

# JULY 2010

# Norumbega Point at Weston Calendar of Events

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Room Codes**  
Main Lobby: ML  
Living Room: LR  
Library: L  
Dining Room: DR  
Totem Pole Room: TPR  
2nd Flr Crafts Room: 2CR  
Chapel: C  
Exercise Room: ER  
Garden Level Crafts: G

*July Birthdays*  
Arthur T. 7/2  
Esther C. 7/3  
William Q. 7/9  
Evelyn B. 7/15  
Bob R. 7/17  
Anna L. 7/22  
John D. 7/22  
Roger C. 7/23  
Betty F. 7/25  
Bernard H. 7/31  
Carol S. 7/31



**1**  
8:30 AM – 3:30 PM  
Medical Appointments  
9:30-10 AM Water Walking  
10-10:15 AM Stomach Toning  
10:15-10:45 AM Free Swim  
11:00-11:45 AM Keiser Machines  
12-12:30 PM Balance  
12:30-2:00 PM Individual Exercise  
5:00-7:00 PM Fourth of July Party/  
Dining Room and Deck

**2**  
9:30 AM Walgreen's & Post  
Office in Waltham  
9:30-10 AM Stretch & Flex  
10-10:15 AM Strength Training  
10:15-10:45 AM Keiser Machines  
11:00-11:45 AM Stretch & Flex II  
1:30 PM Men's Club Field Trip  
12:00-2:00 PM Individual Exercise  
4:00 PM Shabbat Service with Sarah  
Piazza/Chapel  
7:00 PM Movie/TPR

**3**  
9:30 AM Trader Joe's  
11:15 AM Trip to Target  
7:00 PM Movie/TPR

**4**  
2:00-4:30 PM Music/LR  
2:00 PM Bingo/2CR  
7:00 PM Movie/TPR

**5**  
9:30-10:30 AM CVS,  
Hannaford's & Post Office  
9:30-10:00 AM Stretch & Flex  
10-10:15 AM Strength Training  
10:15-10:45 AM Keiser Machines  
11:00-11:45 AM Stretch & Flex II  
12:00-2:00 PM Individual Exercise  
1:30 PM Birthday Party for Essie Cohen  
with Pianist Jane Merry/LR  
2:30 PM Magical Movement/TPR  
4:00-5:30 PM Happy Hour/Pub  
7:00 PM Documentary/TPR

**6**  
8:30 AM – 3:30 PM  
Medical Appointments  
9:30-10 AM Water Walking  
10-10:15 AM Stomach Toning  
10:15-10:45 AM Free Swim  
11:00-11:45 AM Keiser Machines  
12-12:30 PM Balance  
12:30-2:00 PM Individual Exercise  
2:00 PM Oil Painting/G  
4:00-5:30 PM Happy Hour /Pub  
7:00 PM Piano Concert and Lecture with  
Eildert Beeftink/LR

**7**  
9:00 AM Star Market  
9:30-10 AM Water Workout  
10-10:15 AM Stomach Toning  
10:15-10:45 AM Keiser Machines  
11:00-11:45 AM Stretch & Flex II  
10:30 AM Leave for Lunch at the  
Ocean View Inn & Resort in Gloucester  
12:00-1:30 PM Individual Exercise  
4:00-5:30 PM Jazz Piano with Evan  
Rose at Happy Hour/Pub  
7:00 PM Movie/TPR

**8**  
8:30 AM – 3:30 PM  
Medical Appointments  
9:30-10:00 AM Water Walking  
10-10:15 AM Stomach Toning  
10:15-10:45 AM Free Swim  
11:00-11:45 AM Keiser Machines  
12-12:30 PM Balance  
12:30-2:00 PM Individual Exercise  
1:00-3:00 PM Podiatrist  
4:00-5:30 PM Happy Hour/Pub  
7:15 PM Great Issues with Herb  
Patchell/Chapel

**9**  
9:30 AM Walgreen's & Post  
Office in Waltham  
9:30-10 AM Stretch & Flex  
10-10:15 AM Strength Training  
10:15-10:45 AM Keiser Machines  
10:30 AM Leave for trip to Frugal  
Fannie's in Westwood  
11:00-11:45 AM Stretch & Flex II  
12:00-2:00 PM Individual Exercise  
7:00 PM Movie/TPR

**10**  
9:00 AM Roche Bros.  
11:15 AM Trip to Marshall's  
7:00 PM Movie/TPR

NOTE: all activities subject to change

**Bank of America**  
Hours:  
Mondays: 2:00-4:00 pm  
Wednesdays: 9:00 am-1:00 pm  
Thursdays: 2:00-4:00 pm  
(781) 642-8975

**Country Store**  
Hours:  
Mondays: 9:00 am-Noon/ 1:30-3:30 pm  
Tuesdays: 2:00-3:00 pm  
Wednesdays and Fridays: 1:30-3:30 pm  
Thursdays: 10:00 am-Noon/ 1:30-3:30 pm  
Saturdays: 10:00 am-Noon

**Hairdressing**  
By Ili from Ambiance  
Hours:  
Tuesdays and  
Wednesdays  
Call the front desk  
for an appointment  
(781) 891-4975

**Manicures**  
By Janis McDonald call for a  
Tuesday appointment 781 899-5505

**Pedicures**  
Call Tina for an appointment  
(781) 572-4047

**Pool & Jacuzzi**  
Monday-Friday 8:00 am-4:00 pm

**Beauty Salon**  
Luigi  
Monday  
8:30 AM-1:00 PM  
Thursday  
10:00 AM-2:00 PM  
Walk-ins welcome or  
call for an appointment  
(781) 894-5550

**Medical Massage  
& Acupuncture**  
with Dr. Bruce Hirsch  
Wednesday and Friday  
appointments are  
available  
Sign up in the Post office  
for an appointment

**Masseuse  
Reflexologist  
Cosmetologist**  
Wednesdays & Fridays  
Rita Bykhovsky  
Call (978) 635-9905

# JULY 2010

# Norumbega Point at Weston Calendar of Events

## Sunday

## Monday






## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

<p><b>11</b> 2:00-4:30 PM Music/LR 2 :00 PM Bingo/2CR 7:00 PM Movie/TPR</p> 	<p><b>12</b> 9:30-10:30 AM CVS, Hannaford's &amp; Post Office 9:30-10 AM Stretch &amp; Flex 10-10:15 AM Strength Training 10:15-10:45 AM Keiser Machines 10:30 AM Blood Pressure Clinic 11:00-11:45 AM Stretch &amp; Flex II 12:00-1:00 PM Individual Exercise 1:30 PM "How to Safely Eat, Drink and Talk at the Same Time: Preventing Chok- ing"/TPR 4:00-5:30 PM Happy Hour /Pub 7:00 PM Documentary/TPR</p>	<p><b>13</b> 8:30 AM-3:30 PM Med Appts 9:30-10 AM Water Walking 10-10:15 AM Stomach Toning 10:15-10:45 AM Free Swim 11:00-11:45 AM Keiser Machines 12-12:30 PM Balance 12:30-2:00 PM Individual Exercise 2:00 PM Balderdash/Library 4:00-5:30 PM Happy Hour with the Sounds of Concord /Pub 7:00 PM Movie/TPR</p>	<p><b>14</b> 9:00 AM Star Market 9:30-10 AM Water Workout 10-10:15 AM Stomach Toning 10:15-10:45 AM Keiser Machines 10:30 AM Leave for Shopping and Lunch in Gloucester 11:00-11:45 AM Stretch &amp; Flex II 12-12:30 PM Open Time 12:30-1:00 PM Individual Exercise 4:00-5:30 PM Happy Hour/Pub 7:00 PM Resident Council Meeting 7:00 PM The AM Duo: Violin and Classical Guitar /Living Room</p>	<p><b>15</b> 8 :30 AM -3:30 PM Medical Appointments 9:30-10:00 AM Water Walking 10-10:15 AM Stomach Toning 10:15-10:45 AM Free Swim 11:00-11:45 AM Keiser Machines 12-12:30 PM Balance 12:30-2:00 PM Individual Exercise 2:00 PM Town Meeting/TPR 4:00-5:30 PM Happy Hour/Pub 7:00 PM Art Matters/TPR</p>	<p><b>16</b> 9:30 AM Walgreen's &amp; Post Office in Waltham 9:30-10 AM Stretch &amp; Flex 10-10:15 AM Strength Training 10:15-10:45 AM Keiser Machines 11:00-11:45 AM Stretch &amp; Flex II 12:00-2:00 PM Individual Exercise 2:00 PM Birthday Party Social with Dave Andrews 3:00 PM Men's Club/Pub 7:00 PM Movie/TPR</p>	<p><b>17</b> 11:00 AM Lunch trip to Stephen Anthony's and Shopping at the Wayside General Store 7:00 PM Movie/TPR</p> 
<p><b>18</b> 2:00-4:30 PM Music/LR 2 :00 PM Bingo/2CR 7:00 PM Movie/TPR</p> 	<p><b>19</b> 9:30-10:30 AM CVS, Hannaford's &amp; Post Office 9:30-10 AM Stretch &amp; Flex 10-10:15 AM Strength Training 10:15-10:45 AM Keiser Machines 11:00-11:45 AM Stretch &amp; Flex II 12:00-1:00 PM Individual Exercise 2:30 PM Magical Movement/TPR 4:00-5:30 PM Happy Hour /Pub 7:00 PM Documentary/TPR</p>	<p><b>20</b> 8:30 AM-3:30 PM Med Appts 9:30-10 AM Water Walking 10-10:15 AM Stomach Toning 10:15-10:45 AM Free Swim 11:00-11:45 AM Keiser Machines 12-12:30 PM Balance 12:30-2:00 PM Individual Exercise 2:30 PM News and Views/TPR 4:00-5:30 PM Happy Hour with Eric Olsen/Pub 7:00 PM Lecture with Prof. Gary Hylander "Operation Valkyrie"/TPR</p>	<p><b>21</b> 9:00 AM Star Market 9:30-10 AM Water Workout 10-10:15 AM Stomach Toning 10:15-10:45 AM Keiser Machines 10:30 AM Leave for Luncheon Cruise of the Sudbury River 11:00-11:45 AM Stretch &amp; Flex II 12-12:30 PM Open Time 12:30-1:00 PM Individual Exercise 4:00-5:30 PM Happy /Pub 7:00 PM Resident Council Meeting 7:00 PM Movie/TPR</p>	<p><b>22</b> 8 :30 AM -3:30 PM Medical Appointments 9:30-10:00 AM Water Walking 10-10:15 AM Stomach Toning 10:15-10:45 AM Free Swim 11:00-11:45 AM Keiser Machines 12-12:30 PM Balance 12:30-2:00 PM Individual Exercise 2:00 PM Welcome Tea/LR 4:00-5:30 PM Happy Hour/Pub 7:00 PM Movie/TPR</p>	<p><b>23</b> 9:30 AM Walgreen's &amp; Post Office in Waltham 9:30-10 AM Stretch &amp; Flex 10-10:15 AM Strength Training 10:15-10:45 AM Keiser Machines 11:30 AM Leave for Picnic at Herb Patchell's House 11:00-11:45 AM Stretch &amp; Flex II 12:00-2:00 PM Individual Exercise 7:00 PM Movie/TPR</p>	<p><b>24</b> 9:00 AM Whole Foods Market 11:15 AM Trip to River Street Plaza 7:00 PM Movie/TPR</p> 
<p><b>25</b> 1:00-1:30 PM Blood Pressure Clinic 2:00-4:30 PM Music/LR 2 :00 PM Bingo/2CR 7:00 PM Movie/TPR</p> 	<p><b>26</b> 9:30-10:30 AM CVS, Hannaford's &amp; Post Office 9:30-10 AM Stretch &amp; Flex 10-10:15 AM Strength Training 10:15-10:45 AM Keiser Machines 11:00-11:45 AM Stretch &amp; Flex II 12:00-1:00 PM Individual Exercise 1:00 PM Conversational Spanish with Janet Wohlers/TPR 4:00-5:30 PM Happy Hour /Pub 7:00 PM Documentary/TPR</p>	<p><b>27</b> 8:30 AM-3:30 PM Med Appts 9:30-10 AM Water Walking 10-10:15 AM Stomach Toning 10:15-10:45 AM Free Swim 11:00-11:45 AM Keiser Machines 12-12:30 PM Balance 12:30-2:00 PM Individual Exercise 2:00 PM Reading Poetry Together/L 4:00-5:30 PM Happy Hour/Pub 7:00 PM Music of the 40's and 50's with Dick Partridge/LR</p>	<p><b>28</b> 9:00 AM Star Market 9:30-10 AM Water Workout 10-10:15 AM Stomach Toning 10:15-10:45 AM Keiser Machines 11:00-11:45 AM Stretch &amp; Flex II 11:00 AM Trip to Idylwilde Farm &amp; Kimball's Ice Cream <i>Jay's Last Hurrah!!</i> 12-12:30 PM Open Time 12:30-1:00 PM Individual Exercise 4:00-5:30 PM Happy Hour/Pub 7:00 PM Movie/TPR</p>	<p><b>29</b> 8 :30 AM -3:30 PM Medical Appointments 9:30-10:00 AM Water Walking 10-10:15 AM Stomach Toning 10:15-10:45 AM Free Swim 11:00-11:45 AM Keiser Machines 12-12:30 PM Balance 12:30-2:00 PM Individual Exercise 4:00-5:00 PM Drinks on the Deck and Jay's Farewell Party with Jim Porcella and Jack Senior 7:00 PM Movie/TPR</p>	<p><b>30</b> 9:30 AM Walgreen's &amp; Post Office in Waltham 9:30-10 AM Stretch &amp; Flex 10-10:15 AM Strength Training 10:15-10:45 AM Keiser Machines 11:00-11:45 AM Stretch &amp; Flex II 12:00-2:00 PM Individual Exercise 3:00 PM Men's Club/Pub 7:00 PM Movie/TPR</p>	<p><b>31</b> 10:00 AM Trip to Verrill Farm 7:00 PM Movie/TPR</p> 