



Nashoba Park Assisted Living, 15 Winthrop Ave, Ayer, MA | 978-772-0707

How will you spend your day?

The quest for knowledge, inspiration and enrichment is lifelong.



View event photos on our Community facebook page.

NASHOBA PARK JULY CALENDAR

ANNOUNCEMENTS & EVENTS:

Tuesday, July 9th @ 2pm: Pianist **Mark West**, a little bit of classical & a little bit of popular tunes

Tuesday, July 16th @ 2pm: Singing Guitarist **Joe "JD" Foster**, a little bit country & more

Tuesday, July 23rd @ 2pm: Singing Guitarist **Doug Kwartler**, a little bit rock & roll & more

Tuesday, July 30th @ 2pm: Singing Guitarist **Seth Connelly**, a little bit folk & more

Starry Nights Concerts!

Thursday, July 11th @ 6:45pm: "The Singing Trooper", **Sgt. Dan Clark**

Thursday, July 18th @ 6:45pm: "Jazzed Up Trio"

STAFF DIRECTORY:

Libby Mattei
Executive Director

Paige Nelson,
Assistant Director of
Business Administration

Joanna Williams, RN,
Resident Care Director

Helen Osagie, LPN,
GAFC - Wellness Nurse

Frank Leger,
Director of Dining Experience

John Gariepy,
Director of Building & Grounds

Kimberley Dee, ADC,
EnrichedLIFE Director

Jackie Pozo,
Social Worker

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Program Key: ■ Entertainment ■ Discovery Learning ■ Holiday Specials ■ Grab Your Passport	1 9:15 Coffee Cart 10:00 Sittercise 2:00 Patriotic Sing-Along w/Kim 3:00 Rosary & Communion 6:45 Games w/Friends	2 9:15 Coffee Cart Social 10:00 Sittercise 1:30 Walking Group ■ 2:00 Pianist Steve Staines 3:00 Refreshment Social 6:45 Rosary w/Cam & Margaret	3 9:15 Coffee Cart Social 10:00 Tai Chi/Qigong 1:30 Poetry & Prose ■ 2:30 Discovery Learning 3:30 Wii Bowling 6:45 Games w/Friends	4 9:15 Coffee Cart Social ■ 10 Movie: Lawrence Welk's "God Bless America" ■ 2:00 Guitarist Eric Baldwin 3:00 Refreshment Social 3:30 Patriotic CD Parlor Music 6:45 Games w/Friends ■ 8 PBS "A Capitol Fourth"	5 9:15 Coffee Cart Social 10 Arthritis Exercise 10:30 Words in a Word 1:30 Bingo w/Kim 3:30 Short Stories 6:45 Games w/Friends	6 9:15 Coffee Cart Social 10 Weekend Word Puzzles ■ 1:30 Nora on Piano 2:30 Left, Center, Right/Games w/Friends 6:45 Independent Games
7 9:15 Coffee Cart Social ■ 1:30 Side Effects Duo 2:45 Bingo w/Beth 6:45 Movie	8 9:15 Coffee Cart Social 9:30 Blood Pressure 10:00 Catholic Mass ■ 1:30 Discovery Learning 2:30 Game w/Kim 3:30 Arthritis Exercise 6:45 Games w/Friends	9 9:15 Coffee Cart Social 10:00 Arthritis Exercise 10:30 This Day in History 1:30 Walking Group ■ 2:00 Pianist Mark West ■ 2:45 July Birthday Celebration 6:45 Rosary w/Cam & Margaret	10 9:15 Coffee Cart Social 10:00 Tai Chi/Qigong 1:30 Resident Community Meeting 2:45 Bingo w/Kim 6:45 Games w/Friend	11 9:15 Coffee Cart Social 9:30 Van Trip: Shop 'n Save 10:00 Independent Exercise DVD 11:30 Susan & Willow Visit 1:30 Trivia Time w/Stephanie 2:30 Movie 3:00 Knitting w/Sr. Paula 6:45 Starry Nights Concert: "The Singing Trooper"	12 9:15 Coffee Cart Social 10:00 Sittercise 10:30 Words in a Word ■ 2:00 Singing Guitarist Andy Ross 3:00 Refreshment Social 3:30 Short Stories 6:45 Games w/Friends	13 9:15 Coffee Cart Social 10 Weekend Word Puzzles ■ 1:30 Nora on Piano 2:30 Bingo w/Bill 6:45 Independent Games
14 9:15 Coffee Cart Social ■ 1:30 Pianist Dick Sawyer 2:45 Bingo w/Patrice 6:45 Movie	15 9:00 Podiatry Appointments 9:15 Coffee Cart Social 10:00 Sittercise ■ 1:30 Discovery Learning 2:30 "Alexa Time" w/Kim 3:00 Rosary & Communion 6:45 Games w/Friends	16 9:15 Coffee Cart Social 10:00 Arthritis Exercise 10:30 This Day in History 1:30 Walking Group ■ 2:00 Singing Guitarist Joe Foster 3:00 Beer, Wine & Soda Social 6:45 Rosary w/Cam & Margaret	17 9:15 Coffee Cart Social 10:00 Tai Chi/Qigong 1:30 Spirituality For All 2:45 Bingo w/Kim 6:45 Games w/Friend	18 9:15 Coffee Cart Social 9:30 Van Trip: Sandy Pond, Ayer 11:30am Susan & Willow Visit 1:30 Word Game/Trivia w/Kim 3:00 Knitting w/Sr. Paula 3:30 Arthritis Exercise 6:45 Starry Nights Concert: "Jazzed Up Trio"	19 9:15 Coffee Cart Social 10:00 Sittercise 10:30 Words in a Word 1:15 Bible Sharing 2:00 Sing-Along w/Kim 3:00 Refreshment Social 3:30 Short Stories 6:45 Bingo w/Beth	20 9:15 Coffee Cart Social 10:00 Weekend Word Puzzles ■ 1:30 Nora on Piano 2:30 Left, Center, Right/Games w/Friends 6:45 Independent Games
21 9:15 Coffee Cart Social ■ 1:30 Pianist Jerry Hurley 2:45 Bingo w/Beth 6:45 Movie	22 9:15 Coffee Cart Social 10:00 Sittercise 1:30 Movie 2:30 Left, Center, Right 3:30 "Songs that Won the War" CD 6:45 Games w/Friends	23 9:15 Coffee Cart Social 10:00 Sittercise 1:30 Walking Group ■ 2:00 Singing Guitarist Doug Kwartler 3:00 Refreshment Social 6:45 Rosary w/Cam & Margaret	24 9:15 Coffee Cart Social 10:00 Tai Chi/Qigong 1:30 Ecumenical Faith Service 2:45 Bingo w/Beth 6:45 Games w/Friend	25 9:15 Coffee Cart Social 9:30 Van Trip: Walmart 10:00 Independent Exercise DVD 11:30 Susan & Willow Visit ■ 1:30 Discovery Learning 2:30 Craft w/Kim 3:00 Knitting w/Sr. Paula 3:30 Arthritis Exercise 6:45 Games w/Friends	26 9:15 Coffee Cart Social 9:30 Nail Services w/Jessica 10 Arthritis Exercise 10:30 Words in a Word ■ 2 Heather Marie's '50's Music 3 Refreshment Social 3:30 Short Stories 6:45 Games w/Friends	27 9:15 Coffee Cart Social 10:00 Weekend Word Puzzles 1:30 Movie 2:30 Bingo w/Bill 6:45 Independent Games
28 9:15 Coffee Cart Social ■ 1:30 Singer Russell Watts 2:30 Art w/Cathy 6:45 Movie	29 ■ "Grab Your Passport Bora Bora" 9:15 Coffee Cart Social 10:00 Sittercise ■ 1:30 Bora Bora Presentation ■ 2:30 Refreshment Social ■ 3:00 Polynesian Fun in the Sun 6:45 Bingo w/Beth	30 9:15 Coffee Cart Social 10:00 Arthritis Exercise 10:30 This Day in History 1:30 Walking Group ■ 2:00 Singing Guitarist Seth Connelly 3:00 Refreshment Social 6:45 Rosary w/Cam & Margaret	31 9:15 Coffee Cart Social 10:00 Tai Chi/Qigong ■ 1:30 Discovery Learning 2:45 Bingo w/Kim 6:45 Games w/Friend	<h1 style="color: #4682B4;">JULY 2019</h1> <p> July Fun Facts: <u>Flower:</u> Rose; <u>Birthstone:</u> Ruby; <u>Zodiac Signs:</u> Cancer (The Crab) 7/1-22; Leo (The Lion) 7/23-31 <u>July Birthdays:</u> Nancy E.: 7/3, Sheila C. 7/7 & Theresa B. 7/10 </p>		

** Programs are subject to change.*