



SEPTEMBER CALENDAR | Forestdale Park Assisted Living

ANNOUNCEMENTS & EVENTS:

Sept 5- National Cheese Pizza Day: Join Culinary Club at 3pm to make Mini Pizzas!

Sept 6th- 2:30pm Food for Thought and Resident Council Meeting

Sept 8th-2pm Grandparents Day! Come check out some cool cars and then make some beautiful artwork!

Sept 18- 11:30 National Cheeseburger Day BBQ followed by Nate Ramsayer LIVE at 3:30pm

Sept 23- Grab Your Passport: Japan- Enjoy cuisine and entertainment from the country all day!

Sept 25- All day trip to the ME, NH & MA Coastline

Sept 27- Lifetime Achievement- 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

Frank Rigolini, 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
1 10:00 Morning Mass on TV 11:00 Daily Chronicle 12:30 Trip to the Movies! 1:00 Scrabble Club 1:00 Afternoon Walking Club 1:30 Discovery Learning: History of Japan 3:00 Pokeno Bunch 6:00 Resident Run Bingo	2 Labor Day! 9:30 Daily Stretch 10:00 Daily Chronicle 1:00 Library & Store in Bistro 1:30 Walking Club 2:00 Crafting Club 3:00 Taylor's Garden Club 6:00 Josef Nocera LIVE!	3 9:30 Daily Chronicle 10:00 Work Out w/Bernadine 11:00 Bistro Chat 1:00 Walking Club 2:00 Book Club 2:00 Crossword Puzzles 3:00 Discovery Learning: Osaka Castle 6:00 Prize Bingo	4 9:30 Morning Stretch 10:00 Daily Chronicle 11:00 Bistro Chat 1:00 Walking Club 1:00 Pastor Emily Visits 2:00 Discovery Learning: 3:30 Wine Down Wednesday with Kalifornia Karl!! 6:00 Resident Run Bingo	5 National Cheese Pizza Day 9:30 Morning Stretch 10:00 Daily Chronicle 11:00 Bistro Games 1:00 Walking Club 2:00 Line Dancing w/Chrissy 3:00 Culinary Club- Mini Pizzas w/ Tomato Sauce from our garden tomatoes! 6:00 Art with James	6 9:30 Daily Chronicle 10:00 Rosary with Virginia 10:30 Stories We Tell 12:30 Trip to Target 2:00 Food for Thought/Food Council 2:30 Resident Council Meeting 3:00 Beso Bingo(Compass) 6:00 Pokeno Night	7 10:00 Work Out w/Bernadine 11:00 Daily Chronicle and Trivia 1:00 Walking Club 2:00 DJ George-Sports Songs 3:00 Saturday Movie Matinee 6:00 Discovery Learning: Japanese Cuisine
8 Grandparents Day!! 10:00 Morning Mass on TV 1:00 Scrabble Club 1:00 Afternoon Walking Club 1:30 Daily Chronicle 2:00 Vintage Cars Visit for Grandparents Day 3:30 Crafting Club: Coloring with Grandkids! 8:20 Patriots Season Opener! Vs. Pittsburgh Steelers	9 ***** NATIONAL 9:30 Daily Chronicle 10:00 Tai Chi 11:00 Sacred Hearts Svces 1:00 Library & Store in Bistro 1:30 Caretakers Learning- Fall Prevention with Aeden 3:00 Discovery Learning: Origins of Assisted Living 6:00 Taylor's Garden Club	10 ASSISTED 9:30 Daily Chronicle 10:00 Work Out w/Bernadine 11:00 Bistro Chat 1:00 UNO with Helene 2:30 Walking Club 3:00 Travel Tales with Gerry Ruane-India 6:00 Prize Bingo	11 LIVING 9:30 Morning Stretch 10:00 Daily Chronicle 11:00 Bistro Chat 1:00 Trip to Market Basket 1:00 Walking Club 1:30 Bistro Games 3:00 Wine Down Wednesday with Sharon DiFronzo 6:00 Resident Run Bingo	12 WEEK 9:30 Daily Stretch 10:00 Daily Chronicle 11:00 Bistro Games 1:00 Walking Club 1:30 Discovery Learning: Mijo Museum 2:00 Line Dancing w/Chrissy 3:00 Family Feud! 6:00 Art with James	13 ***** 9:30 Daily Chronicle 10:00 Rosary with Virginia 10:30 Stories We Tell 1:00 Walking Club 2:00 Yoga with Jacqui 3:30 John Kelly LIVE! 6:00 Pokeno Night	14 National Dance Day 10:00 Work Out w/Bernadine 10:00 Daily Chronicle 11:00 Bistro Trivia 1:00 Walking Club 1:30 Bistro Games 3:00 Saturday Movie Matinee- Dirty Dancing 6:00 Dave the Accordion Guy
15 10:00 Morning Mass on TV 1:00 Scrabble Club 1:00 Afternoon Walking Club 1:00 Patriots vs. Dolphins 2:00 Discovery Learning: Cherry Blossom Festival 4:00 Word Peck 6:00 Mark Tavenner LIVE!	16 9:30 Daily Chronicle 10:00 Tai Chi 11:00 Sacred Hearts Svces 1:00 Library & Store in Bistro 1:30 Walking Club 2:00 Jeopardy!-MPR 3:00 John D'Ambrosio Piano Sing-a- Long 6:00 Taylor's Garden Club	17 9:30 Daily Chronicle 10:00 Work Out w/Bernadine 11:00 Bistro Chat 1:00 Walking Club 1:00 Culinary Club: Sushi with Chef Jeff 3:00 Holly Sommers LIVE! 6:00 Prize Bingo	18 National Cheeseburger Day! 9:30 Morning Stretch 10:00 Daily Chronicle 11:00 Walking Club 11:30 Fall BBQ 1:00 Pastor Emily Visits 3:30 Wine Down Wednesday with Nate Ramsayer 6:00 Resident Run Bingo	19 9:30 Morning Stretch 10:00 Daily Chronicle 11:00 Bistro Games 1:00 Walking Club 1:30 Flash of Me: Photo Project 2:00 Crafting Club: Cherry Blossoms 3:00 Word Games 6:00 Art w/ James	20 9:30 Daily Chronicle 10:00 Rosary with Virginia 10:30 Stories We Tell 1:00 Walking Club 11:00 Out to Lunch: Tokyo Japanese Steak House 2:00 Crossword Puzzles 3:00 Beso Bingo(Compass) 6:00 Pokeno Night	21 10:00 Work Out w/Bernadine 10:00 Daily Chronicle 11:00 Bistro Trivia 1:00 Walking Club 1:30 Bistro Games 3:00 Saturday Movie Matinee Wrestling 6:00 Discovery Learning: Sumo Wrestling
22 10:00 Morning Mass on TV 1:00 Scrabble Club 1:00 Afternoon Walking Club 1:00 Patriots vs. Jets 2:00 Dan & Joel Perform in Compass 3:30 Discovery Learning: Geishas 6:00 Resident Run Bingo	23 Grab Your Passport: Japan 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 Bistro Trivia: Japan 3:00 Japanese Dancer Michiko Kurata 6:00 Taylor's Garden Club	24 9:30 Daily Chronicle 10:00 Work Out w/Bernadine 11:00 Bistro Chat 1:00 Walking Club 1:00 Culinary Club- Baklava with Helene 3:00 Crafting Club: Kimonos 6:00 Prize Bingo	25 All Day Trip to ME, NH, MA 9:00 Trip to The Coastline with lunch in NH 9:30 Morning Stretch 10:00 Daily Chronicle 1:00 Walking Club 2:00 Crafting Club- Picture Frames 3:30 Wine Down Wednesday 6:00 Resident Run Bingo	26 National Pancake Day! 9:30 Morning Stretch 10:00 Daily Chronicle 11:00 Bistro Games 11:30 Birthday Club Luncheon 1:00 Walking Club 2:00 Word Games 3:00 Discovery Learning- Mt. Fuji 6:00 Mark Tavenner LIVE!	27 9:30 Daily Chronicle 10:00 Rosary with Virginia 10:30 Stories We Tell 12:30 Trip to Christmas Tree Shoppe 1:00 Word Peck 2:00 Yoga With Jacqui 3:00 Beso Bingo(Compass) 6:00 Lifetime Achievement- Will it be you???	28 10:00 Work Out w/Bernadine 10:00 Daily Chronicle 11:00 Bistro Trivia 1:00 Walking Club 1:00 Aggravation!! Game 2:00 DJ George- Country Tunes 3:00 Saturday Movie Matinee 6:00 Discovery Learning: Religion of Japan
29 National Coffee Day! 10:00 Morning Mass on TV 1:00 Scrabble Club 1:00 Afternoon Walking Club 1:00 Patriots vs Bills 3:00 Discovery Learning: Kabuki Theater 6:00 Josef Nocera LIVE	30 9:30 Daily Chronicle 10:00 Tai Chi 11:00 Sacred Hearts Svces 1:00 Library & Store in Bistro 1:30 Walking Club 2:00 Jeopardy!-MPR 3:30 A Flash of Me- Photo Project 6:00 Sharon DiFronzo LIVE!			Program Key: Physical Bistro Activity Social/Games/Clubs Emotional/Expressive Arts Outings Entertainment Spiritual		

* Programs are subject to change based on resident interests.