



**Compass Memory Support** puts cutting-edge research into action through programs we have developed specifically for individuals with memory loss; Reconnections, the Lifetime Achievement Award, Artful Adventures and our award-winning Brain Healthy Cooking Program. We offer structured enrichment activities through evening, seven days a week.



View event photos on our Community facebook page.

Affiliated with **Boston University**  
**Alzheimer's Disease Center**



*On Compass West*

## NOVEMBER MONTHLY CALENDAR

### ANNOUNCEMENTS & EVENTS:

11/4 at 1:30 Art with Joanne  
11/4 at 5:30 Music Therapy  
11/5 at 1:00 Entertainment with David Hull  
11/6 at 10:30 Entertainment with Steve Lanzilotta  
11/9 Slideshows with Joe  
11/10 at 2:00 Entertainment with Adam Bergeron  
11/11 at 1:00 Entertainment with Gian Faraone  
11/12 at 1:00 Yoga with Karen  
11/15 at 1:00 Entertainment with Kenny Morrell  
11/17 at 2:30 Entertainment with Richie Berns  
11/18 at 5:30 Music Therapy  
11/21 at 1:00 Farm Visits  
11/27 at 10:30 Entertainment with Patrick Hoyer

### STAFF DIRECTORY:

Jenna Petrenko,  
**Executive Director**

Lindsay Nelson,  
**Assistant Executive Director**

Katie Fournier,  
**Resident Care Director**

Shari Sweeney,  
**Director of  
Compass Programming**

Ken McCluskey,  
**Director of Dining Experience**

Ricardo Monteiro,  
**Director of Building & Grounds**



# November 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Program Key:</b> <div> <div>Cognitive/Intellectual</div> <div>Social</div> <div>Physical</div> <div>Spiritual</div> <div>Arts/Emotional</div> </div> <div> <div>(D) Documentary</div> <div>(E) Lecture with Shari</div> <div>(RL) Resident LEad</div> </div> <p><i>* Programs are subject to change based on resident interests.</i>  <i>All trips posted weekly</i></p>		<div> <div></div> <div>Happy Thanksgiving</div> <div></div> </div>			<b>1</b> <div> <div>10:30 Tai Chi @ SBNH</div> <div>10:30 Weightlifting</div> <div>12:30 Lead Categories</div> <div>1:00 Current Events</div> <div>2:00 Crosswords (RL)</div> <div>2:30 Happy Hour</div> <div>3:15 Bingo</div> </div>	<b>2 TURN YOUR CLOCKS BACK!</b> <div> <div>10:30 Chair Movement</div> <div>12:30 Word Unscramble</div> <div>1:00 Weekend Matinee</div> <div>1:00 Resident Lead Game</div> <div>2:15 Blitz</div> <div>2:45 Tea Time</div> <div>3:30 Word Unscramble</div> </div>
<b>3 Sandwich Day (N)</b> <div> <div>10:30 Movement &amp; Meditation</div> <div>12:30 Word Game (RL)</div> <div>1:00 Weekend Matinee</div> <div>1:15 Crafters Corner:</div> <div>3:30 Hangman</div> </div>	<b>4</b> <div> <div>10:15 Light Stretching</div> <div>12:30 Manicures w/ Shari</div> <div>12:30 Hitler's Family (D)</div> <div>1:00 Movement w/weights</div> <div>1:30 Abigail Adams</div> <div>2:00 This Day in History</div> <div>3:00 Art with Joanne</div> </div>	<b>5 Candy Day (N)</b> <div> <div>10:00 Yoga @ the SBNH</div> <div>10:30 Morning Stretches</div> <div>12:30 Write Categories</div> <div>1:00 David Hull</div> <div>2:15 Resistance Band Exercise</div> <div>2:00 Wacky Wordies (RL)</div> <div>3:00 Young Famous Faces</div> <div>3:15 Blitz</div> </div>	<b>6</b> <div> <div>10:30 Steve Lanzilotta</div> <div>12:30 Price is Right</div> <div>1:30 Knitting w/ Jayne &amp; Violca</div> <div>1:30 Mens Group</div> <div>2:00 Balance Exercises</div> <div>3:00 Word Search (RL)</div> <div>3:15 Bingo with Annette</div> </div>	<b>7</b> <div> <div>10:30 Forever Fit</div> <div>12:30 Jeopardy</div> <div>1:00 Yoga @ the SBN</div> <div>1:00 Making Bookmarks</div> <div>1:00 Maze (RL)</div> <div>2:00 Strength Exercises</div> <div>3:00 Trivia</div> <div>3:15 Blitz</div> </div>	<b>8</b> <div> <div>10:30 Tai Chi @ SBNH</div> <div>10:15 Weightlifting</div> <div>12:30 Hedy Lamarr</div> <div>1:00 Current Events</div> <div>2:00 Crosswords (RL)</div> <div>2:30 Happy Hour</div> <div>3:15 Bingo</div> </div>	<b>9</b> <div> <div>10:30 Chair Movement</div> <div>12:30 Word Unscramble</div> <div>1:00 Weekend Matinee</div> <div>1:00 Resident Lead Game</div> <div>2:15 Blitz</div> <div>2:45 Tea Time</div> <div>3:30 Word Unscramble</div> </div>
<b>10 Vanilla Cupcake Day (N)</b> <div> <div>10:30 Movement &amp; Meditation</div> <div>12:30 Word Game (RL)</div> <div>1:00 Weekend Matinee</div> <div>1:15 Crafters Corner:</div> <div>2:00 Adam Bergeron</div> <div>3:30 Valor Categories</div> </div>	<b>11 Veteran's Day/Sundae Day</b> <div> <div>10:15 Light Stretching</div> <div>12:30 US Military Trivia</div> <div>12:30 US Military (D)</div> <div>1:00 Gian Faraone</div> <div>2:00 Veteran's Day Discussion</div> <div>3:00 Manicures with Shari</div> </div>	<b>12</b> <div> <div>10:00 Yoga @ the SBNH</div> <div>10:30 Morning Stretches</div> <div>12:30 Kermit the Frog</div> <div>1:00 Yoga with Karen</div> <div>2:00 History of the Marines</div> <div>2:00 Wacky Wordies (RL)</div> <div>3:15 Blitz</div> </div>	<b>13 Random Act of Kindness (N)</b> <div> <div>10:15 Arthritis Exercise</div> <div>12:30 Rummikub</div> <div>1:30 Knitting w/ Jayne &amp; Violca</div> <div>1:30 Mens Group</div> <div>2:00 Balance Exercises</div> <div>3:00 Word Search (RL)</div> <div>3:15 Bingo with Annette</div> </div>	<b>14</b> <div> <div>10:30 Forever Fit</div> <div>12:30 Random Trivia</div> <div>1:00 Yoga @ the SBN</div> <div>1:00 Tissue Paper Art</div> <div>1:00 Maze (RL)</div> <div>2:00 Strength Exercises</div> <div>3:15 Blitz</div> </div>	<b>15</b> <div> <div>10:30 Tai Chi @ SBNH</div> <div>10:15 Weightlifting</div> <div>12:30 What Am I?</div> <div>1:00 Kenny Morrell</div> <div>2:00 Crosswords (RL)</div> <div>2:30 Happy Hour</div> <div>3:15 Bingo</div> </div>	<b>16 Button Day (N)</b> <div> <div>10:30 Chair Movement</div> <div>12:30 Word Unscramble</div> <div>1:00 Weekend Matinee</div> <div>1:00 Resident Lead Game</div> <div>2:15 Blitz</div> <div>2:45 Tea Time</div> <div>3:30 Word Unscramble</div> </div>
<b>17</b> <div> <div>10:30 Movement &amp; Meditation</div> <div>12:30 Word Game (RL)</div> <div>1:00 Weekend Matinee</div> <div>1:15 Crafters Corner:</div> <div>2:30 Richie Berns</div> <div>3:30 A-Z</div> </div>	<b>18 Mickie &amp; Minnie Day (N)</b> <div> <div>10:15 Light Stretching</div> <div>12:30 Thanksgiving Traditions</div> <div>12:30 Area 51 Raid (D)</div> <div>1:00 Movement w/weights</div> <div>1:30 Nat King Cole</div> <div>2:00 All About The Mice</div> <div>3:00 Manicures with Shari</div> </div>	<b>19</b> <div> <div>10:00 Yoga @ the SBNH</div> <div>10:30 Morning Stretches</div> <div>12:30 Board Games</div> <div>1:00 Leaf Categories</div> <div>2:00 Resistance Band Exercise</div> <div>2:00 Wacky Wordies (RL)</div> <div>3:00 Gettysburg Address Facts</div> <div>3:15 Blitz</div> </div>	<b>20</b> <div> <div>10:15 Arthritis Exercise</div> <div>12:30 Queen Elizabeth</div> <div>1:30 Knitting w/ Jayne &amp; Violca</div> <div>1:30 Mens Group</div> <div>2:00 Balance Exercises</div> <div>3:00 Word Search (RL)</div> <div>3:15 Bingo with Annette</div> </div>	<b>21 GYP Ireland</b> <div> <div>10:30 Forever Fit</div> <div>12:30 Jeopardy</div> <div>1:00 Yoga @ the SBN</div> <div>1:00 Farm Visits</div> <div>1:00 Maze (RL)</div> <div>2:00 Strength Exercises</div> <div>3:00 Trivia</div> <div>3:15 Blitz</div> </div>	<b>22</b> <div> <div>10:30 Tai Chi @ SBNH</div> <div>10:15 Weightlifting</div> <div>12:30 Walter Cronkite</div> <div>1:00 Current Events</div> <div>2:00 Crosswords (RL)</div> <div>2:30 Happy Hour</div> <div>3:15 Bingo</div> </div>	<b>23 Hat Day (N)</b> <div> <div>10:30 Chair Movement</div> <div>12:30 Word Unscramble</div> <div>1:00 Weekend Matinee</div> <div>1:00 Resident Lead Game</div> <div>2:15 Blitz</div> <div>2:45 Tea Time</div> <div>3:30 Word Unscramble</div> </div>
<b>24 Parfait Day (N)</b> <div> <div>10:30 Movement &amp; Meditation</div> <div>12:30 Word Game (RL)</div> <div>1:00 Weekend Matinee</div> <div>1:15 Crafters Corner:</div> <div>3:30 Name 10</div> </div>	<b>25</b> <div> <div>10:15 Light Stretching</div> <div>12:30 Joe DiMaggio</div> <div>12:30 Secret of Antarctica (D)</div> <div>1:00 Movement w/weights</div> <div>1:30 Bread Categories</div> <div>2:00 Resident Council</div> <div>3:00 Manicures with Shari</div> </div>	<b>26 Cake Day (N)</b> <div> <div>10:00 Yoga @ the SBNH</div> <div>10:30 Morning Stretches</div> <div>12:30 Board Games</div> <div>1:00</div> <div>2:00 Resistance Band Exercise</div> <div>2:00 Wacky Wordies (RL)</div> <div>3:15 Blitz</div> </div>	<b>27</b> <div> <div>10:00 Arthritis Exercise</div> <div>10:30 Patrick Hoyer</div> <div>12:30 Rummikub</div> <div>1:30 Knitting w/ Jayne &amp; Violca</div> <div>1:30 Mens Group</div> <div>2:00 Balance Exercises</div> <div>3:00 Word Search (RL)</div> <div>3:15 Bingo with Annette</div> </div>	<b>28 Thanksgiving</b> <div> <div>10:30 Forever Fit</div> <div>12:30 Rummikub</div> <div>1:00 Holiday Movie</div> <div>3:15 Blitz</div> </div>	<b>29</b> <div> <div>10:30 Tai Chi @ SBNH</div> <div>10:15 Weightlifting</div> <div>12:30 Susan B Anthony</div> <div>1:00 Current Events</div> <div>2:00 Crosswords (RL)</div> <div>2:30 Happy Hour</div> <div>3:15 Bingo</div> </div>	<b>30</b> <div> <div>10:30 Chair Movement</div> <div>12:30 Word Unscramble</div> <div>1:00 Weekend Matinee</div> <div>1:00 Resident Lead Game</div> <div>2:15 Blitz</div> <div>2:45 Tea Time</div> <div>3:30 Word Unscramble</div> </div>