercise w/Tara (LS) 10:30AM Tree Decorating 2:00PM Quarter BINGO (P) 3:00PM <u>Sing Along with Sandy</u> (P) 6:00PM Resident Lead Games (P)</p>	<p>4 9:30AM HIIT Standing Exercise w/Tara 10:00AM Coffee, Chronicle & Conversation (LS) 1:00PM Knotty Knitters Knitting Club 2:00PM Exercise w/ Tara (LS) 3:00PM Who Am I 3:30PM Cardio Drumming (LS) 6:00PM World Travel Documentary (T) 6:30PM Mexican Dominoes (L)</p>	<p>5 9:00AM Exercise w/ Tara 10:00AM Exercise w/ Tara 10:30-11:30AM Manicures/Nail 2:30PM Quarter Bingo (P) 3:30PM Happy Hour (P) 6:00PM Resident Led Game Night</p>	<p>6 9:30AM HIIT Standing Exercise w/ Tara 10:00AM Exercise with Ron (LS) 10:30AM Kings in the Corner w/ John! 1:00PM Resident Council & Food Committee Meeting 2:00PM Exercise Program w/ Weights 3:30PM Punch and Punchlines (PP) 6:00PM Movie Night</p>	<p>7 10:00AM - Exercise With John 10:30AM - Corn Hole (CY) 11:00 Catholic Rosary & Prayer with Maureen of Divine Mercy Ministry 1:00PM Joyfulness with John 2:00PM Cribbage (ML) 2:00PM Prize Bingo 6:00PM Movie Night (T)</p>
<p>8 GRANDPARENTS DAY 10:00AM Catholic Mass on TV 10:30AM Cranium Crunches (SL) 1:00PM <u>Grand Parents Ice Cream Social</u> 2:00PM Rummy / 31 Skat (ML) 2:00PM Billiards 6:00PM New Movie Sunday 6:30PM Mexican Dominoes (L)</p> <p>Assisted Living Week</p>	<p>9 SHAKE THOSE HIPS DAY 9:00AM <u>Big Y Shopping Trip</u> 9:00AM Exercise w/ Tara 9:30AM HIIT Standing Exercise 10:00AM Cranium Crunches 1:00PM Chair Yoga w/ Lisa Z 2:00PM <u>Shake These Hips Dance Party & Hip Shaking Contest</u> 3:00pm <u>Elvis on Ed Sullivan</u> (P) 6:00PM Movie Night(T)</p> <p>Assisted Living Week</p>	<p>10 TV DINNER DAY 9:00AM Exercise w/Tara (LS) 10:00AM Exercise w/Tara (LS) 10:30AM Fresh Outta the Oven (P) 2:00PM Quarter Bingo (P) 3:30PM <u>Theme Song Sing Along</u> 4:30PM <u>Special TV Dinner</u> 6:00PM <u>TV Prize Trivia</u> (P)</p> <p>Assisted Living Week</p>	<p>11 CRAZY HAT DAY 9:30AM HIIT Standing Exercise w/Tara 10:00AM <u>Hat Decorating</u> 1:00PM Blood Pressure Clinic 1:00PM Knotty Knitters Knitting Club 2:00PM <u>Laura and Peter Hicks Perform</u> 3:00PM <u>Best Crazy Hat Contests</u> 3:30PM Cardio Drumming (LS) 6:00PM Naturel Documentary (T) 6:30PM Mexican Dominoes (L)</p> <p>Assisted Living Week</p>	<p>12 SCHOOL PICTURE DAY 10:00-1:00 Pictures Taken 9:00AM Exercise w/ Tara 10:00AM Exercise w/ Tara 10:30AM Jeopardy 11:00AM Therapy Dog Freddy 2:00PM Quarter Bingo(P) 3:30PM <u>School Picture Happy Hour</u> 6:00PM Resident-Led Game Night</p> <p>Assisted Living Week</p>	<p>13 HOW THINGS HAVE CHANGED DAY 9:30AM HIIT Standing Exercise 10:00AM Exercise with Ron (LS) 10:30AM <u>Ein, Lose or Draw</u> 2:00PM <u>Jimmy Mazz Performs</u> 3:30PM <u>What Came First</u> 6:00PM Movie Night</p> <p>Assisted Living Week</p>	<p>14 WORDS OF WISDOM DAY 10:00AM - Exercise With John 10:30AM -Bowling (LS) 11:00 Catholic Rosary & Prayer with Maureen of Divine Mercy Ministry 1:00PM <u>Wisdom for the Next Gen</u> 2:00PM Prize Bingo 2:00PM Cribbage 6:00PM Movie Night (T)</p> <p>Assisted Living Week</p>
<p>15 10:00AM Catholic Mass on TV 10:30AM Cranium Crunches (SL) 1:00PM Protestant Worship Service with Pastor Katie (C) 2:00PM Billiards 2:00PM Rummy / 31 Skat (ML) 6:00PM New Movie Sunday 6:30PM Mexican Dominoes (L)</p>	<p>16 9:00AM <u>Walmart Shopping Trip</u> 9:00 Exercise w/ Tara 9:30AM HIIT Standing Exercise 10:00AM Cranium Crunches 1:00PM <u>Palmer Library</u> 2:00PM Quarter LCR (P) 3:00pm Cedarbrook Hold Em' (P) 6:00PM Movie Night (T)</p>	<p>17 9:00AM Exercise w/Tara (LS) 10:00AM Exercise w/Tara (LS) 10:30AM Crosswords (P) 2:00PM Quarter BINGO (P) 3:30PM <u>Sing Along with John</u> (P) 6:00PM Resident Lead Games (P)</p>	<p>18 9:30AM HIIT Standing Exercise w/Tara 10:30AM Chef Demo 1:00PM Knotty Knitters Knitting Club 2:00PM Exercise w/ Tara (LS) 3:00PM Woman and Wine Club 3:30PM Cardio Drumming (LS) 6:00PM World Travel Documentary (T) 6:30PM Mexican Dominoes (L)</p>	<p>19 9:00AM Exercise w/ Tara 10:00AM Exercise w/ Tara 10:30-11:30AM Manicures/Nails 2:00PM Win Lose or Draw 2:00PM Quarter Bingo (P) 3:30PM Happy Hour (P) 6:00PM Resident Led Game Night</p>	<p>20 9:30AM HIIT Standing Exercise w/ Tara 10:00AM Exercise with Ron (LS) 10:30AM Kings in the Corner w/ John 11:00AM <u>Lunch at the Belchertown Fair</u> 2:00PM Exercise Program w/ Weights 3:30PM Punch and Punchlines (PP) 6:00PM Movie Night</p>	<p>21 10:00AM - Exercise With John 10:30AM - Corn Hole (CY) 11:00 Catholic Rosary & Prayer with Maureen of Divine Mercy Ministry 1:00PM Joyfulness 2:00PM <u>Caden on Piano</u> 2:00PM Cribbage 3:00PM Mini Golf 6:00PM Movie Night (T)</p> <p>Oktoberfest Begins</p>
<p>22 10:00AM Catholic Mass on TV 10:30AM Cranium Crunches (SL) 1:00PM Documentary 2:00PM Rummy / 31 Skat (ML) 2:00PM Billiards 6:00PM New Movie Sunday 6:30PM Mexican Dominoes (L)</p> <p>Autumn Begins</p>	<p>23 9:00AM <u>Big Y Shopping Trip</u> 9:00AM Exercise w/ Tara 9:30AM HIIT Standing Exercise 10:00AM Cranium Crunches (LS) 1:00PM Chair Yoga w/ Lisa Z 1:30AM <u>Brookfield Orchard Outing</u> 2:00PM Quarter LCR 3:00pm Cedarbrook Hold Em' (P) 6:00PM Movie Night (T)</p>	<p>24 9:00AM Exercise w/Tara (LS) 10:00AM Exercise w/Tara (LS) 10:30AM Fresh Outta the Oven (P) 2:00PM <u>Stephen George Performs</u> 3:30PM Travelogue - Mexico City 6:00PM Resident Lead Games (P)</p>	<p>25 9:30AM HIIT Standing Exercise w/Tara 10:00AM Coffee, Chronicle & Conversation (LS) 1:00PM Knotty Knitters Knitting Club 2:00PM Exercise w/ Tara (LS) 3:00PM What am I 3:30PM Cardio Drumming (LS) 6:00PM World Travel Documentary (T) 6:30PM Mexican Dominoes (L)</p>	<p>26 9:00AM Exercise w/ Tara 10:00AM Exercise w/ Tara 10:30AM Jeopardy 11:00AM Therapy Dog Freddy 2:00PM Bingo Fundraiser 3:30PM Happy Birthday Happy Hour (P) 6:00PM Resident-Led Game Night</p>	<p>27 9:30AM HIIT Standing Exercise w/ Tara 10:00AM Exercise with Ron (LS) 10:30AM Minute to Win It w/ John 1:00PM <u>Beneski Nat Hist Museum</u> 2:00PM Exercise Program w/ Weights 3:30PM Laughter Lemonade (PP) 6:00PM Movie Night</p>	<p>28 10:00AM - Exercise with John 10:30AM - Bowling (LS) 1:00PM Joyfulness with John 2:00PM Prize Bingo(P) 2:00PM Cribbage (ML) 6:00PM Classic Movie Night (T)</p>
<p>29 10:00AM Catholic Mass on TV 10:30AM Cranium Crunches (SL) 1:00PM Documentary (T) 2:00PM Rummy / 31 Skat (ML) 2:00PM Billiards 6:00PM New Movie Sunday 6:30PM Mexican Dominoes (L)</p>	<p>30 9:00AM <u>Walmart Shopping Trip</u> 9:00AM Exercise w/ John 9:30AM HIIT Standing Exercise 1:00 <u>Wine Bottle Wind Chime Craft</u> 2:00PM Quarter LCR (P) 3:00pm Hot Mulled Cider Social(P) 3:00PM Word Search 6:00PM Movie Night (T)</p>	<h1>September 2024</h1> <p>Traditional Activity Calendar</p> <p>CALENDAR SUBJECT TO CHANGE. PLEASE SEE DAILY FOR MOST UP-TO-DATE INFORMATION</p> <p>Lucy Stone Activity Room-LS, Mrs. Lincoln's Activity Room-ML, Windsor Dining-WD, Swift Dining-SD, Courtyard-CY, Pub-P, Theatre-T, Chapel-C, Library-L</p>				

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.

TRADITIONAL TALKER

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

FUN OUTINGS

Shopping Every Monday except Labor Day

Monday the 16th
Palmer Library

Friday the 20th
Belchertown Fair

Walk around and check out the booths, Maybe some Carnival Food for Lunch. This Trip will Require a lot of walking.

Monday the 23^d
Brookfield Orchard

Friday the 27th
Beneski Natural History Museum at Amherst Collage

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

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.