# NEW HORIZONS at CHOATE ACTIVITIES

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00</td>
<td>9:00</td>
<td>9:00</td>
<td>9:00</td>
<td>9:00</td>
<td>9:00</td>
<td>9:00</td>
</tr>
<tr>
<td>Catholic Service (LR)</td>
<td>Exercise with Hilary (TL)</td>
<td>Fitness DVD (B)</td>
<td>On-Site Banking (Wellness)</td>
<td>Word Games (B)</td>
<td>Exercise with Hilary (TL)</td>
<td>Fitness DVD (B)</td>
</tr>
<tr>
<td>9:00</td>
<td>9:00</td>
<td>9:00</td>
<td>9:00</td>
<td>9:00</td>
<td>9:00</td>
<td>9:00</td>
</tr>
<tr>
<td>Protestant Service (WWL)</td>
<td>Exercise with Hilary (TL)</td>
<td>Fitness DVD (B)</td>
<td>On-Site Banking (Wellness)</td>
<td>Word Games (B)</td>
<td>Exercise with Hilary (TL)</td>
<td>Fitness DVD (B)</td>
</tr>
<tr>
<td>9:00</td>
<td>Church Bus</td>
<td>9:45 Christmas Tree Shop*</td>
<td>9:45 Quiddler (B)</td>
<td>Bible Study (Bridge)</td>
<td>9:45 Christmas Tree Shop*</td>
<td>9:45 Quiddler (B)</td>
</tr>
<tr>
<td>Christmas with Fred Erwin (TLT)</td>
<td>Art Group (TL)</td>
<td>1:15 Bingo (RDR)</td>
<td>1:15 Bingo (RDR)</td>
<td>Bible Study (Bridge)</td>
<td>Art Group (TL)</td>
<td>1:15 Bingo (RDR)</td>
</tr>
<tr>
<td>1:30</td>
<td>1:30</td>
<td>1:15</td>
<td>1:15</td>
<td>1:15</td>
<td>1:15</td>
<td>1:15</td>
</tr>
<tr>
<td>Out for a Ride*</td>
<td>Out for a Ride*</td>
<td>Bingo (RDR)</td>
<td>Bingo (RDR)</td>
<td>Bingo (RDR)</td>
<td>bingo (RDR)</td>
<td>Bingo (RDR)</td>
</tr>
<tr>
<td>2:00</td>
<td>2:00</td>
<td>11:00</td>
<td>11:00</td>
<td>11:00</td>
<td>11:00</td>
<td>11:00</td>
</tr>
<tr>
<td>Trivial Pursuit (Bridge)</td>
<td>Movie (WWL)</td>
<td>11:00 &amp; 12:15 Gin 3-13 (Bridge)</td>
<td>11:00 &amp; 12:15 Hangman (DA)</td>
<td>11:00 &amp; 12:15 Gin 3-13 (Bridge)</td>
<td>11:00 &amp; 12:15 Hangman (DA)</td>
<td>11:00 &amp; 12:15 Hangman (DA)</td>
</tr>
<tr>
<td>2:00</td>
<td>2:00</td>
<td>2:30</td>
<td>2:30</td>
<td>2:30</td>
<td>2:30</td>
<td>2:30</td>
</tr>
<tr>
<td>Movie (WWL)</td>
<td>Bingo (B)</td>
<td>Art Group (TL)</td>
<td>Bingo (B)</td>
<td>Art Group (TL)</td>
<td>Bingo with Emily (RDR)</td>
<td>Bingo with Emily (RDR)</td>
</tr>
<tr>
<td>2:00</td>
<td>2:00</td>
<td>2:00</td>
<td>2:00</td>
<td>2:00</td>
<td>2:00</td>
<td>2:00</td>
</tr>
<tr>
<td>Groundhog Day</td>
<td>Bingo (B)</td>
<td>Art Group (TL)</td>
<td>Bingo (B)</td>
<td>Art Group (TL)</td>
<td>Bingo with Emily (RDR)</td>
<td>Bingo with Emily (RDR)</td>
</tr>
<tr>
<td>2:00</td>
<td>2:00</td>
<td>2:00</td>
<td>2:00</td>
<td>2:00</td>
<td>2:00</td>
<td>2:00</td>
</tr>
<tr>
<td>Groundhog Day</td>
<td>Bingo (B)</td>
<td>Art Group (TL)</td>
<td>Bingo (B)</td>
<td>Art Group (TL)</td>
<td>Bingo with Emily (RDR)</td>
<td>Bingo with Emily (RDR)</td>
</tr>
<tr>
<td>9:00</td>
<td>9:00</td>
<td>9:00</td>
<td>9:00</td>
<td>9:00</td>
<td>9:00</td>
<td>9:00</td>
</tr>
<tr>
<td>Catholic Service (LR)</td>
<td>Exercise with Hilary (TL)</td>
<td>Fitness DVD (B)</td>
<td>On-Site Banking (Wellness)</td>
<td>Word Games (B)</td>
<td>Exercise with Hilary (TL)</td>
<td>Fitness DVD (B)</td>
</tr>
<tr>
<td>9:00</td>
<td>9:00</td>
<td>9:00</td>
<td>9:00</td>
<td>9:00</td>
<td>9:00</td>
<td>9:00</td>
</tr>
<tr>
<td>Protestant Service (WWL)</td>
<td>Exercise with Hilary (TL)</td>
<td>Fitness DVD (B)</td>
<td>On-Site Banking (Wellness)</td>
<td>Word Games (B)</td>
<td>Exercise with Hilary (TL)</td>
<td>Fitness DVD (B)</td>
</tr>
<tr>
<td>9:00</td>
<td>Church Bus</td>
<td>9:45 Christmas Tree Shop*</td>
<td>9:45 Quiddler (B)</td>
<td>Bible Study (Bridge)</td>
<td>9:45 Christmas Tree Shop*</td>
<td>9:45 Quiddler (B)</td>
</tr>
<tr>
<td>Christmas with Fred Erwin (TLT)</td>
<td>Art Group (TL)</td>
<td>1:15 Bingo (RDR)</td>
<td>1:15 Bingo (RDR)</td>
<td>Bible Study (Bridge)</td>
<td>Art Group (TL)</td>
<td>1:15 Bingo (RDR)</td>
</tr>
<tr>
<td>1:30</td>
<td>1:30</td>
<td>1:15</td>
<td>1:15</td>
<td>1:15</td>
<td>1:15</td>
<td>1:15</td>
</tr>
<tr>
<td>Out for a Ride*</td>
<td>Out for a Ride*</td>
<td>Bingo (RDR)</td>
<td>Bingo (RDR)</td>
<td>Bingo (RDR)</td>
<td>bingo (RDR)</td>
<td>Bingo (RDR)</td>
</tr>
<tr>
<td>2:00</td>
<td>2:00</td>
<td>11:00</td>
<td>11:00</td>
<td>11:00</td>
<td>11:00</td>
<td>11:00</td>
</tr>
<tr>
<td>Trivial Pursuit (Bridge)</td>
<td>Movie (WWL)</td>
<td>11:00 &amp; 12:15 Gin 3-13 (Bridge)</td>
<td>11:00 &amp; 12:15 Hangman (DA)</td>
<td>11:00 &amp; 12:15 Hangman (DA)</td>
<td>11:00 &amp; 12:15 Hangman (DA)</td>
<td>11:00 &amp; 12:15 Hangman (DA)</td>
</tr>
<tr>
<td>2:00</td>
<td>2:00</td>
<td>2:30</td>
<td>2:30</td>
<td>2:30</td>
<td>2:30</td>
<td>2:30</td>
</tr>
<tr>
<td>Movie (WWL)</td>
<td>Bingo (B)</td>
<td>Art Group (TL)</td>
<td>Bingo (B)</td>
<td>Art Group (TL)</td>
<td>Bingo with Emily (RDR)</td>
<td>Bingo with Emily (RDR)</td>
</tr>
<tr>
<td>2:00</td>
<td>2:00</td>
<td>2:00</td>
<td>2:00</td>
<td>2:00</td>
<td>2:00</td>
<td>2:00</td>
</tr>
<tr>
<td>Groundhog Day</td>
<td>Bingo (B)</td>
<td>Art Group (TL)</td>
<td>Bingo (B)</td>
<td>Art Group (TL)</td>
<td>Bingo with Emily (RDR)</td>
<td>Bingo with Emily (RDR)</td>
</tr>
<tr>
<td>2:00</td>
<td>2:00</td>
<td>2:00</td>
<td>2:00</td>
<td>2:00</td>
<td>2:00</td>
<td>2:00</td>
</tr>
<tr>
<td>Groundhog Day</td>
<td>Bingo (B)</td>
<td>Art Group (TL)</td>
<td>Bingo (B)</td>
<td>Art Group (TL)</td>
<td>Bingo with Emily (RDR)</td>
<td>Bingo with Emily (RDR)</td>
</tr>
</tbody>
</table>

---

**February is Heart Month**

**Improve Your Heart Health**

1. Eat more fruits and vegetables
2. Cut back on high calorie foods loaded with fat & sugar
3. Limit salt
4. Limit alcohol
5. Exercise daily

---

**February 2020**

"Let us love winter, for it is the spring of genius."

Pietro Aretino
<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>16</th>
<th>17</th>
<th>18</th>
<th>19</th>
<th>20</th>
<th>21</th>
<th>22</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00</td>
<td>Christian Worship with Fred Erwin (TLT)</td>
<td>9:00</td>
<td>Exercise with Hilary (TL)</td>
<td>9:00</td>
<td>Exercise with Hilary (TL)</td>
<td>9:00</td>
<td>Exercise with Hilary (TL)</td>
</tr>
<tr>
<td>10:35</td>
<td>Church Bus St. Eulalia's</td>
<td>9:00</td>
<td>Fitness DVD (B)</td>
<td>9:00</td>
<td>Fitness DVD (B)</td>
<td>9:00</td>
<td>Fitness DVD (B)</td>
</tr>
<tr>
<td>6:45</td>
<td>Movie (WWL)</td>
<td>9:00</td>
<td>On-Site Banking (Wellness)</td>
<td>9:00</td>
<td>On-Site Banking (Wellness)</td>
<td>9:00</td>
<td>On-Site Banking (Wellness)</td>
</tr>
<tr>
<td>9:45</td>
<td>Pokeno (Bridge)</td>
<td>9:45</td>
<td>Downtown Woburn*</td>
<td>9:45</td>
<td>Downowntown Woburn*</td>
<td>9:45</td>
<td>Downtown Woburn*</td>
</tr>
<tr>
<td>11:00</td>
<td>BlackJack (DA)</td>
<td>11:00</td>
<td>12:15 Scatetergies (Bridge)</td>
<td>11:00</td>
<td>12:15 Man (DA)</td>
<td>11:00</td>
<td>12:15 Hangman (DA)</td>
</tr>
<tr>
<td>2:30</td>
<td>Bingo (RDR)</td>
<td>2:30</td>
<td>Men's Discussion (TL)</td>
<td>2:30</td>
<td>Play Reading (B)</td>
<td>2:30</td>
<td>Cribbage - on own (Bridge)</td>
</tr>
<tr>
<td>2:30</td>
<td>Art Group (TL)</td>
<td>2:30</td>
<td>Art Group (TL)</td>
<td>2:30</td>
<td>Art Group (TL)</td>
<td>2:30</td>
<td>Art Group (TL)</td>
</tr>
<tr>
<td>2:30</td>
<td>Presidents' Day Movie (WWL)</td>
<td>2:30</td>
<td>Presidents' Day Movie (WWL)</td>
<td>2:30</td>
<td>Presidents' Day Movie (WWL)</td>
<td>2:30</td>
<td>Presidents' Day Movie (WWL)</td>
</tr>
</tbody>
</table>

**Location Key**
- B Baldwin 4th floor
- DA RDR Alcove 2nd floor
- RDR Rumford Dining Room
- LR Living Room 3rd floor
- WWL 3rd Floor Library
- TL Terrace Lounge 1st floor
- TLT Theater 1st floor

**MARDI GRAS**

**Why is it, that the one extra day we get every four years comes in the middle of winter?**

**Leap Year**

**Nina's Barbershop**
- 9:00 Exercise with Hilary (TL)
- 9:00 Fitness DVD (B)
- 9:45 Target*
- 9:45 Quiddler (B)
- 9:45 Rummikub (Bridge)
- 11:00 & 12:15 Gin 3-13 (Bridge)
- 11:15 Bingo (RDR) $1
- 2:30 Bingo (B)
- 2:30 Art Group (TL)
- 2:30 Presidents' Day Movie (WWL)

**Nina's Hair Salon**
- 9:00 Exercise with Hilary (TL)
- 9:00 Fitness DVD (B)
- 9:45 Downtown Woburn*
- 9:45 Cooking (B)
- 9:45 BlackJack (DA)
- 9:45 Bingo (B)
- 11:00 & 12:15 Quiddler (Bridge)
- 11:15 Pokeno (TL) $1
- 1:15 Bingo (RDR) $1
- 2:30 Bingo (B)
- 2:30 Play Reading (B) with Fr. Capuci
- 2:30 Knitting Group (WWL)
- 6:45 Bingo with Emily (RDR) $1

**Sandy's Barbershop**
- 9:00 Exercise with Hilary (TL)
- 9:00 Fitness DVD (B)
- 9:45 Stop & Shop, Woburn
- 9:45 Armchair Travel (TLT)
- 9:45 Rummikub (Bridge)
- 9:45 Bingo (B)
- 11:00 Crosswords (B)
- 11:00 & 12:15 Quiddler (Bridge)
- 11:15 Bingo (RDR) $1
- 2:00 Bingo (B)
- 2:30 Texas Hold 'em (DA) $1
- 3:00 Cocktail Party (LR)
- 6:30 Sounds of Grace (LR)
- 6:45 Movie (WWL)

**Foot Doctor**
- 9:00 Exercise with Hilary (TL)
- 9:00 Fitness DVD (B)
- 9:45 Burlington Mall*
- 9:45 Rummikub (Bridge)
- 11:00 & 12:15 Gin 3-13 (Bridge)
- 11:15 Bingo (RDR) $1
- 2:30 Bingo (B)
- 2:30 Art Group (TL)

**Nina's Hair Salon**
- 9:00 Exercise with Hilary (TL)
- 9:00 Fitness DVD (B)
- 9:45 Kohl's and Dollar Tree*
- 9:45 Rummikub (Bridge)
- 9:45 Bingo (B)
- 11:30 Out to Lunch*
- 11:00 Nail Painting (WWL)
- 11:00:12:15 Globe Xwords (DA)
- 1:15 Bingo (RDR) $1
- 2:30 Cribbage - on own (Bridge)

**Nina's Hair Salon**
- 9:00 Exercise with Hilary (TL)
- 9:00 Fitness DVD (B)
- 9:45 Pokeno (Bridge)
- 9:45 Bingo (B)
- 11:00 Crosswords (B)
- 11:00 & 12:15 Quiddler (Bridge)
- 11:15 Bingo (RDR) $1
- 2:00 Bingo (B)
- 2:30 Texas Hold 'em (DL) $1
- 3:00 Cocktail Party (LR)
- 6:30 Sounds of Grace (LR)
- 6:45 Movie (WWL)

**Happy Birthday**

**Happy Birthday**

**Location Key**
- B Baldwin 4th floor
- DA RDR Alcove 2nd floor
- RDR Rumford Dining Room
- LR Living Room 3rd floor
- WWL 3rd Floor Library
- TL Terrace Lounge 1st floor
- TLT Theater 1st floor

**Quiddler, Rummikub**

**Chinese Checkers**

**Cribbage, Cards & more available for your use on the Bridge**

**DINING ROOM**

**Daily Word Games are available at The Front Desk**

**The FRONT DESK can provide scheduling information for the Hair Salon and the Foot Doctor**

**Residents:**
- Helen Higgins 2/6
- Janet Sethares 2/6
- Hope Verras 2/6

**Staff:**
- Guerlande Christalin 2/17
- Aurora Colon-Rivera 2/22
- Marilyn Crampton 2/22
- Dana DeMambro 2/22
- Bruce Bloomfield 2/23
- Susan Connors 2/25

**781-932-1181**