




# September 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>*Activity Calendar is subject to change. Please check daily posted schedules for any updates.</i></p>						
				<p>National Assisted Living Week September 10th-September 16th</p>	<p>1 9:30 Senior-Cize-Posture 10:30 Connected Living Crosswords &amp; Word games 1:30 Afternoon Media Presentation 3:00 Happy Hour</p>	<p>2 10:00 Spiritual Talk by Michael Kelleher 1:05 Red Sox vs. Yankees 4:00 Mass with Father Pat Healy</p>
<p>3 2:00 Entertainment with Kat Kennedy 3:00 Ruff it up with Jen &amp; Rose 6:45 Sunday Night Movie</p>	<p>4 <b>Happy Labor Day!!!</b> 10:00 Sing A Long with Serena &amp; Bill 11:30 &amp; 12:30 Labor Day Cookout 12:15 Games with Rae 7:10 Red Sox vs. Jays</p>	<p>5 9:30 Senior-Cize-Lower Body 10:00 Open Exercise with YMCA Trainer 10:30 Connected Living Crosswords &amp; Word games 1:30 Ken Burns: The West-Final 2:00 Creative Crafting 3:30 Mad Libs</p>	<p>6 9:30 Chair Yoga with Julie 10:30 Healthy Habits – Smoothie of the Week 1:30 Resident Community Meeting 3:30 You be the Judge</p>	<p>7 9:30 Senior-Cize-Upper Body 10:00 Open Exercise with YMCA Trainer 10:30 Discussion with Librarian Kathy Kire 2:00 Sing-a-Long with Nady 2:00 Advanced Art 3:00 Blackjack</p>	<p>8 9:30 Senior-Cize-Back 10:00 Presentation with Friendship Works 1:30 Afternoon Media Presentation 3:00 Happy Hour</p>	<p>9 10:00 Spiritual Talk by Michael Kelleher 1:30 Flowers &amp; Friendship with BU Law Students 2:00 Left Right Center with Dodie 4:00 Mass with Father Pat Healy 7:10 Red Sox vs. Rays</p>
<p>10 12:00 Grandparent's Day Cookout 1:35 Red Sox vs Rays 2:00 Guitar and Piano with Mike Dardis 3:00 Ruff it up with Jen &amp; Rose 6:45 Sunday Night Movie</p>	<p>11 9:30 Senior-Cize-Back 10:00 Sing A Long with Serena &amp; Bill 10:30 Creative Writing "Where were you when..." 2:00 "Thank You" Gift Making 2:45 Prayer Group</p>	<p>12 9:30 Senior-Cize-Posture 10:15 Farm Visits 12:00 Taco Tuesday &amp; Trivia Following (appx.1:30) 2:30 The Greatest Game – National Assisted Living Week 2017</p>	<p>13 9:30 Chair Yoga with Julie 10:30 NALW Tie Dyeing 2:00 Piano Entertainment with Kenny Morell 3:00 Community Bingo</p>	<p>14 9:30 Senior-Cize-Lower Body 10:15 Herbert Crehan Presents: "The Impossible Dream-The '67 Red Sox" 1:30 A History of the Boston Fire Department –Cpt. Bradley Annis (Retd.) 3:00 Blackjack</p>	<p>15 9:30 Senior-Cize-Upper Body 10:00 Community Impact Day-Blanket Making with MGH Health Students 12:00 Resident Pizza Party 2:00 Popcorn and Afternoon Movie</p>	<p>16 <b>Happy Birthday Fred Norton &amp; Claire McCarthy!!!</b> 10:00 Spiritual Talk by Michael Kelleher 2:00 Left Right Center with Dodie 4:00 Mass with Father Pat Healy 6:10 Red Sox vs. Rays</p>
<p>17 1:10 Red Sox vs. Rays 2:00 Entertainment with Neil Perry 3:00 Ruff it up with Jen &amp; Rose 6:45 Sunday Night Movie</p>	<p>18 9:30 Senior-Cize-Back 10:00 Sing A Long with Serena &amp; Bill 10:30 Creative Writing 2:00 Trivia 2:45 Prayer Group 3:00 Bingo</p>	<p>19 9:30 Senior-Cize-Posture 10:00 Open Exercise with YMCA Trainer 10:30 Connected Living Crosswords &amp; Word games 1:30 Ken Burns: The Roosevelts I 2:00 Creative Crafting 3:30 Mad Libs</p>	<p>20 9:30 Chair Yoga with Julie 10:30 Healthy Habits – Smoothie of the Week 1:30 Afternoon Movie Matinee 1:30 Wii Games 2:30 Clever Cooking Club 3:30 Spelling Bee</p>	<p>21 9:30 Senior-Cize-Balance 10:00 Open Exercise with YMCA Trainer 2:00 Sing-a-Long with Nady 2:00 Advanced Art 3:00 Blackjack</p>	<p>22 <b>First Day of Fall</b> 9:30 Senior-Cize-Lower Body 10:30 Connected Living Crosswords &amp; Word games 1:30 Afternoon Media Presentation 3:00 Happy Hour</p>	<p>23 10:00 Spiritual Talk by Michael Kelleher 2:00 Left Right Center with Dodie 4:00 Mass with Father Pat Healy 4:10 Red Sox vs. Reds</p>
<p>24 2:00 Entertainment with Renee Legrande 3:00 Ruff it up with Jen &amp; Rose 6:45 Sunday Night Movie</p>	<p>25 9:30 Senior-Cize-Upper Body 10:00 Sing A Long with Serena &amp; Bill 10:30 Creative Writing 2:00 Trivia 2:45 Prayer Group 3:00 Bingo</p>	<p>26 9:30 Senior-Cize-Back 10:00 Open Exercise with YMCA Trainer 10:30 Connected Living Crosswords &amp; Word games 1:30 Ken Burns: The Roosevelts II 2:00 Creative Crafting 3:30 Mad Libs</p>	<p>27 9:30 Chair Yoga with Julie 10:30 Healthy Habits – Smoothie of the Week 1:30 Afternoon Movie Matinee 1:30 Wii Games 2:30 Clever Cooking Club 3:30 You be the Judge</p>	<p>28 9:30 Senior-Cize-Posture 10:00 Open Exercise with YMCA Trainer 2:00 Sing-a-Long with Nady 2:00 Advanced Art 3:00 Blackjack</p>	<p>29 9:30 Senior-Cize-Balance 10:30 Connected Living Crosswords &amp; Word games 1:30 Afternoon Media Presentation 3:00 Resident Birthday Party</p>	<p>30 <b>Happy Birthday Gordon Simpson!!!</b> 10:00 Spiritual Talk by Michael Kelleher 12:00-4:00 Family Fun Day 4:00 Mass with Father Pat Healy ***Red Sox TBA***</p>

## *Getting to know your neighbor*

### *Interview with Cathy Ellis*

**Q: Where are you from?**

A: I grew up here in Charlestown. I graduated Charlestown High class of '63. We won the district in hockey that year.

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

A: I have one brother and one sister. Both of them are older so I'm the youngest.

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

A: I was married for 47 years to the same guy.

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

A: Read, it's all I ever do. My favorite are police procedurals and murder mysteries. My favorite author is J.D. Robb. That's her pseudonym. She writes romances under another name.

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

A: The people, other Residents, especially reminiscing with other townies.

## *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!*

## *September 2017 Activity Calendar*



*One of the many faces of Zelma!*