

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
1 10:00 "Stronger Seniors" Yoga (GR) 10:15 Departure for Sunday Service at Good Shepherd Parish 2:00 "Card Sharks" Group (ED) Playing Card Games with Emily 3:30 Sunday Social (ED) 6:30 "Viewer's Choice" Movie Night (GR)	2 10:00 SAIL Fitness with Derry (GR) 11:00 "I Should've Known That!" (ED) 1:30 Art Studio with Emily (ED) 2:00 Local Errands - Please Sign Up 2:30 History DocuSeries (GR) "Rebellion" S1 E1: "Young Guns" 3:30 "Happy Hour" Pub Social (ED) 6:30 Classic Movie Night (GR)	3 9:30 Blood Pressure Clinic (GR) 9:30 Middlesex Bank On Site(ED) 10:00 Exercise (GR) 10:30 Update (GR) 10:45 "Pets & People" (GR) 11:00 "Finishing Lines" Trivia (ED) 1:30 Resident General Meeting (GR) 2:30 "Super Tuesday" Primary Day Transportation to Wayland High School 2:30 Classical Pianist I-Heung Lee GR) 3:30 Catholic Communion Service (GR) 6:30 BioPic Movie Night (GR)	4 10:00 Strength Training Class (GR) 10:30 Daily Update (GR) 11:00 "Orijinz" Trivia (ED) 11:30 Departure for Lunch Outing: Kennedy's Irish Pub 2:00 History DocuSeries (GR) "Rebellion" S1 E2: "To Arms" 3:30 "Happy Hour" Pub Social (ED) 6:30 Comedy Movie Night (GR)	5 10:00 Weight Workout Class (GR) 10:30 Daily Update (GR) 11:00 "Trivia Tray" Game (ED) 1:30 "Healing Power of Crystals" (ED) with Engagement Associate Emily Khoury 2:30 "The Great Courses" (GR) "Scientific Secrets for Powerful Memory" Part 3: "Maximizing Memory" 3:30 Scrapbook Club (ED) Chronicling our adventures together 6:30 Romance Movie Night (GR)	6 10:00 Cardio Kickboxing Class (GR) 11:00 "Biography I.Q." Trivia (ED) 1:30 TEDTalk Discussion Group (GR) 2:30 History DocuSeries (GR) "Rebellion" S1 E3: "Under Siege" 3:30 "Happy Hour" Pub Social (ED) 6:30 Drama Movie Night (GR)	7 10:00 "Stronger Seniors" Exercise (GR) 10:45 Calligraphy Class (ED) with Student Volunteer Elizabeth Zhong 2:00 Opera House Matinée (GR) Verdi's "Rigoletto" 3:30 "Fun and Games" (ED) Board Games and Playing Cards are available all day today! 6:30 Concert in the Great Room featuring Pianist Caroline Ting		
8 10:00 "Stronger Seniors" Yoga (GR) 10:15 Departure for Sunday Service at Good Shepherd Parish 11:00 Departure for Theatre Outing: "Bye Bye Birdie" at Starline Dinner Theatre, Stoughton feat. Traditions Engagement Director Matt Trowbridge as "Harry McAfee" 2:00 Independent Cards Group (ED) 3:00 Healing Streams Ministry (ED) 6:30 "Viewer's Choice" Movie Night (GR)	9 10:00 SAIL Fitness with Derry (GR) 11:00 "I Should've Known That!" (ED) 1:30 Art Studio with Emily (ED) 2:00 Local Errands - Please Sign Up 3:00 "Hot Topics" (GR) with Conversationalist Barbara Sternfield 3:30 "Happy Hour" Pub Social (ED) 6:30 Classic Movie Night (GR)	10 10:00 Circuit Exercise Class (GR) 10:30 Daily Update (GR) 10:45 "Pets & People" Visit (GR) 11:00 "Finishing Lines" Trivia (ED) 1:30 Art Matters (GR) 2:30 Travel DocuSeries (GR) "The Real Ireland" 3:30 Catholic Mass (GR) Rev. O'Leary, Good Shepherd Parish 6:30 BioPic Movie Night (GR)	11 10:00 Strength Training Class (GR) 10:30 Daily Update (GR) 11:00 "Orijinz" Trivia (ED) 1:00 Departure for Special Outing: Museum of Russian Icons 2:00 History DocuSeries (GR) "Rebellion" S1 E4: "Surrender" 3:30 "Happy Hour" Pub Social (ED) 6:30 Comedy Movie Night (GR)	12 10:00 Weight Workout Class (GR) 10:30 Daily Update (GR) 11:00 "Trivia Tray" Game (ED) 1:30 Chef's Demonstration (GR) featuring Chef Antonio Gentile 2:30 "The Great Courses" (GR) "Scientific Secrets for Powerful Memory" Part 4: "Why and When We Forget" 3:30 Movie Buffs Committee (GR) 6:30 Romance Movie Night (GR)	13 10:00 Cardio Kickboxing Class (GR) 11:00 Pet Therapy (GR) with Chrissy Shapiro, Buddy Dog 1:30 Celtic Myths and Legends (GR) 2:30 History DocuSeries (GR) "Rebellion" S1 E5: "The Reckoning" 3:30 "Happy Hour" Pub Social (ED) 6:30 Drama Movie Night (GR)	14 10:00 "Stronger Seniors" Exercise (GR) 10:45 Calligraphy Class (ED) with Student Volunteer Elizabeth Zhong 2:00 Broadway Musical Matinée (GR) "Chitty Chitty Bang Bang" 3:30 "Fun and Games" (ED) Board Games and Playing Cards are available all day today! 6:30 Concert in the Great Room featuring Pianist Caroline Ting		
15 10:00 "Stronger Seniors" Yoga (GR) 10:15 Departure for Sunday Service at Good Shepherd Parish 1:00 Departure for Theatre Outing: "A Little Bit of Ireland" Reagle Music Theatre, Waltham 2:00 Independent Cards Group (ED) 3:30 Sunday Social (ED) 6:30 "Viewer's Choice" Movie Night (GR)	16 10:00 SAIL Fitness with Derry (GR) 11:00 "I Should've Known That!" (ED) 1:30 Art Studio with Emily (ED) 2:00 Local Errands - Please Sign Up 2:30 History DocuSeries (GR) "Rebellion" (Season 2, Episode 1) 3:30 "Happy Hour" Pub Social (ED) 6:30 Classic Movie Night (GR)	17 9:30 Middlesex Bank On Site (ED) 10:00 Circuit Exercise Class (GR) 10:30 Daily Update (GR) 10:45 "Pets & People" Visit (GR) 11:00 Encompass Seminar (GR) 2:00 Matty Kelly's Irish Pub (ED) Libations and Diddies with Engagement Director Matty O'Trowbridge 3:30 Catholic Communion Service (GR) 6:30 BioPic Movie Night (GR)	18 10:00 Strength Training Class (GR) 10:30 Daily Update (GR) 11:00 Catholic Rosary Group (ED) 11:30 Departure for Lunch Outing: Stone's Public House 2:00 History DocuSeries (GR) "Rebellion" (Season 2, Episode 2) 3:30 "Happy Hour" Pub Social (ED) 6:30 Comedy Movie Night (GR)	19 10:00 Weight Workout Class (GR) 10:30 Daily Update (GR) 11:00 "Trivia Tray" Game (ED) 1:30 Terrarium Gardens (ED) with Marcia Estabrook 2:30 "The Great Courses" (GR) "Scientific Secrets for Powerful Memory" Part 5: "Keeping Your Brain Conditioned" 3:30 Knitting and Crocheting (ED) 6:30 Romance Movie Night (GR)	20 10:00 Cardio Kickboxing Class (GR) 11:00 "Name That Tune!" Game (ED) 1:30 TEDTalk Discussion Group (GR) 2:30 History DocuSeries (GR) "Rebellion" (Season 2, Episode 3) 3:30 "Happy Hour" Pub Social (ED) 6:30 Drama Movie Night (GR)	21 10:00 "Stronger Seniors" Exercise (GR) 10:45 Calligraphy Class (ED) with Student Volunteer Elizabeth Zhong 2:00 Opera House Matinée (GR) Puccini's "Tosca" 3:30 "Fun and Games" (ED) Board Games and Playing Cards are available all day today! 6:30 Concert in the Great Room featuring Pianist Caroline Ting		
22 10:00 "Stronger Seniors" Yoga (GR) 10:15 Departure for Sunday Service at Good Shepherd Parish 2:00 "Card Sharks" Group (ED) Playing Card Games with Emily 3:00 Healing Streams Ministry (GR) 3:30 Sunday Social (ED) 6:30 "Viewer's Choice" Movie Night (GR)	23 10:00 SAIL Fitness with Derry (GR) 11:00 "I Should've Known That!" (ED) 1:30 Art Studio with Emily (ED) 2:00 Local Errands - Please Sign Up 2:30 History DocuSeries (GR) "Rebellion" (Season 2, Episode 4) 3:30 "Happy Hour" Pub Social (ED) 6:30 Classic Movie Night (GR)	24 10:00 Circuit Exercise Class (GR) 10:30 Daily Update (GR) 10:45 "Pets & People" Visit (GR) 11:00 "Finishing Lines" Trivia (ED) 1:30 Afternoon Bingo Game (ED) 2:30 Travel DocuSeries (GR) "Bizarre Foods - Madrid" 3:30 Catholic Communion (ED) 6:30 BioPic Movie Night (GR)	25 10:00 Strength Training Class (GR) 10:30 Daily Update (GR) 11:00 "Orijinz" Trivia (ED) 1:30 Departure for Shopping Excursion: Savers Thrift Store 2:00 History DocuSeries (GR) "Rebellion" (Season 2, Episode 5) 3:30 "Happy Hour" Pub Social (ED) 6:30 Comedy Movie Night (GR)	26 10:00 Weight Workout Class (GR) 10:30 Daily Update (GR) 11:00 "Trivia Tray" Game (ED) 1:30 "Fill in the Blank" Game (GR) 2:30 "The Great Courses" (GR) "Scientific Secrets for Powerful Memory" Part 6: "Human Memory is Reconstruction" 3:30 Scrapbook Club (ED) Chronicling our adventures together 6:30 Romance Movie Night (GR)	27 10:00 Cardio Kickboxing Class (GR) 11:00 "Smarter Than" Trivia (ED) 1:30 "This... Is... JEOPARDY!" (GR) 2:30 History DocuSeries (GR) "Myths & Monsters" Episode 1: "Heroes and Villains" 3:30 "Happy Hour" Pub Social (ED) 6:30 Drama Movie Night (GR)	28 10:00 "Stronger Seniors" Exercise (GR) 10:45 Calligraphy Class (ED) with Student Volunteer Elizabeth Zhong 2:00 Broadway Musical Matinée (GR) "Burlesque" 3:30 "Fun and Games" (ED) Board Games and Playing Cards are available all day today! 6:30 Concert in the Great Room featuring Pianist Caroline Ting		
29 10:00 "Stronger Seniors" Yoga (GR) 10:15 Departure for Sunday Service at Good Shepherd Parish 2:00 "Card Sharks" Group (ED) Playing Card Games with Emily 3:30 Sunday Social (ED) 6:30 "Viewer's Choice" Movie Night (GR)	30 10:00 SAIL Fitness with Derry (GR) 11:00 "I Should've Known That!" (ED) 1:30 Art Studio with Emily (ED) 2:00 Local Errands - Please Sign Up 2:30 History DocuSeries (GR) "Myths & Monsters" Episode 2: "The Wild Unknown" 3:30 "Happy Hour" Pub Social (ED) 6:30 Classic Movie Night (GR)	31 9:30 Middlesex Bank On Site (ED) 10:00 Circuit Exercise Class (GR) 10:30 Daily Update (GR) 10:45 "Pets & People" Visit (GR) 11:00 Encompass Seminar (GR) 1:30 Afternoon Bingo Game (ED) 2:30 Travel DocuSeries (GR) "Bizarre Foods - Senegal" 3:30 Catholic Communion Service (GR) 6:30 BioPic Movie Night (GR)	LOCATION KEY (A3) 3rd Floor Activities Space (ED) East Dining Room (GR) Great Room (L) Library (MDR) Main Dining Room MATTHEW TROWBRIDGE <i>Resident Engagement Director</i> mtrowbridge@traditionsofwayland.com			 <h1>MARCH</h1> <h1>2020</h1>		<i>Traditions</i> OF WAYLAND 10 Green Way Wayland, MA 01778 508-358-0700 www.traditionsofwayland.com