

Rogerson House Day Program Weekly Schedule – October 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 am	Breakfast Club	Breakfast Club	Breakfast Club	Breakfast Club	Breakfast Club
10:00 am	Morning Stretch	Morning Stretch	Morning Stretch	Morning Stretch	Morning Stretch
10:30 am	Travels to France Fresh Air	Word Play Garden Walk	Poetry Fall Plantings	Art Through the Ages Walking Club	News Currents Gardening
11:30 am	Better Balance Fall Art	Sports Art Class/ Knitting Circle	Baking Club Short Stories	Exercise with Karen Art with Margaret	Sports Sort This Out
12:30 pm	Lunch	Lunch	Lunch	Lunch	Lunch
1:30 pm	Songwriting Group Tabletop Games	Move & Groove Relaxation Stations	Healthy Rhythms Puzzles	Musical Games Tabletop Games	Crossword Puzzle Bingo!
2:30-3:00 pm	Singing Together	Music with Michi	Sweet Treats & Melodies	Afternoon Tunes	Music & Movement



Welcome Volunteers, Interns and Music Therapist Michi!

Fall is here and we are fortunate to welcome new, friendly faces at RH Day Program. We are thrilled to have Michi join our team of therapists at RH; she will bring music to the DP Monday through Thursday. We are also joined by social work interns Laura and Shelby, as well as art intern Trisha and two volunteers with the Little Brothers – Friends of the Elderly (Gaetan and Donovan) who will meet us on Thursdays for our Walking Club. Jessica, an Au-Pair from Brazil, brightens our Wednesdays and Fridays with her presence and untiring help. On Tuesday mornings we can count on the support of James, a Hellenic College student. Please help us welcome everyone to our community here at the Rogerson House!!

Please note that the day program is OPEN on Columbus Day (October 8).

Shabbat: Fri. Oct 12 @ 11am

Fitness First: M-Th **Manicurist:** Thursdays

Rosary: Every Tuesday @ 4:00pm

Hairdresser: Tuesdays

Upcoming Events:

10/1- Museum of Fine Arts

10/2, 10/30 – Date with Daisy

10/5, 10/19- Anna Higgins Story Writing

10/8- Columbus Day (Day Program OPEN)

10/11 – Apple Picking

10/12 Green City Growers

10/26- Silent Movies with Richard Hughes

11/22- Thanksgiving Day (Day Program CLOSED)

11/23- Day Program Open

Drop Off/ Breakfast: 8:30-9:30am 3-course Hot Lunch: 12:30-1:30pm Refreshments available throughout the day