



## Compass on the Bay

### ANNOUNCEMENTS & EVENTS:

9/3 at 1:00 Entertainment with David Hul

9/9 at 1:00 Entertainment with Gian Faraone

9/10 at 2:00 Yoga with Karen

9/11 at 10:30 Entertainment with Steve Lanzilotta

9/15 at 2:00 Entertainment with Adam Bergeron

9/18 at 2:30 Entertainment with Richie Berns

9/20 at 1:00 Entertainment with Kenny Morrell

9/25 at 10:30 Entertainment with Patrick Hoye

**9/25 at 11:30 Lunch & Learn**  
Preventing Falls Presentation  
Please RSVP to Shari Sweeney  
[ssweeney@compassonthebay.com](mailto:ssweeney@compassonthebay.com)

### 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

*How will you spend your day?*

The quest for knowledge, inspiration and enrichment is lifelong.



View event photos on our Community facebook page.



# SEPTEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <span style="color:red">■</span> 10:30 Movement & Meditation <span style="color:blue">■</span> 12:30 Word Game 1:00 Weekend Matinee <span style="color:purple">■</span> 1:15 Crafters Corner: <span style="color:blue">■</span> 3:30 Happy Bday Buddy Holly	<b>2 Blueberry Popsicle Day (N)</b> <span style="color:red">■</span> 10:30 Muscle Building 12:30 Uncle Sam (D) <span style="color:purple">■</span> 1:15 Making Homemade Popsicles <span style="color:blue">■</span> 2:00 Who Am I? <span style="color:orange">■</span> 3:00 COTB Helping Hands Committee	<b>3</b> <span style="color:red">■</span> <b>10:00 Yoga @ the SBNH</b> 12:30 Pokeno <span style="color:green">■</span> <b>1:00 David Hull</b> 2:00 Resident Birthday Party <span style="color:blue">■</span> 2:00 Wacky Wordies (RL) 3:00 Cable Categories <span style="color:green">■</span> 3:15 Blitz <b>Outing: Bowling</b>	<b>4</b> <span style="color:red">■</span> 10:30 Arthritis Exercise 12:30 Uno! <span style="color:purple">■</span> 1:30 Knitting w/ Jayne & Violca <span style="color:green">■</span> 1:30 Mens Group <span style="color:orange">■</span> 2:00 Manicures w/Shari <span style="color:blue">■</span> 3:00 Word Search (RL) <span style="color:green">■</span> 3:15 Bingo with Annette	<b>5 Cheese Pizza Day (N)</b> <span style="color:red">■</span> <b>10:30 Forever Fit</b> <span style="color:green">■</span> 12:30 Rummikub <span style="color:blue">■</span> 1:00 Walking Group <span style="color:red">■</span> 1:00 Maze (RL) <span style="color:red">■</span> 2:00 English Muffin Pizzas <span style="color:blue">■</span> 3:00 Jeopardy <span style="color:green">■</span> 3:15 Blitz <b>Outing: Papa Gino's</b>	<b>6 Coffee Ice Cream Day (N)</b> <span style="color:red">■</span> 10:30 Weightlifting 12:30 Scrabble <span style="color:blue">■</span> 1:00 Senior Bullying Presentation <span style="color:blue">■</span> 2:00 Crosswords (RL) <span style="color:green">■</span> 2:30 Happy Hour <span style="color:purple">■</span> <b>3:00 Crafts with Joanne</b> <span style="color:green">■</span> 3:15 Bingo	<b>7 New Hampshire Day (N)</b> <span style="color:red">■</span> 10:30 Chair Movement <span style="color:blue">■</span> 12:30 Word Unscramble 1:00 Weekend Matinee <span style="color:green">■</span> 1:00 Resident Lead Game 2:15 Blitz 2:45 Tea Time <span style="color:blue">■</span> 3:30 New Hampshire Sites
<b>8 Grandparents Day (N)</b> <span style="color:red">■</span> 10:30 Movement & Meditation <span style="color:blue">■</span> 12:30 Word Game <span style="color:green">■</span> <b>1:00 Gian Faraone</b> <span style="color:purple">■</span> 1:15 Crafters Corner: Sun Catchers <span style="color:blue">■</span> 3:30 Crosswords	<b>9</b> <span style="color:red">■</span> 10:30 Muscle Building 12:30 Robin Williams (D) <span style="color:blue">■</span> 1:15 Word in a Word <span style="color:green">■</span> 2:00 The Higher Cost of Education <span style="color:orange">■</span> 3:00 COTB Helping Hands Committee	<b>10 Ants on a Log Day (N)</b> <span style="color:red">■</span> 10:30 Chair Movement <span style="color:green">■</span> 12:30 Pokeno <span style="color:red">■</span> 1:00 Bulls Eye <span style="color:red">■</span> <b>2:00 Yoga w/ Karen</b> <span style="color:blue">■</span> 2:00 Wacky Wordies (RL) <span style="color:blue">■</span> 3:00 Word in a Word <span style="color:green">■</span> 3:15 Blitz <b>Outing: Walk Houghton's Pond</b>	<b>11</b> <span style="color:red">■</span> <b>10:30 Steve Lanzilotta</b> <span style="color:green">■</span> 12:30 Uno! <span style="color:red">■</span> 1:00 9/11 Memorial <span style="color:purple">■</span> 1:30 Knitting w/ Jayne & Violca <span style="color:green">■</span> 1:30 Mens Group <span style="color:orange">■</span> 2:00 Manicures w/Shari <span style="color:blue">■</span> 3:00 Word Search (RL) <span style="color:green">■</span> 3:15 Bingo with Annette	<b>12 School Picture Day (N)</b> <span style="color:red">■</span> <b>10:30 Forever Fit</b> <span style="color:green">■</span> 12:30 Rummikub <span style="color:purple">■</span> 1:00 Making Morning Glories <span style="color:blue">■</span> 1:00 Maze (RL) <span style="color:green">■</span> 2:00 Funny School Pictures <span style="color:blue">■</span> 3:00 Random Trivia <span style="color:green">■</span> 3:15 Blitz <b>Outing: Castle Island</b>	<b>13</b> <span style="color:red">■</span> 10:30 Weightlifting 12:30 Scrabble <span style="color:blue">■</span> 1:00 Current Events <span style="color:blue">■</span> 2:00 Crosswords (RL) <span style="color:green">■</span> 2:30 Happy Hour <span style="color:green">■</span> 3:15 Bingo	<b>14</b> <span style="color:red">■</span> 10:30 Chair Movement <span style="color:blue">■</span> 12:30 Word Unscramble 1:00 Weekend Matinee <span style="color:green">■</span> 1:00 Resident Lead Game 2:15 Blitz 2:45 Tea Time <span style="color:blue">■</span> 3:30 Bowling
<b>15</b> <span style="color:red">■</span> 10:30 Movement & Meditation <span style="color:blue">■</span> 12:30 Word Game 1:00 Weekend Matinee <span style="color:green">■</span> 1:00 Games (RL) <span style="color:purple">■</span> 1:15 Crafters Corner: Wreath Making <span style="color:green">■</span> <b>2:00 Adam Bergeron</b> <span style="color:blue">■</span> 3:30 Crosswords	<b>16</b> <span style="color:red">■</span> 10:30 Muscle Building 12:30 Johnny Carson (D) <span style="color:blue">■</span> 1:15 Who Am I? <span style="color:red">■</span> 2:00 Colonel Sanders (D) <span style="color:orange">■</span> 3:00 COTB Helping Hands Committee	<b>17</b> <span style="color:red">■</span> <b>10:00 Yoga @ the SBNH</b> <span style="color:green">■</span> 12:30 Pokeno 1:00 LRC <span style="color:red">■</span> 2:00 Walking Group <span style="color:blue">■</span> 2:00 Wacky Wordies (RL) <span style="color:blue">■</span> 3:00 Chile Categories <span style="color:green">■</span> 3:15 Blitz <b>Outing: Movies</b>	<b>18 Happy Bday US Air Force</b> <span style="color:red">■</span> 10:30 Arthritis Exercise <span style="color:green">■</span> 12:30 Uno! <span style="color:red">■</span> 1:00 Air Force Beginnings <span style="color:purple">■</span> 1:30 Knitting w/ Jayne & Violca <span style="color:green">■</span> 1:30 Mens Group <span style="color:orange">■</span> 2:00 Manicures w/Shari <span style="color:green">■</span> <b>2:30 Richie Berns</b>	<b>19</b> <span style="color:red">■</span> <b>10:30 Forever Fit</b> <span style="color:green">■</span> 12:30 Rummikub <span style="color:red">■</span> <b>1:30 Cooking with Kenny</b> <span style="color:purple">■</span> 2:00 Fall Art <span style="color:blue">■</span> 3:00 Jeopardy <span style="color:green">■</span> 3:15 Blitz <b>Outing: Museum of Fine Arts</b>	<b>20 POW MIA Day (N)</b> <span style="color:red">■</span> 10:30 Weightlifting 12:30 POW MIA <span style="color:blue">■</span> <b>1:00 Kenny Morrell</b> <span style="color:blue">■</span> 2:00 Crosswords (RL) <span style="color:green">■</span> 2:30 Happy Hour <span style="color:green">■</span> 3:15 Bingo	<b>21 Peace Day (N)</b> <span style="color:red">■</span> 10:30 Chair Movement <span style="color:blue">■</span> 12:30 Word Unscramble 1:00 Weekend Matinee <span style="color:green">■</span> 1:00 Resident Lead Game 2:15 Blitz 2:45 Tea Time <span style="color:blue">■</span> 3:30 Ring Toss
<b>22</b> <span style="color:red">■</span> 10:30 Movement & Meditation <span style="color:blue">■</span> 12:30 Word Game 1:00 Weekend Matinee <span style="color:green">■</span> 1:00 Games (RL) <span style="color:purple">■</span> 1:15 Crafters Corner: Birdfeeders <span style="color:blue">■</span> 3:30 Crosswords	<b>23</b> <span style="color:red">■</span> 10:30 Muscle Building 12:30 David Letterman (D) <span style="color:blue">■</span> 1:15 Amazing Escape <span style="color:green">■</span> 2:00 LRC <span style="color:orange">■</span> 3:00 COTB Helping Hands Committee	<b>24</b> <span style="color:red">■</span> <b>10:00 Yoga @ the SBNH</b> <span style="color:green">■</span> 12:30 Pokeno <span style="color:red">■</span> 1:00 Walking Group <span style="color:blue">■</span> 2:00 Pictionary <span style="color:blue">■</span> 2:00 Wacky Wordies (RL) <span style="color:blue">■</span> 3:00 Word in a Word <span style="color:green">■</span> 3:15 Blitz <b>Outing: The Butterfly Place</b>	<b>25</b> <span style="color:red">■</span> <b>10:30 Patrick Hoyer</b> <span style="color:green">■</span> 12:30 Uno! <span style="color:purple">■</span> 1:30 Knitting w/ Jayne & Violca <span style="color:green">■</span> 1:30 Mens Group <span style="color:orange">■</span> 2:00 Manicures w/Shari <span style="color:blue">■</span> 3:00 Word Search (RL) <span style="color:green">■</span> 3:15 Bingo with Annette	<b>26 GYP Japan</b> <span style="color:red">■</span> <b>10:30 Forever Fit</b> <span style="color:green">■</span> 12:30 Rummikub <span style="color:red">■</span> 1:00 Japanese Traditions <span style="color:blue">■</span> 1:00 Maze (RL) <span style="color:red">■</span> 2:00 Japanese Art <span style="color:blue">■</span> 3:00 Crosswords <span style="color:green">■</span> 3:15 Blitz	<b>27</b> <span style="color:red">■</span> 10:30 Weightlifting 12:30 Scrabble <span style="color:blue">■</span> 1:00 History of the Flag <span style="color:blue">■</span> 2:00 Crosswords (RL) <span style="color:green">■</span> 2:30 Happy Hour <span style="color:purple">■</span> <b>2:30 Farm Visits</b> <span style="color:green">■</span> 3:15 Bingo	<b>28</b> <span style="color:red">■</span> 10:30 Chair Movement <span style="color:blue">■</span> 12:30 Word Unscramble 1:00 Weekend Matinee <span style="color:green">■</span> 1:00 Resident Lead Game 2:15 Blitz 2:45 Tea Time <span style="color:blue">■</span> 3:30 Baggo
<b>29</b> <span style="color:red">■</span> 10:30 Movement & Meditation <span style="color:blue">■</span> 12:30 Word Game 1:00 Weekend Matinee <span style="color:green">■</span> 1:00 Games (RL) <span style="color:purple">■</span> 1:15 Crafters Corner <span style="color:blue">■</span> 3:30 Crosswords	<b>30</b> <span style="color:red">■</span> 10:30 Muscle Building 12:30 Carol Burnett (D) <span style="color:blue">■</span> 1:15 Presidential Trivia <span style="color:green">■</span> 2:00 Sorry! <span style="color:orange">■</span> 3:00 COTB Helping Hands Committee	<b>Daily:</b> <span style="color:orange">■</span> 9:30 Catholic Mass TV <span style="color:orange">■</span> 10:00 Rosary on TV		<b>Program Key:</b> <span style="color:blue">■</span> Cognitive/Intellectual <span style="color:green">■</span> Social <span style="color:red">■</span> Physical <span style="color:orange">■</span> Spiritual <span style="color:purple">■</span> Arts/Emotional <span style="color:red">■</span> (D) Documentary <span style="color:red">■</span> (E) Lecture with Shari <span style="color:red">■</span> (N) National Holiday <span style="color:red">■</span> (RL) Resident Lead		

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