



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

NASHOBA PARK SEPTEMBER CALENDAR

ANNOUNCEMENTS & EVENTS:

***Fri. Sep. 6 @ 2pm: Singer Guitarist Joe "JD" Foster** plays a different musical theme with each performance, often incorporating country and popular easy listening music with informative commentary.

***Tue. Sep. 10 @ 2pm: Pianist Mark West** plays a variety of musical genres from classical to Jazz, Ragtime, Big Band, Broadway Musicals, Oldies, Rock and Roll and Contemporary tunes; easily identifiable musical selections to please a wide audience.

***Tue. Sep. 17 @ 2pm: Workingman's Duo;** Rick Maida and Tom Yates perform vintage jazz, rock and rhythm & blues.

***Fri. Sep. 20 @ 2pm: Instrumental Guitarist George Parker** will perform a selection of traditional Japanese folk music on the Japanese koto, as well as a selection of Spanish folk music on a flamenco guitar and more.

***Tue. Sep. 24 @ 2pm: Singer Guitarist Seth Connelly** masterfully plays and sings a variety of songs with a story or a little humor from past generations to today.

***Fri. Sep. 27 @ 2pm: Vocalist Heather Marie's** "Autumn Leaves and Memories" Program

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

John Gariepy,
Director of Building & Grounds

Kimberley Dee, ADC,
EnrichedLIFE Director

Jackie Pozo,
Social Worker

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 9:15 Coffee Cart Social 1:30 Side Effects Duo 2:45 Bingo w/Beth 6:45 Independent Games	2 Labor Day 9:15 Coffee Cart Social 10 Sittercise w/Kim 10:30 Words in a Word 1:30 Ray Caisse "Presents Kenny Rogers" 3 "Famous Twosomes" Trivia DVD 6:45 Games w/Beth & Friends	3 9:15 Coffee Cart Social 10:00 Arthritis Exercise 10:30 This Day in History 1:30 Walking Group 2:00 Pianist Steve Staines 2:45 September Birthday Celebration 6:45 Rosary w/Cam	4 9:15 Coffee Cart Social 10:00 Tai Chi/Qigong 1:30 Resident Community Meeting 2:45 Bingo w/Kim 6:45 Movie Night	5 9:15 Coffee Cart Social 9:30 Van Trip: Fruitlands Museum, Harvard 10:00 Independent Exercise 11:30 Susan w/her dog Willow 1:30 Trivia/Word Games 2:45 Craft: Scratch Art &/or Jewelry Making 3 Knitting w/Sr. Paula 6:30 STARRY NIGHTS: Dixie Hot Four	6 9:15 Coffee Cart Social 10 JFish Fitness Class: "SAIL" 2 Singing Guitarist Joe "JD" Foster 3 Refreshment Social 3:30 Discovery Learning 6:45 Games w/Friends	7 9:15 Coffee Cart Social 10 Weekend Word Puzzles 1:30 Nora on Piano 2:30 Left, Center, Right 6:45 Independent Games
8 Assisted Living Week ->> & Staff Appreciation Week Dress for the daily theme -> 9:15 Coffee Cart Social 1:30 Pianist Jerry Hurley 2:45 Bingo w/Beth 6:45 Independent Games	9 SPORTS DAY! Wear favorite team shirts, hats, etc.! 9:15 Coffee Cart Social 10 Catholic Mass 10:30 Arthritis Exercise 1 Blood Pressure Clinic 1:30 Groton School Student Musicians Visit 3 Discovery Learning 6:45 Games w/Beth & Friends	10 DRESS UP DAY! Wear a favorite dress up outfit! 9:15 Coffee Cart Social 10 Sittercise w/Lila 1:30 Walking Group 2 Pianist Mark West 3 Refreshment Social 6:45 Rosary w/Cam	11 GOOD HUMOR DAY! Wear silly clothes, hat or hairdo! 9:15 Coffee Cart Social 10 Tai Chi/Qigong 1:30 Good Humor Stories, Jokes & more 2:45 Bingo w/Kim 6:45 Movie Night	12 TWIN / DRESS ALIKE DAY! Dress the same as your friends! 9:30 Van Trip: Market Basket 10:00 Independent Exercise 11:30 Susan w/her dog Willow 1:30 Trivia w/Stephanie A. 2:45 Movie 3 Knitting w/Sr. Paula 6:30 STARRY NIGHTS: The Bel Airs	13 PATRIOTIC DAY! Wear Red, White & Blue! 9:15 Coffee Cart Social 10 JFish Fitness Class: "SAIL" 1:15p Bible Sharing 2 Singing Guitarist Andy Ross 3 Refreshment Social 3:30 Short Stories 6:45 Games w/Friends	14 9:15 Coffee Cart Social 10 Weekend Word Puzzles 1:30 Nora on Piano 2:30 Bingo w/Bill 6:45 Independent Games
15 9:15 Coffee Cart Social 1:30 Pianist Jerry Hurley 2:45 Art w/Cathy 6:45 Independent Games	16 9:15 Coffee Cart Social 10 Sittercise 1:30 Left, Center, Right Game 3 Rosary & Communion 6:45 Bingo w/Beth	17 9:15 Coffee Cart Social 10 Arthritis Exercise 1:30 Walking Group 2 Workingman's Duo 3:15 Beer, Wine & Soda Social 6:45 Rosary w/Cam	18 9:15 Coffee Cart Social 10:00 Tai Chi/Qigong 1:30 Discovery Learning 2:45 Bingo w/Kim 6:45 Movie Night	19 9:15 Coffee Cart Social 9:45 Van Trip: Bach's Lunch at Indian Hill, Littleton 10 Independent Exercise 11:30 Susan w/her dog Willow 1:30 Trivia Time w/Stephanie 2:45 Games w/Kim 3 Knitting w/Sr. Paula 6:45 Games w/Beth & Friends	20 9:15 Coffee Cart Social 10 JFish Fitness Class: "SAIL" 11-5 Drop off Donations for Rummage Sale 1:15p Bible Sharing 2 George Parker on Japanese Koto & Flamenco Guitar 3 Refreshment Social 3:30 Short Stories 6:45 Games w/Friends	21 9:15 Coffee Cart Social 10a - 2p Residents Rummage Sale 1:30 Nora on Piano 2:30 Movie 6:45 Independent Games
22 9:15 Coffee Cart Social 10 Weekend Word Puzzles 1:30 Pianist Dick Sawyer 2:45 Bingo w/Beth 6:45 Games w/Friend	23 9 Podiatrist Dr. Tickner 9:15 Coffee Cart Social 10 Sittercise 1:30 Discovery Learning: "Japan" 3 Japanese Craft: Origami 6:45 Games w/Friends	24 9:15 Coffee Cart Social 10 Arthritis Exercise 10:30 This Day in History 1-3 Nashoba Nurse Flu Clinic 1:30 Walking Group 2 Singing Guitarist Seth Connelly 3 Lifetime Achievement Awards 3:30 Refreshment Social 6:45 Rosary w/Cam	25 9:15 Coffee Cart Social 10:00 Tai Chi/Qigong 1:30 Ecumenical Faith Service 2:45 Bingo w/Kim 6:45 Movie Night	26 9:15 Coffee Cart Social 9:30 Van Trip: Butterfly Place 10 Independent Exercise 11:30 Susan w/her dog Willow Grab Your Passport: "Japan" 1:45 Passport Stamping 2:00 Metro Art Links: "Japan" 3 Refreshment Social 3 Knitting w/Sr. Paula 6:45 Games w/Beth & Friends	27 9 Nail Services w/Jessica 9:15 Coffee Cart Social 10 JFish Fitness Class: "SAIL" 1:15p Bible Sharing 2 Singer Heather Marie w/Autumn Leaves & Memories Program 3 Refreshment Social 3:30 Short Stories 6:45 Games w/Beth & Friends	28 9:15 Coffee Cart Social 10 Weekend Word Puzzles 1:30 Nora on Piano 2:30 Bingo w/Bill 6:45 Independent Games
29 9:15 Coffee Cart Social 1:30 Pianist Dick Sawyer 2:45 Bingo w/Patrice 6:45 Independent Games	30 9:15 Coffee Cart Social 10 Sittercise 1:30 Discovery Learning 2:45 Spirituality for All 3:30 Wii Bowling 6:45 Games w/Beth & Friends	Program Key: Entertainment Discovery Learning Special Events Grab Your Passport		September Birthdays: Linda R. 9/3; Elaine F. 9/12; Beth R. 9/23; Pat E. 9/25 September Fun Facts: Flower: Aster; Birthstone: Sapphire; Zodiac Signs: Virgo (The Virgin) September 1-22; Libra (The Scales) September 23-30		