



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.

NASHOBA PARK NOVEMBER 2019 CALENDAR

ANNOUNCEMENTS & EVENTS:

Special Events

***Fri. Nov. 8th @ 2pm: Nashville Recording Artist Lyle Pierce.** He and his backup female vocalist perform country songs and more.

***Fri. Nov. 15th @ 2pm: Multi-talented singer musician Bill Foley** will warm your heart and please your soul with songs you know and love.

***Tue. Nov. 19th @ 2pm: Singer Guitarist Seth Connelly** delights us with his sentimental folk, rock and country songs.

***Fri. Nov. 22nd @ 2pm: Vocalist Heather Marie's** "Celebration of Friendship" program.

***Tue. Nov. 26th @ 2:30pm: "Dueling Pianos"** Starring Classical Pianist Adam Bergeron and Jazzy Pianist Ethan Stone, is sure to please you with a variety of fabulous musical pieces and their rather comical rapport with each other.

***Fri. Nov. 29th @ 2pm:** The smooth voice of singer Josef Nocera will remind you of the great crooners of yesterday.

STAFF DIRECTORY:

Libby Matei
Executive Director

Jason Morrissey
Interim Director of
Business Administration

Joanna Williams, RN,
Resident Care Director

Helen Osagie, LPN,
GAFC - Wellness Nurse

Joshua Sims
Director of Dining Experience

John Gariepy,
Director of Building & Grounds

Kimberley Dee, ADC,
EnrichedLIFE Director

Jackie Pozo,
Social Worker



View event photos on our Community facebook page.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

N vember 2019

Happy Thanksgiving

November Birthdays: Mary G.:11/3, Martha Go.:11/4, Helen T.:11/5, Lila A.:11/17, Roger B.:11/20, Eugenia K.:11/21
 Nov. Fun Facts: Flower: Chrysanthemum, Birthstone: Yellow Topaz, Zodiac: Scorpio:11/ 1-21, Sagittarius: 11/ 22-31

Program Key:

- Entertainment
- Discovery Learning
- Holiday Specials
- Grab Your Passport

1 9:15 Coffee Cart Social
 10 "SAIL" Fitness Class w/ Patrick
 Lunch: 11am & 12:15pm
■ **2 Pianist Mark West**
 3 Refreshment Social
 3:30 Short Stories

 Dinner: 4:15pm & 5:30pm
 6:45 Games w/Friends

2 9:15 Coffee Cart Social
 10 Weekend Word Puzzles
 Lunch: 11am & 12:15pm
■ **1:30 Nora on Piano**
 2:45 Left, Center, Right Game
 Dinner: 4:15pm & 5:30pm
 6:45 Independent Games
Turn Clocks back 1 hour tonight.
 Daylight Savings ends.

3
 9:15 Coffee Cart Social
 Lunch: 11:00am & 12:15pm
■ **1:30 Side Effects Duo**

 2:45 Bingo w/Beth

 Dinner: 4:15pm & 5:30pm
 6:45 Independent Games

4 9:15 Coffee Cart Social
 10 Sittercise
 Lunch: 11:00am & 12:15pm
 1:30 November Craft
 2:30 Jeopardy Trivia
 3 Rosary & Communion
 3:30 Words in a Word

 Dinner: 4:15pm & 5:30pm
 6:45 Rummikub

5 9:15 Coffee Cart Social
 9:30 Reminisce w/Kim
 10 Arthritis Exercise
 10:30 Today's History & Headlines
 Lunch: 11:00am & 12:15pm
 1:30 Walking Group
■ **2 Pianist Steve Staines**
■ **2:45 Nov. Birthday Celebration**
 3:30 Flower Arranging

 Dinner: 4:15pm & 5:30pm
 6:45 Rosary w/Cam & Margaret

6
 9:15 Coffee Cart Social
 10 Sittercise
 10:30 Words in a Word
 Lunch: 11:00am & 12:15pm

 1:30 Resident Community Meeting
 2:45 Bingo w/Kim

 Dinner: 4:15pm & 5:30pm
 6:45 Movie Night

7 9:15 Coffee Cart Social
 9:30 Today's History & Headlines
 10 Arthritis Exercise
 10:30 Reminisce w/Kim
 11:30 Susan w/her dog Willow
 Lunch: 11am & 12:15pm
 12:15 Van Trip: Market Basket
 1:30 Trivia Time w/Stephanie
■ **3 Discovery Learning**
 3 Knitting w/Sr. Paula
 Dinner: 4:15pm & 5:30pm
 6:45 Bingo w/Beth

8 9:15 Coffee Cart Social
 10 "SAIL" Fitness Class w/ Patrick
 Lunch: 11am & 12:15pm

 1:30 Bible Sharing
■ **2 Country Singer Lyle Pierce**
 3 Refreshment Social
 3:30 Short Stories w/Sandi

 Dinner: 4:15pm & 5:30pm
 6:45 Games with Friends

9
 9:15 Coffee Cart Social
 10 Weekend Word Puzzles
 Lunch: 11:00am & 12:15pm
■ **1:30 Nora on Piano**
 2:45 Bingo w/Bill

 Dinner: 4:15pm & 5:30pm
 6:45 Independent Games

10
 9:15 Coffee Cart Social
 Lunch: 11:00am & 12:15pm
■ **1:30 Pianist Jerry Hurley**

2:45 Art with Cathy

 Dinner: 4:15pm & 5:30pm
 6:45 Independent Games

11 9:15 Coffee Cart Social
 10 Catholic Mass
 Lunch: 11:00am & 12:15pm
 1:00 Blood Pressure Clinic
■ **1:30 Veterans' Day Program**
■ **2 Singing Guitarist Andy Ross**
 3:00 Refreshment Social
 3:30 Jewelry Making & Fixing

 Dinner: 4:15pm & 5:30pm
 6:45 Games w/Friends

12 9:15 Coffee Cart Social
 10 Sittercise w/Lila
 Lunch: 11:00am & 12:15pm
■ **1:30 Pianist Doug Robinson**
 2:30 Refreshment Social
 3 Penny Ante Game w/Jackie

 Dinner: 4:15pm & 5:30pm
 6:45 Rosary w/Cam & Margaret

13 9:15 Coffee Cart Social
 10 Arthritis Exercise
 Lunch: 11:00am & 12:15pm
■ **1:30 Discovery Learning**
 2:45 Bingo w/Kim

 Dinner: 4:15pm & 5:30pm
 6:45 Movie Night

14 9:15 Coffee Cart Social
 9:45 Van Trip: Bach's Lunch
 10 Independent Exercise DVD
 Lunch: 11:00am & 12:15pm
 1:30 Trivia Time w/Stephanie
 3 Movie
 3 Knitting w/Sr. Paula

 Dinner: 4:15pm & 5:30pm
 6:45 Bingo w/Beth

15 9:15 Coffee Cart Social
 10 "SAIL" Fitness Class w/ Patrick
 Lunch: 11:00am & 12:15pm
 1:30 Bible Sharing
■ **2 Bill Foley Sings**
 3:00 Refreshment Social
 3:30 Short Stories w/Sandi

 Dinner: 4:15pm & 5:30pm
 6:45 Games w/Friends

16 9:15 Coffee Cart Social
 10 Weekend Word Puzzles
 Lunch: 11:00am & 12:15pm
■ **1:30 Nora on Piano**
 2:45 Bingo w/Beth

 Dinner: 4:15pm & 5:30pm
 6:45 Independent Games

17
 9:15 Coffee Cart Social
 Lunch: 11:00am & 12:15pm
■ **1:30 Pianist Dick Sawyer**

 2:45 Bingo w/Patrice

 Dinner: 4:15pm & 5:30pm
 6:45 Independent Games

18 9:15 Coffee Cart Social
 10 Arthritis Exercise
 Lunch: 11:00am & 12:15pm
■ **1:30 Discovery Learning: Poland**
 3 Rosary & Communion

 Dinner: 4:15pm & 5:30pm
 6:45 Games w/Friends

19 9:15 Coffee Cart Social
 10 Sittercise w/Lila
 Lunch: 11:00am & 12:15pm
 1:30 Walking Group
■ **2 Singing Guitarist Seth Connelly**
 3 Refreshment Social
 3:30 Flower Arranging
 Dinner: 4:15pm & 5:30pm
 6:45 Rosary w/Cam & Margaret

20 9:15 Coffee Cart Social
 10 Arthritis Exercise
 Lunch: 11:00am & 12:15pm

 1:30 Ecumenical Faith Service
 2:15 Poetry & Prose
 3 Florals w/Harvard Garden Club

 Dinner: 4:15pm & 5:30pm
 6:45 Movie Night

21 9:15 Coffee Cart Social
 9:30 Van Trip: Dollar Store
 11:30 Susan w/her dog Willow
 Lunch: 11am & 12:15pm
■ **Grab Your Passport; Poland!**
■ **2 Eastern Sound Orchestra**
■ **3 Polish Refreshments**
 3:30 Arthritis Exercise
 Dinner: 4:15pm & 5:30pm
 6:45 Bingo w/Beth

22 9:15 Coffee Cart Social
 10 "SAIL" Fitness Class w/ Patrick
 Lunch: 11am & 12:15pm
■ **2 Heather Marie sings "Celebration of Friendship"**
 3:00 Refreshment Social
 3:30 Short Stories w/Sandi

 Dinner: 4:15pm & 5:30pm
 6:45 Games w/Friends

23
 9:15 Coffee Cart Social
 10 Weekend Word Puzzles
 Lunch: 11am & 12:15pm
■ **1:30 Nora on Piano**
 2:45 Bingo w/Bill

 Dinner: 4:15pm & 5:30pm
 6:45 Independent Games

24
 9:15 Coffee Cart Social
 Lunch: 11:00am & 12:15pm
■ **1:30 Pianist Dick Sawyer**
 2:45 Bingo w/Beth

 Dinner: 4:15pm & 5:30pm
 6:45 Independent Games

25 9:15 Coffee Cart Social
 10 Arthritis Exercise
 Lunch: 11:00am & 12:15pm
■ **1:30 Discovery Learning**
 2:45 What Are We Thankful For?
 3:30 Thanksgiving Aromas

 Dinner: 4:15pm & 5:30pm
 6:45 Games w/Friends

26 9:15 Coffee Cart Social
 10 Sittercise w/Lila
 Lunch: 11:00am & 12:15pm
 1:30 Walking Group
 2 Thanksgiving Blessing Mix Craft
■ **2:30 Dueling Pianos**
 3:30 Flower Arranging
 Dinner: 4:15pm & 5:30pm
 6:45 Rosary w/Cam & Margaret

27 9:15 Coffee Cart Social
 10 Arthritis Exercise
 Lunch: 11am & 12:15pm

 1:30 Spirituality for All
 2:45 Bingo w/Kim

 Dinner: 4:15pm & 5:30pm
 6:45 Movie Night

28 9:15 Coffee Cart Social
 10 Thanksgiving Parade on TV
11:00-1:00 Open Seating for Thanksgiving Dinner

 2 Movie: "An Old-Fashioned Thanksgiving"
4:15-6:00 Open Seating Soup & Sandwiches

29 9:15 Coffee Cart Social
 10 "SAIL" Fitness Class w/ Patrick
 Lunch: 11:00am & 12:15pm
■ **2 Singer Josef Nocera**
 3 Refreshment Social
 3:30 Short Stories w/Sandi
 Dinner: 4:15pm & 5:30pm
 6:45 Games w/Friends

30
 9:15 Coffee Cart Social
 10 Weekend Word Puzzles
 Lunch: 11am & 12:15pm
■ **1:30 Nora on Piano**
 2:45 Bingo w/Beth
 Dinner: 4:15pm & 5:30pm
 6:45 Independent Games