

# July 2017

SUNDAY		MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
								
<b>2</b> 10:30 Trivia with Janine 2:00 Piano with Mark Tavener 3:00 Ruff it up with Jen & Rose 6:45 Sunday Night Movie		<b>3</b> 10:00 Patriotic Sing-a-Long with Serena & Bill 11:00 Drop in-Patriotic Hat Decorating 1:00 American History Trivia Competition 2:15 Hat Contest 2:30 Fourth of July Ice Cream Social		<b>4</b> 10:15 Heather & Jeff Jones Entertain 11:20 & 12:30 July 4 <sup>th</sup> Cookout 2:00 Afternoon Movie-USS Indianapolis –Men of Courage 8:00 “Pops Goes the Fourth” Concert & Fireworks Spectacular	<b>5</b> 9:30 Chair Yoga with Julie 10:30 Wacky Wordies, Elimination & Cranium Crunchers 1:00 Resident Community Meeting 2:00 Cooking Group-Stuffed Mushrooms 3:30 Manicures and Nail Care	<b>6</b> 9:30 Morning Fitness with Amanda 10:00 Open Exercise with YMCA Trainer 2:00 Sing-a-Long with Nady 2:00 Art Group Meeting 3:00 Blackjack	<b>7</b> 9:30 Morning Fitness with Amanda 10:15 Crosswords & Daily Jumble 1:15 Art Matters-American 2 1:30 Afternoon Media Presentation – Celebrating Independence 3:00 Happy Hour	<b>1</b> 10:00 Spiritual Talk by Michael Kelleher 2:00 Left Right Center with Dodie 4:00 Mass with Father Pat Healy
<b>9</b> 10:30 Trivia with Janine 2:00 Jack Craig Entertains 3:00 Ruff it up with Jen & Rose 6:45 Sunday Night Movie		<b>10</b> 9:30 Morning Fitness with Amanda 10:00 Sing A Long with Serena & Bill 12:00 Men’s Lunch 2:00 Trivia 2:45 Prayer Group 3:00 Bingo		<b>11</b> 8:00 MGH Students Volunteer 9:30 Morning Fitness with Amanda 10:00 Open Exercise with YMCA Trainer 1:30 Documentary -Fastball 2:00 Chair Baseball 3:00 Baseball Jeopardy 7:30 2017 All Star Game	<b>12</b> 9:30 Chair Yoga with Julie 10:30 Wacky Wordies, Elimination & Cranium Crunchers 1:30 Cardio Comedy with Wayne 2:15 Arts And Crafts-Scented Soaps 3:30 Manicures and Nail Care	<b>13</b> 9:30 Morning Fitness with Amanda 10:00 Open Exercise with YMCA Trainer 2:00 Sing-a-Long with Nady 2:00 Art Group 3:00 Blackjack	<b>14</b> 9:30 Morning Fitness with Amanda 10:15 Crosswords & Daily Jumble 1:30 Afternoon Media Presentation-The American Revolution 3:00 Happy Hour	<b>15</b> 10:00 Spiritual Talk by Michael Kelleher 2:00 Left Right Center with Dodie 4:00 Mass with Father Pat Healy
<b>16</b> 10:30 Trivia with Janine 2:00 Piano and Guitar with Mike Dardis 3:00 Ruff it up with Jen & Rose 6:45 Sunday Night Movie		<b>17</b> 9:30 Morning Fitness with Amanda 10:00 Sing A Long with Serena & Bill 2:00 Trivia 2:45 Prayer Group 3:00 Bingo		<b>18</b> 8:00 MGH Students Volunteer 9:30 Morning Fitness with Amanda 10:00 Open Exercise with YMCA Trainer 10:30 Outing- Tour of Mass. Historical Society 2:00 Ken Burns: The West 3:30 Mad Libs	<b>19</b> 9:30 Chair Yoga with Julie 10:30 Wacky Wordies, Elimination & Cranium Crunchers 1:30 Movie Matinee 2:15 Arts & Crafts-Sea Shell Frames 3:30 Manicures and Nail Care	<b>20</b> 9:30 Morning Fitness with Amanda 10:00 Open Exercise with YMCA Trainer 2:00 Sing-a-Long with Nady 3:00 Blackjack	<b>21</b> 9:30 Morning Fitness with Amanda 10:15 Crosswords & Daily Jumble 1:30 Afternoon Media Presentation-Ellis Island 3:00 Happy Hour	<b>22</b> 10:00 Spiritual Talk by Michael Kelleher 2:00 Left Right Center with Dodie 4:00 Mass with Father Pat Healy
<b>23</b> 10:30 Trivia with Janine 2:00 Gary Landregan Entertains 3:00 Ruff it up with Jen & Rose 6:45 Sunday Night Movie	<b>30</b> 10:30 Trivia with Janine 2:00 Piano with Mark West 3:00 Ruff it up with Jen & Rose 6:45 Sunday Night Movie	<b>24</b> 9:30 Morning Fitness with Amanda 10:00 Sing A Long with Serena & Bill 2:00 Trivia 2:45 Prayer Group 3:00 Bingo	<b>31</b> 9:30 Morning Fitness with Amanda 10:00 Sing A Long with Serena & Bill 2:00 Trivia 2:45 Prayer Group 3:00 Bingo	<b>25</b> 9:30 Morning Fitness with Amanda 10:00 Open Exercise with YMCA Trainer 2:00 Ken Burns: The West 2:15 Ice Cream Making 3:30 Mad Libs	<b>26</b> 9:30 Chair Yoga with Julie 10:30 Wacky Wordies, Elimination & Cranium Crunchers 1:30 Cardio Comedy with Wayne 1:30 Movie Matinee 2:15 Arts & Crafts-Home Made Cards 3:30 Manicures and Nail Care	<b>27</b> 9:30 Morning Fitness with Amanda 10:00 Open Exercise with YMCA Trainer 2:00 Sing-a-Long with Nady 3:00 Blackjack	<b>28</b> 9:30 Morning Fitness with Amanda 10:15 Crosswords & Daily Jumble 1:30 Afternoon Media Presentation-Vacation Destinations 3:00 Resident Birthday Party	<b>29</b> 10:00-2:00 Backyard Bonanza 10:00 Spiritual Talk by Michael Kelleher 2:00 Left Right Center with Dodie 4:00 Mass with Father Pat Healy



## *Getting to know your neighbor*

### *Interview with Alvira Correia*

**Q: Where are you from?**

A: I'm from Michigan, I used to live on a farm near Flint. I was born in Alpino Hospital on July 4<sup>th</sup>, 1956. Doctor Brown, my mother's doctor delivered me. I think I weighed over seven pounds. My mother turned thirty a month after having me.

**Q: Did you have any brothers and sisters?**

A: I had two brothers that passed away, their names were Joe and Manuel. My sister Dorothea passed away young. Living are Gus, Skipper, Adriano, Ramiro (he lives here too) and my sister Mary lives in Methuen with her husband.

**Q: What is something that you would like people to know about you?**

A: How polite I am because I'm nice to everybody. If anyone needed help I would help them. I help a friend of mine at supper.

**Q: What is something you like to do in your spare time?**

A: I usually go for walks.

**Q: What is your favorite thing about the Zelma Lacey House?**

A: It's nice and it's quiet and they have very good CNAs. I love everyone in here!

## *Zelma Lacey House - Management Team*

*9 West School Street, Charlestown, MA*

*617-241-0328*

- David Kingsley, Executive Director
- Tabitha Jones, Marketing Manager
- Lilia Bouhid, Resident Care Director
- Heather Hunt, Wellness Nurse
- Denise Scullin, Business Manager
- Lenore Martin, Front Desk & Housekeeping Manager
- Carlos Campos, Maintenance Manager
- Mark Nickerson, Kitchen Manager
- Amanda Annis, Activity Director

**Zelma Lacey House**  
Assisted Living Community  
*Where life lights up with care!*

## *July 2017 Activity Calendar*



*One of the many faces of Zelma!*