

# MARCH 2010

# Norumbega Point at Weston Calendar of Events

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

<b>Room Codes</b> Main Lobby: ML Living Room: LR Library: L Dining Room: DR Totem Pole Room: TPR 2nd Floor Crafts Room: 2CR Chapel: C Exercise Room: ER Garden Level Crafts Room:G	<b>1</b> 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 2:30 PM Magical Movement/TPR 4:00-5:30 PM Happy Hour/Pub 7:00 PM Documentary/TPR	<b>2</b> 8:00 AM -2:45 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 Trivia/Library 4:00-5:30 PM Happy Hour with Eric Olsen 7:00 PM Movie/TPR	<b>3</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 & Flex II 12:00-1:30 PM Individual Exercise 2:00 PM Making a Dream catcher w/ Butterfly in Flight/Jennifer/LR 4:00-5:30 PM Happy Hour/Pub 7:00 PM Movie/TPR	<b>4</b> 8:00 AM -2:45 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 Oil Painting/G 4:00-5:30 PM Happy Hour/Pub 7:00 PM Great Issues with Herb Patchell/Chapel	<b>5</b> 9:30 AM Walgreen's & P.O. 9:30-10 AM Stretch & Flex 10:00 AM Holy Eucharist/Chapel 10-10:15 AM Strength Training 10:15-10:45 AM Keiser Machines 11:00-11:30 AM Stretch & Flex II 12:00-2:00 PM Individual Exercise 1:00 PM Wii Games w/Madeleine, Mary & Katie/TPR 2:00 PM Violin & Piano Concert /LR 4:00 PM Shabbat Service with Sarah Piazza/Chapel 7:00 PM Movie/TPR	<b>6</b> 9:30 AM Coffee and Donut Social and Meet Monica/Pub 11:00 AM Trader Joes 7:00 PM Movie/TPR
	<b>7</b> 2:00-4:30 PM Music/LR 2:00 PM Bingo	<b>8</b> 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 10:30 AM Blood Pressure Clinic 11:00-11:45 AM Stretch & Flex II 12:00-2:00 PM Individual Exercise 1:30 PM Sit and Knit/LR 4:00-5:30 PM Happy Hour/Pub 7:00 PM Documentary/TPR	<b>9</b> 8:00 AM -2:45 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 Reading Poetry Together/L 4:00-5:30 PM Happy Hour 7:00 PM Music of Frank Sinatra with Dick Partridge/LR	<b>10</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 & Flex II 11:00 AM Leave for lunch trip to Legal Seafood 12:00-1:30 PM Individual Exercise 4:00-5:00 PM Piano Music for Pub with Evan Rose/LR 4:00-5:30 PM Happy Hour/Pub 7:00 PM Movie/TPR	<b>11</b> 8:00 AM -2:45 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 3:00 PM Music Appreciation Class with Donna Gross-Javel/LR 4:00-5:30 PM Happy Hour/Pub 7:00 PM Movie/TPR	<b>12</b> 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 11:00-11:30 AM Stretch & Flex II 12:00-2:00 PM Individual Exercise 2:00 PM Birthday Party Social with Jon Mansfield/LR 3:00 PM Men's Club/Pub 4:00 PM Shabbat Service with Barbara Sternfield/Chapel 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) 899-5505

**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

# MARCH 2010

# Norumbega Point at Weston Calendar of Events

## Sunday

## Monday



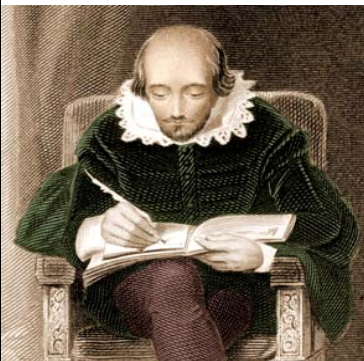



## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

<p><b>14</b> 2:00-4:00 PM Art Reception 2:00 PM Bingo</p>  <p><i>Emblems of Erin</i></p> <p><b>Daylight Savings Time Begins</b></p>	<p><b>15</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>16</b> 8 AM -2:45 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/Pub 7:00 PM Music of the Big Band Era with Jim Porcella/LR</p>	<p><b>17</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 12-12:30 PM Open Time 12:30-1:00 PM Individual Exercise 2:00 PM Mr. DJs Hollywood Quiz Show/TPR 7:00 PM Resident Council Meeting 7:00 PM Movie/TPR</p>	<p><b>18</b> 8:00 AM -2:45 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 12:00-12:30 PM Balance 12:30-2:00 PM Individual Exercise 2:00 PM Balderdash 4:00-5:30 PM Happy Hour/Pub 7:00 PM Art Matters/TPR</p>	<p><b>19</b> 9:30 AM Walgreen's Post Office in Waltham 9:30-10 AM Stretch &amp; Flex 10-10:15 AM Strength Training 10:15-10:45 AM Keiser Machines 11:00-11:30 AM Stretch &amp; Flex II 12:00-2:00 PM Individual Exercise 2:00 PM Spring Fling Ice Cream Social/Café 7:00 PM Movie/TPR</p>	<p><b>20</b> <i>First Day of Spring</i> 9:00 AM Breakfast at Mel's 11:30 AM TJ Maxx 7:00 PM Movie/TPR</p> 										
<p><b>21</b> 2:00-4:30 PM Music/LR 2:00 PM Bingo</p> 	<p><b>22</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 "Staying Safe and Happy: Ways to Avoid Falls and Accidents"/TPR 4:00-5:30 PM Happy Hour/Pub 7:00 PM Elizabeth Johnson and Mary Alice Matthews Slide Presentation/TPR</p>	<p><b>23</b> 8 AM -2:45 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 3:00 PM Shakespeare Seminar with Stephen Collins/LR 4:00-5:30 PM Happy Hour/Pub 7:00 PM Movie/TPR</p>	<p><b>24</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 Notables Concert/LR 11:00-11:45 AM Stretch &amp; Flex II 12-12:30 PM Open Time 12:30-1:00 PM Individual Exercise 1:00 PM Wii Games w/Madeleine, Mary &amp; Katie/TPR 4:00-5:30 PM Happy Hour/Pub 7:00 PM Movie/TPR</p>	<p><b>25</b> 8:00 AM -2:45 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 2:00-12:30 PM Balance 2:30-2:00 PM Individual Exercise 4:30-6:30 PM Passover Seder Dinner 7:00 PM Slide Presentation with Gary Highlander/TPR</p>	<p><b>26</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 10:30 AM Leave for the Gardener Museum 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>27</b> <i>Off to the Movies/Time TBA</i> 7:00 PM Movie/TPR</p> 										
<p><b>28</b> 1:00-1:30 PM Blood Pressure Clinic 2:00-4:30 PM Music/LR 2:00 PM Bingo</p> 	<p><b>29</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 4:00-5:30 PM Happy Hour/Pub 7:00 PM Slide Presentation with Michael Perry "Boston: More Than Beans"/TPR</p>	<p><b>30</b> 8 AM -2:45 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 3:00 PM Shakespeare Seminar with Stephen Collins/LR 4:00-5:30 PM Happy Hour/Pub 7:00 PM Movie/TPR <i>First Day of Passover</i></p>	<p><b>31</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 12-12:30 PM Open Time 12:30 PM Trip to Appleseed's Outlet in Sudbury 12:30-1:00 PM Individual Exercise 4:00-5:30 PM Happy Hour/Pub 7:00 PM Movie/TPR</p>	<p style="text-align: center;"><i>March Birthdays</i></p> <table border="0"> <tr> <td>Lois Greenberg</td> <td style="text-align: right;">3/2</td> </tr> <tr> <td>Phyllis Kusmin</td> <td style="text-align: right;">3/5</td> </tr> <tr> <td>Marjorie Marcus</td> <td style="text-align: right;">3/12</td> </tr> <tr> <td>Mitchell Marcus</td> <td style="text-align: right;">3/20</td> </tr> <tr> <td>Kay Psyhogios</td> <td style="text-align: right;">3/27</td> </tr> </table>		Lois Greenberg	3/2	Phyllis Kusmin	3/5	Marjorie Marcus	3/12	Mitchell Marcus	3/20	Kay Psyhogios	3/27	
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