



October 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 1:00 Patriots vs. Panthers 2:00 Entertainment with Dieter Weslowski 3:00 Ruff it up with Jen & Rose	2 9:30 Seniorcize-Upper Body 10:00 Sing A Long with Serena & Bill 10:30 Creative Writing 2:00 Trivia 2:00 Dabble in Scrabble-with Diana 3:00 Bingo	3 9:00 MGH Nursing Students 9:30 Seniorcize-Lower Body 9:30 Blood Pressure Clinic 10:00 Open Exercise with YMCA Trainer 10:30 Connected Living & Crosswords 1:30 Ken Burns: The Roosevelts III 2:00 Creative Crafting 3:30 Mad Libs	4 9:30 Chair Yoga with Julie 10:30 Healthy Habits – Smoothie of the Week 1:45 Resident Community Meeting 3:30 Spelling Bee	5 9:30 Seniorcize-Back 10:00 Open Exercise with YMCA Trainer 2:00 Sing-A-Long with Nady 2:00 Advanced Art 3:00 Black Jack 8:25 Patriots vs. Buckaneers	6 9:30 Seniorcize-Back 10:30 Wii Party Games 1:30 Afternoon Media Presentation 3:00 Happy Hour	7 10:00 Spiritual Talk by Michael Kelleher 2:00 Left Right Center with Dodie 4:00 Mass with Father Pat Healy 6:45 Movie Night
8 2:00 Entertainment with Heather & Jeff Jones 3:00 Ruff it up with Jen & Rose	9 9:30 Seniorcize-Posture 10:00 Sing A Long with Serena & Bill 10:30 Creative Writing 2:00 Trivia 2:00 Dabble in Scrabble-with Diana 3:00 Bingo	10 9:00 MGH Nursing Students 9:30 Seniorcize-Balance 9:30 Blood Pressure Clinic 10:00 Open Exercise with YMCA Trainer 10:30 Connected Living & Crosswords 1:30 Ken Burns: The Roosevelts IV 2:00 Creative Crafting 3:30 Mad Libs	11 9:30 Chair Yoga with Julie 10:30 Coffee Club with David 10:30 Healthy Habits –Smoothie of the Week 11:00 Taxi Vouchers for Sale 1:30 Afternoon Movie Matinee 1:30 Wii Sports 2:00 Clever Cooking Club – Recipe Sharing 3:30 You be the Judge	12 9:30 Seniorcize-Upper Body 10:00 Open Exercise with YMCA Trainer 2:00 Sing-A-Long with Nady 2:00 Advanced Art 3:00 Black Jack	13 9:30 Seniorcize-Lower Body 10:00 Happy Hour 10:00 Happy Hour Cooking Club 1:30 Afternoon Media Presentation 3:00 Happy Hour	14 10:00 Spiritual Talk by Michael Kelleher 2:00 Left Right Center with Dodie 4:00 Mass with Father Pat Healy 6:45 Movie Night
15 1:00 Patriots vs. Jets 2:00 Entertainment with Mary Colarusso 3:00 Ruff it up with Jen & Rose	16 9:30 Seniorcize-Back 10:00 Sing A Long with Serena & Bill 10:30 Creative Writing 2:00 Trivia 2:00 Dabble in Scrabble-with Diana 2:45 Prayer Group 3:00 Bingo	17 9:30 Seniorcize-Posture 9:30 Blood Pressure Clinic 10:00 Open Exercise with YMCA Trainer 10:30 Connected Living & Crosswords 1:30 Ken Burns: The Roosevelts V 2:00 Creative Crafting 3:30 Mad Libs	18 9:30 Chair Yoga with Julie 10:30 Coffee Club with David 10:30 Healthy Habits – Smoothie of the Week 1:30 Movie Matinee 1:30 Wii Sports 2:00 Clever Cooking Club – Goody Bag Filling for Children’s Halloween Party 3:30 Spelling Bee	19 9:30 Seniorcize-Balance 10:00 Open Exercise with YMCA Trainer 2:00 Sing-A-Long with Nady 2:00 Advanced Art 3:00 Black Jack	20 9:30 Seniorcize- Upper Body 10:30 Wii Party Games 1:30 Afternoon Media Presentation 3:00 Happy Hour	21 10:00 Spiritual Talk by Michael Kelleher 1:15 Children’s Costume Parade 1:30 Halloween Magic Show 2:15 Family & Friends Happy Hour 4:00 Mass with Father Pat Healy 6:45 Movie Night
22 2:00 Classic Sing A Long with Frank Wiemert 3:00 Ruff it up with Jen & Rose 8:30 Patriots vs. Falcons	23 9:30 Seniorcize-Lower Body 10:00 Sing A Long with Serena & Bill 10:30 Creative Writing 2:00 Trivia 2:00 Dabble in Scrabble-with Diana 2:45 Prayer Group 3:00 Bingo	24 9:30 Seniorcize-Back 9:30 Blood Pressure Clinic 10:00 Open Exercise with YMCA Trainer 10:30 Connected Living & Crosswords 1:30 Ken Burns: The Roosevelts VI 2:00 Creative Crafting –Pumpkin Decorating 3:30 Mad Libs	25 9:30 Chair Yoga with Julie 10:30 Coffee Club with David 10:30 Healthy Habits –Smoothie of the Week 1:30 Cardio Comedy with Wayne 1:30 Afternoon Movie Matinee 1:30 Wii Sports 2:00 Clever Cooking Club –Recipe Sharing & Resident led Food Demo 3:30 You be the Judge	26 9:30 Seniorcize-Posture 10:00 Open Exercise with YMCA Trainer 2:00 Sing-A-Long with Nady 2:00 Advanced Art 3:00 Black Jack	27 9:30 Seniorcize-Balance 10:00 Happy Hour 10:00 Happy Hour Cooking Club- Cake Making 1:30 Afternoon Media Presentation 3:00 Resident Birthday Party	28 10:00 Spiritual Talk by Michael Kelleher 2:00 Left Right Center with Dodie 4:00 Mass with Father Pat Healy 6:45 Movie Night
29 1:00 Patriots vs. Chargers 2:00 Entertainment with Mark Tavener 3:00 Ruff it up with Jen & Rose	30 9:30 Seniorcize- Upper Body 10:00 Sing A Long with Serena & Bill 10:30 Creative Writing 2:00 Trivia 2:00 Dabble in Scrabble-with Diana 2:45 Prayer Group 3:00 Bingo	31 9:30 Seniorcize- Lower Body 10:00 Open Exercise with YMCA Trainer 10:30 Connected Living & Crosswords 2:00 Richard Hughes presents: Laurel & Hardy’s Habeus Corpus 3:00 Costume & Pumpkin Contest 3:30 Halloween Happy Hour	October Holidays Columbus Day 10-9 All Saints Eve 10-31 Halloween 10-31 <i>•Activity calendar is subject to change</i>	October Birthdays Zina Daniele 10-4 Ellen Shevchick 10-15 Dorothea Reilly 10-16 Ramiro Correia 10-18 Dennis Nagle 10-29		

Getting to know your neighbor, Interview with Warren Spaulding

Q: Where are you from?

A: Hopedale, MA

Q: Did you have any brothers and sisters?

A: Yes, I had one brother and two sisters.

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

A: I like to read a lot, murder mysteries and Reader's Digest.

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

A: Watch TV and play computer games.

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

A: The people who take care of the place, they do a good job. Many of the people here are very nice.

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**
- **Veronica Nji, 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!



One of the many Faces of Zelma!!!