



**THE CAMBRIDGE HOMES NOVEMBER CALENDAR**

**ANNOUNCEMENTS & EVENTS:**



**The Touch of a Distant Hand**  
Photographs by *Parrish Dobson*  
*Exhibit runs from 11/1/19-1/4/20*  
Meet and greet the artist on 11/12/19  
from 4:30pm -6:00pm.  
Light refreshments will be served.



**STAFF DIRECTORY:**

Teresa Burns  
**Executive Director**

Pam Annunziata, **Director of Community Relations**

Lindsay Mckenzie, **Assistant Executive Director**

Stephanie Aussubel  
**Resident Care Director**

Somita Ray  
**EnrichedLIFE Director**

Derrick Peterson, **Director of Dining Experience**

Carol Simone, Social Worker

*How will you spend your day?*

The quest for knowledge, inspiration and enrichment is lifelong.



View event photos on our Community facebook page.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Program Key:**

- Staying Fit
- Social
- Creative Arts
- Entertainment
- Technology
- Cognitive
- Spiritual
- Therapeutic
- Discovery Learning
- (T) Transportation

\* Programs are subject to change based on resident interests.

# Happy Thanksgiving

- 1**
- 9:15 Fall Prevention Exercise class w/SAIL instructor
  - 9:30 Gardening 1:1
  - 2:30 Watercolor
  - 7:30 Movie-Special Interest
- 2**
- 9:00 Movement & Stretch
  - 10:30 Mary & Daisy: Pet pals
  - 11:30 Saturday Handwork Circle
  - 3:00 Meet n greet Denise Simmons, Cambridge City Council candidate
  - 7:30 Movie

- 3**
- 9:30 Religious places & CVS in Fresh Pond mall (T)
  - 10:00 Getting To Know you Coffee Hour with kids from Belmont Temple
  - 2:30 Drumming Circle
  - 7:30 Movie

- 4**
- 9:00 Group exercise
  - (T) 9:30 Shaw's & Osco
  - 1:30 Flower arranging
  - 2:00 Residents Round Table Meeting
  - 3:15 Water color
  - 3:30 Play reading w/Friends
  - 3:45(T) Satigata Interactive Music and Chanting, Mt Auburn Cemetery
  - 7:30 Movie

- 5 Happy Birthday Shirley!**
- 9:00 Group exercise
  - 9:00(T) to the polls
  - 10:00 Talk/slide on Medicare Open enrollment
  - 2:30 Music & exercise w/ Art
  - 3:30 "Public Art in Cambridge" talk/slide presentation by Rhett Nichol's, Dru's daughter
  - 7:30 Movie

- 6**
- 9:00 Stretch & Yoga
  - 9:00 Hair Styling
  - 10:15 Discussion group
  - 1:00 Walking group
  - 1:00 Computer Café
  - 2:15 (T) Michelson's Shoe Store
  - 3:00 Baking with Denis, followed by tea-time

- 7**
- 9:00 Movement & Stretch
  - 10:00(T) Valente branch library, Cambridge
  - 1:00 Walking group
  - 2:00 Listening to music 1:1
  - 2:30 Craftwork with Somita
  - 6:30 Technology Café w/ NEU students
  - 7:00 Slides on Tropical countries with NEU students

- 8**
- 9:15 Fall Prevention Exercise class w/SAIL instructor
  - 9:30 Garden Group
  - 10:15 Veterans Day Celebration-pinning ceremony
  - 2:30 Art lecture
  - 3:30 Hot chocolate social
  - 7:30 Movie-Special Interest

- 9**
- 9:00 Movement & Stretch
  - 10:00 Nail care with Suk
  - 11:30 Saturday Handwork Circle
  - 3:00 Concert with MIHNUET
  - 7:30 Movie

- 10**
- 9:30 Religious places & CVS in Fresh Pond mall (T)
  - 10:00 Coffee hour
  - 2:00 Communion Service
  - 3:00 Music appreciation with Richard Travers" Music & Military"
  - 7:30 Movie

- 11 We Salute Our Veterans!**
- 9:00 Group exercise
  - (T) 9:30 Shaw's & Osco
  - 11:00 Hand massage
  - 12:45 Bingo
  - 1:30 Flower arranging
  - 3:00 Hot chocolate social
  - 3:30 Play reading w/Friends
  - 7:30 Movie

- 12 Happy Birthday Alma!**
- 9:00 Group exercise
  - 10:00 Nancy's Card Table
  - 2:00 Listening to music 1:1
  - 2:00 Documentary film
  - 3:00 Tea Social with The Friends
  - 4:30-6 Art Reception
  - 7:30 Movie

- 13**
- 9:00 Stretch & Yoga
  - 9:00 Hair Styling
  - 11:00 BP clinic with Rachel
  - (T) 11:45 MET at Randolph theatre
  - 1:00 Walking group
  - 1:00 Computer Café
  - 2:30 Visit from Di 1:1
  - 2:30 At the Opera

- 14**
- 9:00 Movement & Stretch
  - (T) 9:30 BSO open rehearsal\$
  - 12:00 Visit from Connie & Einstein (pet therapy)
  - 1:00 Walking group
  - 6:30 Technology Café w/ NEU students
  - 7:00 At the Cinema with NEU

- 15**
- 9:15 Fall Prevention Exercise class w/SAIL instructor
  - 9:30 Garden Group
  - 12:45 Men's Club luncheon w/Friends
  - 2:30 Ballroom dancing
  - 3:00 Artwork
  - 7:30 Movie-Special Interest

- 16**
- 9:00 Movement & Stretch
  - 10:15 Poetry with Robin
  - 11:30 Saturday Handwork Circle
  - 3:00 Concert
  - 7:30 Movie

- 17**
- 9:30 Religious places & CVS in Fresh Pond mall
  - 10:00 Coffee hour
  - 2:30 Recital by MIT Ribotones
  - 7:30 Movie

- 18**
- 9:00 Group exercise
  - (T) 9:30 Shaw's & Osco
  - 11:00 Hand massage
  - 1:30 Flower arranging
  - 2:00 Resident's B-day Party
  - 3:15 Water color
  - 3:30 Play reading w/Friends
  - 7:30 Movie

- 19**
- 9:00 Group exercise
  - 10:30(T) Cooper Gallery
  - 11:30 Friends luncheon
  - 2:30 "Talking Turkey" lecture/slides/artifacts presentation by Barbara Bates from MA Audubon
  - 5:00 Friends dinner
  - 7:30 Movie

- 20**
- 9:00 Stretch & Yoga
  - 9:00 Hair Styling
  - 10:15 TCH Community Connection
  - 1:00 Computer Café
  - 2:30 At the Opera

- 21**
- 9:00 Movement & Stretch
  - 10:15 Book Review
  - 12:00 Visit from Connie & Einstein (pet therapy)
  - 1:00 Walking group
  - 3:00 Concert presented by Longy students
  - 7:30 Movie

- 22**
- 9:15 Fall Prevention Exercise class w/SAIL instructor
  - 9:30 Garden Group
  - 10:30 Documentary film
  - 2:30 SAORI-Japanese weaving
  - 3:00 Hand massage
  - 7:30 Movie-Special Interest

- 23**
- 9:00 Movement & Stretch
  - 10:30 Documentary film
  - 10:30-12:00 Parkinson's Support group-open to all
  - 11:30 Saturday Handwork Circle
  - 3:00 Concert
  - 7:30 Movie

- 24**
- 9:30 Religious places & CVS in Fresh Pond mall (T)
  - 10:00 Coffee hour
  - 2:30 History lecture/slides w/ Paolo "Stew, Pie & Rum Punch"
  - 7:30 Movie

- 25**
- 9:00 Group exercise
  - (T) 9:30 Shaw's & Osco
  - 12:00 Hand massage
  - 12:45 Bingo
  - 2:30 Sign up for trips
  - 3:30 Play reading w/Friends
  - 7:30 Movie

- 26**
- 9:00 Group exercise
  - 10:15 Documentary film
  - 1:45 Food Forum
  - 2:00 Listening to music 1:1
  - 3:00 Tai chi
  - 7:30 Movie

- 27 GYP-Spain**
- 9:00 Stretch & Yoga
  - 9:00 Hair Styling
  - 10:30 Flower arranging
  - 1:00 Computer Café
  - 2:30 Flamenco dance by Yosi
  - 7:30 Musical documentary: Nights in the Gardens of Spain

- 28 Happy Thanksgiving**
- NO EXERCISE CLASS TODAY!**
- 9:00 Macy's Thanksgiving Parade
  - 12:00-2:00 (One seating) Thanksgiving Dinner
  - 2:30 Movie matinee
  - 7:30 Movie

- 29**
- 9:15 Fall Prevention Exercise class w/SAIL instructor
  - NO** Garden Group
  - 10:30(T) Dollar Store
  - 10:30 Documentary film
  - 2:30 Artwork
  - 7:30 Movie-Special Interest

- 30**
- 9:00 Movement & Stretch
  - 10:30 Board games
  - 11:30 Saturday Handwork Circle
  - 3:00 Social hour
  - 7:30 Movie

# November 2019

