




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Room Key abbreviations</p> <p>4th FCR...4th Floor Conference Room ALCR ... Assisted Living Conference Room BR.....Board Room Ex StExercise Studio FC..... Fitness Center FCL..... Fitness Center Lobby HR..... Hospitality Room MR..... Meeting Room Nbhd Neighborhood Entrances OPDR.... Old Private Dining Room PDR..... Private Dining Room QR..... Quiet Room TW Thistle Way Parlor</p>	 <h1>June 2017</h1>			<p>7:30... NO Power Kick Start - Ex St 9:00... NO Line Dancing - Ex St 10:00... Catholic Communion Service - QR 10:15... Aqua Fit - Pool 10:30... Senior Voices - Art Room 11:30... Gentle Balance - Ex St 1:00-4:00... Duplicate Bridge -MR 1:30... Water Walking - Pool 1:30/2:00... Tai Chi I/Mobility Masters - Ex St 2:00... Shop @ Copaco - Nbhd 3:30... Aqua Fit - Pool 8:00... Movie: "National Geographic's Most Incredible Photos" - MR/TV</p>	<p>8:30... Sunrise Circuit - Ex St 9:30... Chair Yoga - Ex St 10:00... T-G-I-JEFF - Lounge 10:15... Cardio H2O - Pool 10:28... Cribbage - Lounge 11:30... Sit & Be Fit - Ex St 1:30... Great Courses: Irish Identity - MR 2:00... Episcopal Service with Rev. Pinkerton - Caleb</p>	<p>9:00... W.P.A. - Putting Green (Women's Putting Association) 9:00... Core Fit - Ex St 10:15... Water Moves - Pool 10:30... Program: "Crop Circles" presented by John Root—MR 11:30... Sit & Be Fit - Ex St 8:00... Movie MR/TV "Hidden Figures"</p>
<p>9:15... Bus to AHCC & Trinity - FCL 9:55... Sacred Heart / St. John's - FCL 10:30... Morning Prayer at Caleb with Trinity Episcopal Church 11:00 - 3:00... Family Swim - Pool</p> <p>4:00 - 5:30PM Gallery Opening "Bird Plus" by Photographer Sam Huntington</p> 	<p>9:00... Power Balance - MR 9:00 - 3:30 PEDICARE - Rehab Rm 9:30... Dabblers - Art Room 10:15... Cardio H2O - Pool 10:15... Gentle Yoga - Ex St 11:00-12:00... Blood Pressure Clinic-QR 11:30... Gentle Balance - Ex St 1:30... NEW Great Courses: Cathedrals-MR 1:30... Posture & Flex - Ex St 1:30... Caregiver's Support Group - HR 2:15... BINGO - 4thFCR 7:15... Duplicate Bridge - MR</p>	<p>7:30... Power Kick Start - Ex St 9:00... Move, Stretch & Strength - Ex St 9:30... Table Talk with Sara - Cafe 9:30... Shop in Bloomfield - Nbhd 10:00... Outreach Knitters - HR 10:15... Aqua Yoga - Pool 11:00... CHAT - MR 1:00... Shop at Westfarms, Wades Bishops Corner - FCL 1:30... NO SongPlay with Adele TODAY 1:30... Water Walking - Pool 1:30/2:00... Tai Chi/Intro Mobility Masters - ExSt 3:00... Masterminds - Board Rm 3:30... Aqua Fit - Pool 7:30... The Life of Verdi - MR</p>	<p>9:00... Power Balance - MR 10:00-12... Edrick's Tailor—Club Room 10:00... Collage with Harriet - Art Rm 10:15... Cardio H2O - Pool 10:30... Chaplain's Chat - TW Sunroom 11:00... NO Mindful Meditation - QR 11:30... Sit & Be Fit - Ex St 12:30... Bus to Norma Terrace - FCL 1:30... Posture & Flex - Ex St 2:02... Scrabble - Lounge 2:45... Tutor bus to Metacomet - FC 8:00... Movie: "An American in Paris" MR/TV</p>	<p>7:30... Power Kick Start - Ex St 9:00... Line Dancing - Ex St 10:15... Aqua Fit - Pool 11:30... Gentle Balance - Ex St 12:30... Bus to Goodspeed - FCL 1:30... Water Walking - Pool 1:30/2:00... Tai Chi I/Mobility Masters - Ex St 2:00... Shop @ Copaco - Nbhd 3:30... Aqua Fit - Pool 8:00... PROGRAM: Avery Ensemble - MR</p>	<p>8:30... Sunrise Circuit - Ex St 9:30... Chair Yoga - Ex St 10:00... T-G-I-JEFF - Lounge 10:15... Cardio H2O - Pool 10:28... Cribbage - Lounge 11:30... Sit & Be Fit - Ex St 1:30... NEW Great Courses: <i>The Operas of Mozart</i> - MR 6:30... Bus to Masterworks - FCL</p>	<p>9:00... W.P.A. - Putting Green (Women's Putting Association) 9:00... Core Fit - Ex St 10:15... Water Moves - Pool 10:30-12:00... Jeffrey Engel presents "Keep on Dancing" Part III - MR 11:30... Sit & Be Fit - Ex St 1:15... Summer Opera Series - MR <i>Richard Strauss: Arabella</i> 8:00... Movie MR/TV "La La Land"</p>
<p>9:15... Bus to AHCC & Trinity - FCL 9:55... Sacred Heart / St. John's - FCL 10:30... Morning Prayer at Caleb with Trinity Episcopal Church 11:00 - 3:00... Family Swim - Pool 2:15... Bus to Masterworks - FCL</p>	<p>9:00... Power Balance - MR 9:30... Dabblers - Art Room 9:30... Input/ Output - Board Room 10:15... Cardio H2O - Pool 10:15... Gentle Yoga - Ex St 11:00-12:00... Blood Pressure Clinic-QR 11:30... Gentle Balance - Ex St 1:30... Great Courses: Cathedrals - MR 1:30... Posture & Flex - Ex St 1:30... Loss of Person, Place or Thing- HR 2:15... BINGO - 4thFCR 7:15... Duplicate Bridge - MR</p>	<p>7:30... Power Kick Start - Ex St 9:00... Move, Stretch & Strength - Ex St 9:30... Table Talk with Sara - Cafe 9:30... Shop in Bloomfield - Nbhd 10:15... Aqua Yoga - Pool 10:30-12:00... World Affairs - MR 1:00... Shop at Wades/Bishops Corner 1:30... NO SongPlay with Adele TODAY 1:30... Water Walking - Pool 1:30/2:00... Tai Chi/Intro Mobility Masters - ExSt 2:00... Residents' Council Mtg - 4thFCR 3:30... Aqua Fit - Pool 7:30... The Life of Verdi - MR</p>	<p>9:00... Power Balance - MR 10:00... Collage with Harriet - Art Rm 10:15... Cardio H2O - Pool 10:30... Chaplain's Chat - TW Sunroom 11:00... Mindful Meditation - QR 11:30... Sit & Be Fit - Ex St 1:30... Posture & Flex - Ex St 2:02... Scrabble - Lounge 3:00... Speaker Series - MR 4:15... Princess & Knights Band - Caleb 8:00... Movie: "Top Hat" MR/TV</p>	<p>7:30... Power Kick Start - Ex St 9:00... Bells, Balls & Bands - Ex St 9:30-11:00... Hearing Aid Clinic - HR 10:15... Aqua Fit - Pool 10:30... Senior Voices - Art Room 11:30... Gentle Balance - Ex St 1:30... Water Walking - Pool 1:30/2:00... Tai Chi I/Mobility Masters - Ex St 2:00... Shop @ Copaco - Nbhd 2:00... Sing-a-long with Elonie -TW 2:30... Chai Mitzvah - QR 3:30... Aqua Fit - Pool 8:00... "Nat'l. Geo. Explorer: 25 Years" MR/TV</p>	<p>8:30... Sunrise Circuit - Ex St 9:30... Chair Yoga - Ex St 10:00... T-G-I-JEFF - Lounge 10:15... Cardio H2O - Pool 10:28... Cribbage - Lounge 11:00... Philanthropy Series-Terrace Rm 11:30... Sit & Be Fit - Ex St 11:30... NO Book Chat - 4thFC 1:30... Great Courses: Mozart Operas-MR</p>	<p>9:00... W.P.A. - Putting Green (Women's Putting Association) 9:00... Core Fit - Ex St 10:15... Water Moves - Pool 11:30... Sit & Be Fit - Ex St 8:00... Movie MR/TV "Patriots Day"</p>
<p>Happy Fathers Day</p> <p>9:15... Bus to AHCC & Trinity - FCL 9:55... Sacred Heart / St. John's - FCL 10:30... Morning Prayer at Caleb with Trinity Episcopal Church 11:00 - 3:00... Family Swim - Pool 4:00... Bus to Yard Goats Game - FCL</p>	<p>9:00... Power Balance - MR 9:00 - 3:30 PEDICARE - Rehab Rm 9:30... Dabblers - Art Room 10:15... Cardio H2O - Pool 10:15... Gentle Yoga - Ex St 11:00-12:00... Blood Pressure Clinic-QR 11:30... Gentle Balance - Ex St 1:00-3:00... TPI Golf Swing Assessments 1:30... Great Courses: Cathedrals - MR 1:30... Posture & Flex - Ex St 1:30... Caregiver's Support Group - HR 2:15... BINGO - 4thFCR 7:15... Duplicate Bridge - MR</p>	<p>7:30... Power Kick Start - Ex St 9:00... Move, Stretch & Strength - Ex St 9:30... Table Talk with Sara - Cafe 9:30... Shop in Bloomfield - Nbhd 10:00... Outreach Knitters - HR 10:15... Aqua Yoga - Pool 11:00... CHAT - MR 1:00... Shop at Wades/Bishops Corner 1:30... SongPlay with Adele - Loggia 1:30... Water Walking - Pool 1:30/2:00... Tai Chi/Intro Mobility Masters - ExSt 3:00... Masterminds - Board Rm 3:30... Aqua Fit - Pool 4:15... Little Hands, Big Things - Lounge 6:45... Bus to Broadway @ Bushnell-FCL 7:30... The Life of Verdi - MR</p>	<p> Summer Begins MUD Dinner Tonight</p> <p>9:00... Power Balance - MR 10:00... Collage with Harriet - Art Rm 10:15... Cardio H2O - Pool 10:30... Chaplain's Chat - TW Sunroom 11:00... Mindful Meditation - QR 11:30... Sit & Be Fit - Ex St 1:30... Posture & Flex - Ex St 2:02... Scrabble - Lounge 3:00... Metacomet Volunteers Reception—Lounge 8:00... Movie: "Swing Time" MR/TV</p>	<p>7:30... Power Kick Start - Ex St 9:00... Bells, Balls & Bands - Ex St 10:15... Aqua Fit - Pool 11:00-1:30... Diversity Picnic - MR</p> <p>11:30... Gentle Balance - Ex St 1:30... Water Walking - Pool 1:30/2:00... Tai Chi I/Mobility Masters - Ex St 2:00... Shop @ Copaco - Nbhd 3:30... Aqua Fit - Pool 8:00... Movie: "National Geographic: 30 Years of National Geo. Specials"-MR/TV</p>	<p>8:30... Sunrise Circuit - Ex St 9:30... Chair Yoga - Ex St 10:00... T-G-I-JEFF - Lounge 10:15... Cardio H2O - Pool 10:28... Cribbage - Lounge 11:30... Sit & Be Fit - Ex St 1:15... Bus to Mohegan Sun Casino—FCL 1:30... Great Courses: Mozart Operas-MR</p>	<p>9:00... W.P.A. - Putting Green (Women's Putting Association) 9:00... Core Fit - Ex St 10:15... Water Moves - Pool 11:30... Sit & Be Fit - Ex St 8:00... Movie MR/TV "A Dog's Purpose"</p>
<p>9:15... Bus to AHCC & Trinity - FCL 9:55... Sacred Heart / St. John's - FCL 10:30... Morning Prayer at Caleb with Trinity Episcopal Church 11:00 - 3:00... Family Swim - Pool</p>	<p>9:00... Power Balance - MR 9:30... Dabblers - Art Room 10:15... Cardio H2O - Pool 10:15... Gentle Yoga - Ex St 11:00-12:00... Blood Pressure Clinic-QR 11:30... Gentle Balance - Ex St 1:30... Posture & Flex - Ex St 1:30... Great Courses: Cathedrals - MR 1:30... Loss of Person, Place or Thing- HR 2:15... BINGO - 4thFCR 7:15... Duplicate Bridge - MR</p>	<p>7:30... Power Kick Start - Ex St 9:00... Move, Stretch & Strength - Ex St 9:30... Table Talk with Sara - Cafe 9:30... Shop in Bloomfield - Nbhd 10:15... Aqua Yoga - Pool 10:30-12:00... World Affairs - MR 1:00... Shop at Wades/Bishops Corner 1:30... SongPlay with Adele - Loggia 1:30... Water Walking - Pool 1:30/2:00... Tai Chi/Intro Mobility Masters - ExSt 3:00... Program: "Mission to Tanzania" MR 3:30... Aqua Fit - Pool 7:30... The Life of Verdi - MR</p>	<p>9:00... Power Balance - MR 10:00... Collage with Harriet - Art Rm 10:15... Cardio H2O - Pool 10:30... Chaplain's Chat - TW Sunroom 11:00... Mindful Meditation - QR 11:30... Sit & Be Fit - Ex St 1:30... Posture & Flex - Ex St 1:00... Timekeeper Shop - Lounge 2:02... Scrabble - Lounge 4:15... Princess & Knights Band - Caleb 7:30... "Judgment at Nuremberg"- MR/TV</p>	<p>7:30... Power Kick Start - Ex St 8:15... Bus to NY Botanical Gardens Chihuly Exhibit- PICK UP AT GREEN AWNING 9:00... Bells, Balls & Bands - Ex St 10:15... Aqua Fit - Pool 11:30... Gentle Balance - Ex St 1:30... Water Walking - Pool 1:30/2:00... Tai Chi I/Mobility Masters - Ex St 3:30... Aqua Fit - Pool 2:00... Shop @ Copaco - Nbhd 5:00-6:00... Resident Cocktail Party - Lounge 8:00... Movie: "National Geographic: Through the Lens" - MR/TV</p>	<p>8:30... Sunrise Circuit - Ex St 9:30... Chair Yoga - Ex St 10:00... T-G-I-JEFF - Lounge 10:15... Cardio H2O - Pool 10:28... Cribbage - Lounge 11:30... Sit & Be Fit - Ex St 1:30... Great Courses: Mozart Operas-MR</p>	<p>9:00... W.P.A. - Putting Green (Women's Putting Association) 9:00... Core Fit - Ex St 10:15... Water Moves - Pool 11:30... Sit & Be Fit - Ex St 8:00... Movie MR/TV "A Dog's Purpose"</p>

