

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Traditions OF WAYLAND

10 Green Way Wayland, MA 01778

508-358-0700

www.traditionsofwayland.com

JANUARY 2021

1

9:00 Morning Mass
10:00 TheraBands
10:45 Bingo
1:30 Barre Exercise
2:00 Needles & Hooks Club
3:00 Pub Social
6:00 Movie

2

9:00 Morning Meditation
10:00 Weight Training
10:45 Crafts with Ana
1:30 Tai Chi
2:00 Movie
3:00 Treat Cart

3

9:30 Morning Service
10:00 Strength Training
1:30 Afternoon Stretch
2:00 TED Talk
3:00 Sundae Social
6:00 TV Series

4

10:00 Tai Chi
10:45 Historical Series
1:30 Community Service Project
2:30 Music and Move
3:00 Wine & Cheese Social
6:00 Movie

5

9:00 Today in History
10:00 TheraBands
10:45 Men's and Ladie's Clubs
1:30 Barre Exercise
2:00 Book Club
3:00 Engagement Forum

6

9:30 Morning News
10:00 Weight Training
10:45 Bingo with a Director
1:30 Zumba with Ana
2:00 Jewelry Making
3:00 Cocktails and Fine Arts
6:00 Documentary

7

9:00 Today in History
10:00 Live Yoga Class
10:45 Short Stories
1:30 Body Weight Exercise
2:00 Horse Racing
3:00 Paint and Sip
6:00 TV Series

8

9:00 Morning Mass
10:00 TheraBands Workout
10:45 Bingo
1:30 Barre Exercise
2:00 Needles & Hooks Club
3:00 Pub & RetroPolitan Duo Virtual Performance
6:00 Movie

9

9:00 Morning Meditation
10:00 Weight Training
10:45 Crafts with Ana
1:30 Tai Chi
2:00 Movie
3:00 Treat Cart

10

9:30 Morning Service
10:00 Strength Training
1:30 Afternoon Stretch
2:00 TED Talk
3:00 Sundae Social
6:00 TV Series

11

10:00 Tai Chi
10:45 Historical Series
1:30 Community Service Project
2:30 Music and Move
3:00 Wine & Cheese Social
6:00 Movie

12

9:00 Today in History
10:00 TheraBands
10:45 Men's and Ladie's Clubs
1:30 Barre Exercise
2:00 Book Club
3:00 Welcome Committee Meeting

13

9:30 Morning News
10:00 Weight Training
10:45 Bingo with a Director
1:30 Zumba with Ana
2:00 Jewelry Making
3:00 Cocktails and Fine Arts
6:00 Documentary

14

9:00 Today in History
10:00 Live Yoga Class
10:45 Short Stories
1:30 Body Weight Exercise
2:00 Horse Racing
3:00 Paint and Sip
6:00 TV Series

15

9:00 Morning Mass
10:00 TheraBands Workout
10:45 Bingo
1:30 Barre Exercise
2:00 Needles & Hooks Club
3:00 Pub & Working Man's Duo Virtual Performance
6:00 Movie

16

9:00 Morning Meditation
10:00 Weight Training
10:45 Crafts with Ana
1:30 Tai Chi
2:00 Movie
3:00 Treat Cart

17

9:30 Morning Service
10:00 Strength Training
1:30 Afternoon Stretch
2:00 TED Talk
3:00 Sundae Social
6:00 TV Series

18

9:30 Morning Mass
10:00 Tai Chi
10:45 Bingo
1:30 Afternoon Stretch
2:00 Needles and Hooks Club
2:30 Music and Memories
3:00 Wine & Cheese, Music Lecture with John Clark
6:00 Movie

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9:00 Today in History
10:00 TheraBands
10:45 Men's and Ladie's Clubs
1:30 Barre Exercise
2:00 Book Club
3:00 Resident Council

20

9:30 Morning News
10:00 Weight Training
10:45 Bingo with a Director
1:30 Zumba with Ana
2:00 Jewelry Making
3:00 Cocktails and Fine Arts
6:00 Documentary

21

9:00 Today in History
10:00 Live Yoga Class
10:45 Short Stories
1:30 Body Weight Exercise
2:00 Food Demonstration
3:00 Paint and Sip
6:00 TV Series

22

9:00 Morning Mass
10:00 TheraBands Workout
10:45 Bingo
1:30 Barre Exercise
2:00 Needles & Hooks Club
3:00 Pub Social
6:00 Movie

23

9:00 Morning Meditation
10:00 Weight Training
10:45 Crafts with Ana
1:30 Tai Chi
2:00 Movie
3:00 Treat Cart

24

9:30 Morning Service
10:00 Strength Training
1:30 Afternoon Stretch
2:00 TED Talk
3:00 Sundae Social
6:00 TV Series

25

9:30 Morning Mass
10:00 Tai Chi
10:45 Bingo
1:30 Afternoon Stretch
2:00 Music and Move
3:00 Pub Social & Celebrating National Activity Professional Week
6:00 Movie

26

9:00 Today in istory
10:00 TheraBands
10:45 Men's and Ladie's Clubs
1:30 Barre Exercise
2:00 Book Club
3:00 Resident Health and Wellness Meeting

27

9:30 Morning News
10:00 Weight Training
10:45 Bingo with a Director
1:30 Zumba with Ana
2:00 Jewelry Making
3:00 Cocktails and Fine Arts
6:00 Documentary

28

9:00 Today in History
10:00 Live Yoga Class
10:45 Short Stories
1:30 Body Weight Exercise
2:00 Horse Racing
3:00 Paint and Sip
6:00 TV Series

29

9:00 Morning Mass
10:00 TheraBands Workout
10:45 Bingo
1:30 Barre Exercise
2:00 Needles & Hooks Club
3:00 Pub Social
6:00 Movie

30

9 Meditation
10 Exercise
10:45 Crafts
1:30 Tai Chi
2 Movie
3 Treat Cart

31

9 Service
10 Exercise
1:30 Stretch
2 TED Talk
3 Sundaes
4 TV Series