



JULY CALENDAR | Forestdale Park Assisted Living

ANNOUNCEMENTS & EVENTS:

July 1st
2:30PM "Food"for Thought-Food Council Meeting
3:00PM Resident Council Meeting

July 8th at 10:00AM Tai Chi with Body Mind Systems- Come be zen for this NEW activity!

July 12th at 2:00PM Yoga With Jacqui- Come balance your mind and body with this NEW activity!

July 16th
Grab Your Passport: Bora Bora

July 22nd at 2:00PM Sharon DiFronzo LIVE

July 23rd at 6:00PM Lifetime Achievement Award, will it be you!?

STAFF DIRECTORY:

Terri Guenard,
Executive Director

Sarah Starkweather, Director of
Community Relations

Michelle Spindler, Director of
Business Administration

Penny Shea
Resident Care Director

Courtney Sott
EnrichedLIFE Director

Denise Thorud, Director of
Compass Programming

Jeffrey Fowler,
Director of Dining Experience

Giovanni Gonzalez, 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
	1 9:30 Morning Stretch 10:00 Daily Chronicle 10:00 Sacred Hearts Mass/Fr. Mario 1:00 Library & Store in Bistro 1:30 Walking Club 2:30 "Food" for Thought 3:00 Resident Council Meeting 6:00 Taylor's Garden Club	2 9:30 Daily Chronicle 10:00 Work Out w/Bernadine 11:00 Bistro Chat 1:00 Walking Club 2:00 Discovery Learning 3:30 Bistro Trivia 6:00 Prize Bingo	3 9:30 Morning Stretch 10:00 Daily Chronicle 11:00 Bistro Chat 11:30 4th of July BBQ 1:00 Pastor Emily Visits 2:00 Culinary Club: Patriotic Dessert 3:30 Wine Down Wednesday 6:00 Resident Run Bingo	4 Happy 4th of July!! 9:30- 1:00 Ward 5 Fourth of July Celebration at Forestdale School 1:00 Walking Club 2:00 Discovery Learning: Declaration of Independence 6:00 Art with James	5 9:30 Daily Chronicle 10:00 Rosary with Virginia 10:30 Stories We Tell 12:30 Ice Cream Sundae Bar 1:00 Walking Club 2:00 Trip To Target 3:00 Left, Right, Center 6:00 Pokeno Night	6 10:00 Work Out w/Bernadine 10:00 Daily Chronicle 11:00 Bistro Trivia 1:00 Walking Club 2:00 DJ George- Country 3:00 Saturday Movie Matinee 6:00 Discovery Learning
7 10:00 Morning Mass on TV 10:00 Winthrop Farmers Market 1:00 Scrabble Club 1:00 Afternoon Walking Club 2:00 Smokin' Joe 3:00 Pokeno Bunch 6:00 Resident Run Bingo	8 9:30 Daily Chronicle 10:00 Tai Chi w/ Body Mind Systems 11:00 Sacred Hearts Svces 1:00 Library & Store in Bistro 1:30 Walking Club 2:00 Nate Ramsayer LIVE 3:00 Welcoming Committee 6:00 Taylor's Garden Club	9 9:30 Daily Chronicle 10:00 Work Out w/Bernadine 11:00 Bistro Chat 1:00 Walking Club 2:00 Culinary Cub: Bechamel Lasagna 2:00 Book Club 3:00 UNO with Helene 6:00 Prize Bingo	10 9:30 Morning Stretch 10:00 Daily Chronicle 11:00 Bistro Chat 1:00 Walking Club 1:00 Discovery Learning 2:00 Big Smile Entertainment: Country Music! 3:30 Wine Down Wednesday 6:00 Resident Run Bingo	11 9:30 Morning Stretch 10:00 Daily Chronicle 11:00 Bistro Games 1:00 Walking Club 2:00 Discovery Learning 3:00 Travel Tales with Gerry Ruane: Ireland 6:00 Art with James 6:30 Stoneham Summer Music Series-Broadway Cabaret	12 9:30 Daily Chronicle 10:00 Rosary with Virginia 10:30 Stories We Tell 11:00 Out to Lunch: Exchange Street Bistro 1:00 Walking Club 2:00 Yoga with Jacqui 3:00 Aggravation Game 6:00 Pokeno Night	13 10:00 Work Out w/Bernadine 10:00 Daily Chronicle 11:00 Bistro Trivia 1:00 Walking Club 2:00 Sharon DiFronzo LIVE 3:00 Saturday Movie Matinee 6:00 Discovery Learning
14 10:00 Morning Mass on TV 1:00 Scrabble Club 1:00 Afternoon Walking Club 1:30 Daily Chronicle 2:00 Discovery Learning 3:00 Pokeno Bunch 6:00 Mark Tavenner LIVE!	15 9:30 Morning Stretch 10:00 Daily Chronicle 11:00 Sacred Hearts Svces 1:00 Library & Store in Bistro 1:30 Walking Club 2:00 Kalifornia Karl LIVE 3:00 Discovery Learning 6:00 Taylor's Garden Club	16 Grab Your Passport: Bora Bora!! 9:30 Daily Chronicle 10:00 Work Out w/Bernadine 1:00 Walking Club 1:00 Culinary Club 2:30 Holly Sommers: Travel Tunes 3:30 Discovery Learning: Bora Bora 6:00 Prize Bingo	17 9:30 Morning Stretch 10:00 Daily Chronicle 10:00 Mystery Ride 11:00 Bistro Chat 1:00 Pastor Emily Visits 2:00 Crafting Club 3:30 Wine Down Wednesday 6:00 Resident Run Bingo	18 9:30 Daily Stretch 10:00 Daily Chronicle 11:00 Bistro Games 1:00 Walking Club 2:00 Line Dancing w/Chrissy 3:00 Word Games 6:00 Art with James	19 9:30 Daily Chronicle 10:00 Rosary with Virginia 10:30 Stories We Tell 1:00 Walking Club 1:00 Trip to Richardson's Ice Cream 3:30 Word Peck 6:00 Pokeno Night	20 10:00 Work Out w/Bernadine 10:00 Daily Chronicle 11:00 Bistro Trivia 1:00 Walking Club 2:00 Dj George- Island Vibes 3:00 Saturday Movie Matinee 6:00 Discovery Learning
21 10:00 Morning Mass on TV 1:00 Scrabble Club 1:00 Afternoon Walking Club 12:30 Trip to the Movies! (time subject to movie schedule) 3:30 Word Peck 6:00 Resident Run Bingo	22 9:30 Morning Stretch 10:00 Daily Chronicle 11:00 Sacred Hearts Svces 1:00 Library & Store in Bistro 1:30 Walking Club 2:00 Sharon DiFronzo LIVE 3:00 Welcoming Committee 6:00 Taylor's Garden Club	23 9:30 Daily Chronicle 10:00 Work Out w/Bernadine 11:00 Bistro Chat 1:00 Walking Club 2:00 Discovery Learning 3:00 UNO with Helene 6:00 Lifetime Achievement-Will it be you?!	24 9:30 Morning Stretch 10:00 Daily Chronicle 1:00 Walking Club 1:00 Trip to the Dollar Store 2:30 Crafting Club 3:30 Wine Down Wednesday w/ John Kelly LIVE!! 6:00 Resident Run Bingo	25 9:30 Morning Stretch 10:00 Daily Chronicle 11:00 Bistro Games 11:30 Birthday Club Luncheon 1:00 Culinary Club 2:00 Discovery Learning 3:00 Word Games 6:00 Art with James	26 9:30 Daily Chronicle 10:00 Rosary with Virginia 10:30 Stories We Tell 11:00 Out to Lunch: Jimmy's 1:00 Walking Club 2:00 Beso Bingo(Compass) 3:30 Word Peck 6:00 Pokeno Night	27 10:00 Work Out w/Bernadine 10:00 Daily Chronicle 11:00 Bistro Trivia 1:00 Walking Club 3:00 Saturday Movie Matinee 6:00 Mark Tavenner LIVE
28 10:00 Morning Mass on TV 1:00 Scrabble Club 1:00 Afternoon Walking Club 1:30 Daily Chronicle 2:00 Discovery Learning 3:00 Aggravation Game 6:00 Resident Run Bingo	29 9:30 Morning Stretch 10:00 Daily Chronicle 11:00 Sacred Hearts Svces 1:00 Library & Store in Bistro 1:30 Walking Club 2:00 Yoga with Jacqui 3:00 Smokin' Joe 6:00 Taylor's Garden Club	30 9:30 Daily Chronicle 10:00 Work Out w/Bernadine 11:00 Bistro Chat 1:00 Walking Club 2:00 Forestdale Talent Show!! 6:00 Prize Bingo	31 9:30 Daily Stretch 10:00 Daily Chronicle 11:00 Bistro Games 1:00 Walking Club 2:00 Crafting Club 3:30 Wine Down Wednesday-Holly Sommers Performs 6:00 Resident Run Bingo	Program Key: Physical (light blue square) Bistro Activity (dark blue square) Social/Games/Clubs (green square) Emotional/Expressive Arts (pink square) Outings (yellow square) Entertainment (orange square) Spiritual (purple square)		
<p><i>* Programs are subject to change based on resident interests.</i></p>						