



THE CAMBRIDGE HOMES JULY CALENDAR

ANNOUNCEMENTS & EVENTS:

Dear Residents, Family members, Friends of TCH & Associates



Tuesday, July 2nd, 2019

5:00pm-7:00pm

Traditional BBQ Dinner

You are cordially invited to join us at our Annual Independence Day celebration at The Cambridge Homes, featuring The Cambridge Men's Quartet Band

RSVP by June 27, 2019 Please call at 617-876-0369 or e-mail to sray@thecambridgehomes.org



STAFF DIRECTORY:

Teresa Burns
Executive Director

Lindsay Mckenzie
Director of Business Administration

Linda Powell
Resident Care Director

Somita Ray
EnrichedLIFE Director

Derrick Peterson
Director of Dining Experience

Ed Win
Director of Building & Grounds

How will you spend your day?

The quest for knowledge, inspiration and enrichment is lifelong.



View event photos on our Community facebook page.

JULY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>HAPPY BIRTHDAY!</p> <p>7/16-Judy Y 7/23-Ruth H</p>	<p>1</p> <ul style="list-style-type: none"> 9:00 Group exercise (T) 9:30 Shaw's & Osco 11:00 Hand massage 2:00 Resident Round Table 3:30 Play reading w/Friends 3:30 Soda float in the patio 	<p>2</p> <ul style="list-style-type: none"> 9:00 Group exercise 10:00 Hair-styling 10:15 Discussion group Topic: Wrapping Up Pride 2:30 Music & exercise with Art Sullivan 5:00-7:00 TCH Annual Independence Day party 7:30 Movie: Classic 	<p>3</p> <ul style="list-style-type: none"> 9:00 Stretch & Yoga 9-11:00 Garden Club meeting w/Sharon 1:1 10:45 (T) Outdoor picnic-Castle Island 1:00 Computer Café 2:30 Movie matinee 3:30 Flower arranging 	<p>4 Happy 4th of July!</p> <ul style="list-style-type: none"> NO exercise 10:15 PBS Documentary film: the US Mexican war 3:00 Social hour-Red, white & blue slush 8:00 Boston Fireworks Spectacular-TV 	<p>5</p> <ul style="list-style-type: none"> 9:30 Fall Prevention Exercise class with SAIL instructor 2:30 "Leonardo da Vinci" talk/slides with Allyson from MetroART Links 3:30 Iced-tea social 7:30 Movie-Special Interest: Theater 	<p>6</p> <ul style="list-style-type: none"> 9:00 Movement & Stretch 10:00 Manicure/pedicure with Suk \$\$- make appointments 11:30 Saturday Handwork Circle 7:30 Movie: Comedy
<p>7</p> <ul style="list-style-type: none"> (T) 9:30 Religious places & CVS in Fresh Pond mall 10:00 Coffee Hour 2:30 Drumming Circle 7:30 Movie: Thriller 	<p>8</p> <ul style="list-style-type: none"> 9:00 Group exercise (T) 9:30 Shaw's & Osco 11:00 Hand massage 12:45 Bingo 2:30 Poems & pairing songs 3:30 Play reading w/Friends 	<p>9</p> <ul style="list-style-type: none"> 9:00 Group exercise 10:00 Nancy Card Table 10:00 Hair-styling 10:00 OLDWAYS presents a talk on "Plant based diet" 2:00 Lifetime Achievement Award celebration for Toni Lakis 3:00 Special Tea-social with residents, Friends & family 7:30 Movie: Classic 	<p>10</p> <ul style="list-style-type: none"> 9:00 Group exercise 9-11:00 Garden Club meeting w/Sharon 1:1 11:00 BP clinic 12:00 Connie & Einstein VISIT 1:00 Computer Café 2:30 Artwork/Flower arranging 	<p>11</p> <ul style="list-style-type: none"> 9:00 Movement & Stretch 10:00(T)Harvard Art Museum: Prince Sotoku 2:30 Tai-chi 5:45 Visit from Yves & Clover 7:30 Movie:Opera/Musical 	<p>12</p> <ul style="list-style-type: none"> 9:30 Fall Prevention Exercise class with SAIL instructor 10:30 Documentary film 2:00 Art Matters-Watercolors 3:15 Coffee & cake with Linda 7:30 Movie-Special Interest: Travel 	<p>13</p> <ul style="list-style-type: none"> 9:00 Movement & Stretch 10:30 Mary & Daisy from Pet Pals will visit TCH 11:30 Saturday Handwork Circle 2:30 Friendly chat with Di(volunteer) 7:30 Movie: Comedy
<p>14</p> <ul style="list-style-type: none"> (T) 9:30 Religious places & CVS in Fresh Pond mall 10:00 Coffee hour 2:00 Communion Service 3:00 MIT Ribotones Concert 7:30 Movie: Drama 	<p>15</p> <ul style="list-style-type: none"> 9:00 Group exercise (T) 9:30 Shaw's & Osco 11:00 Hand massage 11:00 Meeting with Sharon 2:00 Resident's birthday party with duo concert 3:30 Play reading w/Friends 	<p>16</p> <ul style="list-style-type: none"> 9:00 Group exercise 10:00 Hair-styling 10:15 TCH Community Connection-meet an associate 2:30 Meditation w/Darren 7:30 Movie: Classic 	<p>17</p> <ul style="list-style-type: none"> 9:00 Group exercise 9-11 Garden Club meeting w/Sharon 1:00 Computer Café 2:15 (T) Target 2:30 Documentary film 3:30 Flower arranging 	<p>18</p> <ul style="list-style-type: none"> 9:00 Movement & Stretch 10:15 Poetry with Robin Topic: Summertime 1:00 Computer 1:1 w/Brennan 2:30 Tai Chi 2:30 Movie: Opera/Musical w/Brennan popcorn & soda 7:30 Movie: Opera/Musical 	<p>19</p> <ul style="list-style-type: none"> 9:30 Fall Prevention Exercise class w/SAIL instructor 10:15 Break-A League-kid's performance 12:45 Men's Club luncheon w/Friends 1:00 Computer 1:1w/Brennan 2:30 Ballroom dancing 7:30 Movie-Special Interest: Literature 	<p>20</p> <ul style="list-style-type: none"> 9:00 Movement & Stretch 10:30 Friendly chat with Di (volunteer) 11:30 Saturday Handwork Circle 2:30 Crosswords in the cafe 7:30 Movie: Comedy
<p>21</p> <ul style="list-style-type: none"> (T) 9:30 Religious places & CVS in Fresh Pond mall 10:00 Coffee hour 3:00 "Strings and Things" Music appreciation with Richard Travers 7:30 Movie:Thriller 	<p>22</p> <ul style="list-style-type: none"> 9:00 Group exercise (T) 9:30 Shaw's & Osco 11:00 Hand massage with Donna 12:45 Bingo 3:00 Watermelon slush 3:30 Play reading w/Friends 	<p>23</p> <ul style="list-style-type: none"> 9:00 Group exercise 10:00 Hair-styling 10:00 Card table with Nancy (T) 10:30 Addison Gallery 1:45 Food Forum 3:00 Trivia 7:30 Movie: Classic 	<p>24</p> <ul style="list-style-type: none"> 9:00 Group exercise 9-11:00 Garden Club meeting w/Sharon 1:1 12:00 Visit from Connie & Einstein 1:00 Computer Café 2:00 Flower arranging 6:45 Board games with Lucia & Cynthia 	<p>25</p> <ul style="list-style-type: none"> 9:00 Movement & Stretch 10:15 Book Review 3:30 Wine and Cheese 5:45 Visit from Yves & Clover 7:30 Movie: Opera/Musical 	<p>26</p> <ul style="list-style-type: none"> 9:30 Fall Prevention Exercise class with SAIL instructor 10:30 Artwork with Di(volunteer) 2:00 SAORI Japanese weaving 7:30 Movie-Special Interest: Art 	<p>27</p> <ul style="list-style-type: none"> 9:00 Movement & Stretch 10:30 Mary & Daisy from Pet pals will visit TCH 11:30 Saturday Handwork Circle 2:30 Friendly chat with Di (volunteer) 7:30 Movie: Comedy
<p>28</p> <ul style="list-style-type: none"> (T) 9:30 Religious places & CVS in Fresh Pond mall 10:00 Coffee hour 2:30 "Forgotten Patriots" History lecture/slides with Paolo 7:30 Movie:Drama 	<p>29 Grab your passport Destination: Bora Bora</p> <ul style="list-style-type: none"> 9:00 Group exercise (T) 9:30 Shaw's & Osco 10:30 Glance of Bora Bora 2:30 Flavor of Bora Bora-fruits & beverages 3:30 Play reading w/Friends 7:30 Movie: South Pacific 	<p>30</p> <ul style="list-style-type: none"> 9:00 Group exercise 10:30 (T) Magazine Beach 10:30 Travelogue 2:30 Lifetime Achievement Award celebration for Marianne 7:30 Movie: Classic 	<p>31</p> <ul style="list-style-type: none"> 9:00 Group exercise 9-11:00 Garden Club meeting w/Sharon 1:1 10:00 Visit from Chinese exchange students 1:00 Computer Café 2:00 Flower arranging 3:00 Social with Roger's family 	<p>Program Key:</p> <ul style="list-style-type: none"> Staying Fit Social Creative Arts Entertainment Technology Cognitive Spiritual Therapeutic Discovery Learning (T) Transportation 		<p>* Programs are subject to change based on resident interests.</p>