



May 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>***Activity programs are subject to change with notice. Please feel free to see Amanda with suggestions and/or recommendations.***</p>	<p>1 9:30 Morning Fitness with Amanda 10:15 Tailgate Toss 2:00 Trivia, Puzzles & Word Games 2:45 Prayer Group 3:00 Bingo-For prizes</p>	<p>2 9:30 Morning Fitness with Amanda 10:00 Open Exercise with YMCA Trainer 2:00 Historical Documentary- "Titanic's Final Mystery" 2:15 Cinco de Mayo flower Craft 3:30 Book Club with Amanda</p>	<p>3 9:30 Chair Yoga with Julie 10:15 Morning Walk to Bunker Hill Mall with Amanda 1:30 Wednesday Movie Matinee 2:00 Art & Watercolor Painting 3:00 Manicures & Nail care</p>	<p>4 9:30 Morning Fitness with Amanda 10:00 Open Exercise with YMCA Trainer 2:00 Sing-a-long with Nady 2:00 Baking Margarita Cupcakes for Cinco de Mayo Party 3:00 Blackjack</p>	<p>5 9:30 Morning Fitness with Amanda 10:30 Media Presentation: Destination Mexico 1:30 Art Matters 2:30 Flamenco Performer 3:15 Cinco de Mayo Party</p>	<p>6 10:00 Spiritual Talk by Michael Kelleher 2:00 Left Right Center with Dodie 4:00 Mass with Father Pat Healy</p>
<p>7 10:30 Trivia with Janine 2:00 Entertainment with Kat Kennedy 3:00 Ruff it up with Jen & Rose 6:45 Sunday Night Movie</p>	<p>8 9:30 Tailgate Toss 10:00 Singing with Serena & Bill 2:00 Trivia, Puzzles & Word Games 2:45 Prayer Group 3:00 Bingo-For prizes</p>	<p>9 9:30 Morning Fitness with Amanda 10:00 Open Exercise with YMCA Trainer 1:30 Cardio Comedy with Wayne 2:00 Historical Documentary- "Winston Churchill; Walking with Destiny" 3:00 Book Club with Amanda</p>	<p>10 9:30 Chair Yoga with Julie 10:15 Morning Walk to Bunker Hill Mall with Amanda 1:30 Wednesday Movie Matinee 2:00 Art & Watercolor Painting 3:00 Manicures & Nail Care</p>	<p>11 9:30 Morning Fitness with Amanda 10:00 Open Exercise with YMCA Trainer 2:00 Sing-a-long with Nady 3:00 Blackjack</p>	<p>12 9:30 Morning Fitness with Amanda 10:30 Horse Racing 11:20-12:30 Mother's Day Cookout 2:15 Media Presentation: Inspiring Women 3:00 Happy Hour</p>	<p>13 10:00 Spiritual Talk by Michael Kelleher 2:00 Left Right Center with Dodie 4:00 Mass with Father Pat Healy</p>
<p>14 10:30 Trivia with Janine 2:00 Concert with Howie Newman 3:00 Ruff it up with Jen & Rose 6:45 Sunday Night Movie</p>	<p>15 9:30 Tailgate Toss 10:00 Singing with Serena & Bill 2:00 Trivia, Puzzles & Word Games 2:45 Prayer Group 3:00 Bingo-For prizes</p>	<p>16 9:30 Morning Fitness with Amanda 10:00 Open Exercise with YMCA Trainer 2:00 Historical Documentary- "She's Beautiful when she's Angry" 2:15 Crafting Project or Beading 3:30 Book Club with Amanda</p>	<p>17 9:30 Chair Yoga with Julie 10:15 Depart for Trip to Assembly Square Mall-Return to ZLH by 12:30 1:30 Wednesday Movie Matinee 2:00 Art & Watercolor Painting 3:00 Manicures & Nail Care</p>	<p>18 9:30 Morning Fitness with Amanda 10:00 Open Exercise with YMCA Trainer 10:30 Outdoor Walk with 2:00 Sing-a-long with Nady 3:00 Blackjack</p>	<p>19 9:30 Morning Fitness with Amanda 10:30 Horse Racing 2:00 Media Presentation: Lucille Ball 3:00 Resident's Birthday Party</p>	<p>20 10:00 Spiritual Talk by Michael Kelleher 2:00 Left Right Center with Dodie 4:00 Mass with Father Pat Healy</p>
<p>21 10:30 Trivia with Janine 2:00 Concert with Renee 3:00 Ruff it up with Jen & Rose 6:45 Sunday Night Movie</p>	<p>22 9:30 Tailgate Toss 10:00 Singing with Serena & Bill 2:00 Trivia, Puzzles & Word Games 2:45 Prayer Group 3:00 Bingo-For prizes</p>	<p>23 9:30 Morning Fitness with Amanda 10:00 Open Exercise with YMCA Trainer 1:30 Cardio Comedy with Wayne 2:00 Historical Documentary- "The Truth Behind the Free Masons" 3:00 Book Club with Amanda</p>	<p>24 9:30 Chair Yoga with Julie 10:15 Morning Walk to Bunker Hill Mall with Amanda 1:30 Wednesday Movie Matinee 2:00 Art & Watercolor Painting 3:00 Manicures & Nail Care</p>	<p>25 9:30 Morning Fitness with Amanda 10:00 Open Exercise with YMCA Trainer 2:00 Sing-a-long with Nady 3:00 Blackjack</p>	<p>26 10:30 Memorial Day Service of Acknowledgement 2:00 Media Presentation: Memorial Day 3:00 Ice Cream Sundae Social</p>	<p>27 10:00 Spiritual Talk by Michael Kelleher 2:00 Left Right Center with Dodie 4:00 Mass with Father Pat Healy</p>
<p>28 10:30 Trivia with Janine 2:00 Concert with Neal Perry 3:00 Ruff it up with Jen & Rose 6:45 Sunday Night</p>	<p>29 10:00 Singing with Serena & Bill 10:30 Tailgate Toss 2:00 Trivia, Puzzles & Word Games 2:45 Prayer Group</p>	<p>30 9:30 Morning Fitness with Amanda 10:00 Open Exercise with YMCA Trainer 2:00 Historical Documentary- "Hindenburg- The Untold Story" 3:00 Book Club with Amanda</p>	<p>31 9:30 Chair Yoga with Julie 10:15 Morning Walk to Bunker Hill Mall with Amanda 1:30 Wednesday Movie Matinee 2:00 Art & Watercolor Painting 3:00 Manicures & Nail Care</p>	<p><u>May Birthdays</u> Al Penta 5-2 Victor Castro 5-8 Jack Maltzman 5-8 Beverly Hayes 5-29 Bill Pear 5-29</p>	<p><u>May Observances</u> May 1st-May Day May 5th-Cinco de Mayo May 14th- Mothers' Day May 20th- Armed Forces Day May 29th-Memorial Day</p>	

*Getting to know your Neighbor:
An Interview with Fran Lyons*

Q: Where are you from?

A: Originally I'm from the North End. I moved out when I got married. I think I was about 25. Through the years I've lived in Quincy, Revere then eventually Charlestown. I told my kids when they were looking for someplace for me to live that is would have to be nearby.

Q: Did you have any brothers and sisters?

A: Growing up I was the youngest of seven children. I had three brothers and three sisters.

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

A: That I am a very friendly person and I like people.

Q: What did you enjoy doing in your spare time?

A: I never had any spare time. I always worked and enjoyed doing so. Being around and meeting new people was fun for me. I try and make it a point to be nice to everyone.

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

A: I would say the Aides, all the girls that take care of us. They're wonderful to me and always so polite.

Zelma Lacey House - Management Team

9 West School St., Charlestown, MA

617-241-0328

- **Kristen Fowler, Executive Director**
- **Tabitha Jones, Marketing Manager**
- **Lilia Bouhid, Resident Care Director**
- **Heather Hunt, Wellness Nurse**
- **Denise Scullin, Business Manager**
- **Leneore 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!

May 2017 Activity Calendar



One of the many faces of Zelma!