

## We are always here to support you!

We are very happy to announce that our Support Group will be returning to our community. The Alzheimer and Dementia Caregiver Support Group, will be held on the 2nd Saturday of every month at 10 am. The first in-house meeting will be on August 14th. The Alzheimer and Dementia Caregiver Support Group is a great resource. The support group allows you to -

- \* Share Experiences
- \* Build confidence and a sense of competence
- \* Gain Control over aspects of the disease that are controllable

The support group is facilitated by Susan Sheenan. Light refreshments will be served. Please RSVP, by calling the front desk at 781-331-5555 if you plan on attending.

“ Caregiving often calls us to lean into love we didn’t know possible”

~ Tia Walker



### WINDROSE at weymouth *Associates*

**Jason Morrissey**  
*Executive Director*

**Maureen Heath**  
*Resident Care Director*

**Lynn Stefano**  
*Sales and Marketing Director*

**Megan Walker**  
*Engagement Director*

**Teresa Berardi**  
*Culinary Service Director*

**Peggie McCarthy**  
*Business Office Director*



## Dog Days Of Summer



Summer sure is flying by fast! We cannot believe that it is already August. The weather sure wasn't in our favor during July, but that did no stop us from having fun! We brought our cook outs inside and our garden is looking better then ever from all of the rain we had. We will be taking full advantage of the nice weather and the sun porch during our last month of summer. We are hoping the weather cooperates this month for all of our entertainers, so we can have outdoor concerts. Paul Coronella, Mike Dardis, Steve Lanzilotta, Dick Mandel and Bill Burke are all performing this month. Our walking club is in full swing and our daily exercise program will take place out on the sun porch. Let's hope for less rain and some sunshine!







# AUGUST 2021

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

1

9:30 Walking Club  
10:30 Sunday Mass  
1:30 Sunday Afternoon Stretch  
3:00 Sunday Social  
3:30 Name That Tune  
6:00 The Lawrence Welk Show

2

9:30 Walking Club  
10:00 Pray the Rosary  
10:30 Stretch and Tone Exercise  
11:00 Would You Rather?  
1:30 Porch Games  
3:00 Afternoon Social  
3:15 Daily Chronicle  
6:00 Monday Night Movie

3

9:30 Walking Club  
10:00 Pray the Rosary  
10:30 Move & Groove w/ Lisa  
11:00 Word Scrambles  
1:30 Crafters Corner  
3:00 Snack and Chat Social  
3:15 Daily Chronicle  
6:00 Tuesday's Cinema

4

9:30 Walking Club  
10:00 Pray the Rosary  
10:30 Move and Groove Exercise  
11:00 Manicures  
11:00 White Board Word Games  
1:30 Bingo!  
3:00 Cookie and Conversation Social  
3:15 Daily Chronicle  
6:00 Movie of the Eve

5

9:30 Walking Club  
10:00 Pray the Rosary  
10:30 Balloon Volleyball  
11:00 Trivia Time  
1:30 Bowling!  
3:00 Fresh Fruit Social  
3:15 Daily Chronicle  
6:00 Movie of the Evening

6

9:30 Walking Club  
10:00 Pray the Rosary  
10:30 Noodle Exercises  
11:00 Manicures  
1:30 Dick Mandell Performs  
3:00 Ice Cream Social  
3:15 Daily Chronicle  
6:00 Friday Night Flick

7

9:30 Walking Club  
10:00 Pray the Rosary  
10:30 Saturday Morning Stretch  
1:30 Open Art Studio  
3:00 Saturday Social  
3:15 Daily Chronicle  
3:30 Word Scramble

8

9:30 Walking Club  
10:30 Sunday Mass  
1:30 Sunday Afternoon Stretch  
3:00 Sunday Social  
3:30 Cranium Crunchers  
6:00 The Lawrence Welk Show

9

9:30 Walking Club  
10:00 Pray the Rosary  
10:30 Stretch and Tone Exercise  
11:00 Would You Rather?  
1:30 Porch Games  
3:00 Afternoon Social  
3:15 Daily Chronicle  
6:00 Monday Night Movie

10

9:30 Walking Club  
10:00 Pray the Rosary  
10:30 Noodle Exercises  
11:00 Word Scrambles  
1:30 Crafters Corner  
3:00 Snack and Chat Social  
3:15 Daily Chronicle  
6:00 Tuesday's Cinema

11

9:30 Walking Club  
10:00 Pray the Rosary  
10:30 Mike Dardis Performs  
11:00 Manicures  
11:00 White Board Word Games  
1:30 Bingo!  
3:00 Cookie and Conversation Social  
3:15 Daily Chronicle  
6:00 Movie of the Eve

12

9:30 Walking Club  
10:00 Pray the Rosary  
10:30 Balloon Volleyball  
11:00 Trivia Time  
1:30 Bowling!  
3:00 Fresh Fruit Social  
3:15 Daily Chronicle  
6:00 Movie of the Evening

13

9:30 Walking Club  
10:00 Pray the Rosary  
10:30 Noodle Exercises  
11:00 Manicures  
1:30 Paul Coronella Performs  
3:00 Ice Cream Social  
3:15 Would You Rather?  
3:15 Daily Chronicle  
6:00 Friday Night Flick

14

9:30 Walking Club  
10:00 Pray the Rosary  
10:30 Saturday Morning Stretch  
1:30 Open Art Studio  
3:00 Saturday Social  
3:15 Daily Chronicle  
3:30 Word Scramble

15

9:30 Walking Club  
10:30 Sunday Mass  
1:30 Sunday Afternoon Stretch  
3:00 Sunday Social  
3:30 Name That Tune  
6:00 The Lawrence Welk Show

16

9:30 Walking Club  
10:00 Pray the Rosary  
10:30 Stretch and Tone Exercise  
11:00 Would You Rather?  
1:30 Steve Lanzillotta Performs  
3:00 Afternoon Social  
3:15 Daily Chronicle  
6:00 Monday Night Movie

17

9:30 Walking Club  
10:00 Pray the Rosary  
10:30 Move & Groove w/ Lisa  
11:00 Word Scrambles  
1:30 Crafters Corner  
3:00 Snack and Chat Social  
3:15 Daily Chronicle  
6:00 Tuesday's Cinema

18

9:30 Walking Club  
10:00 Pray the Rosary  
10:30 Move and Groove Exercise  
11:00 Manicures  
11:00 White Board Word Games  
1:30 Art Class w/ Paul  
3:00 Cookie and Conversation Social  
3:15 Daily Chronicle  
6:00 Movie of the Eve

19

9:30 Walking Club  
10:00 Pray the Rosary  
10:30 Balloon Volleyball  
11:00 Trivia Time  
1:30 Bowling!  
3:00 Fresh Fruit Social  
3:15 Daily Chronicle  
6:00 Movie of the Evening

20

9:30 Walking Club  
10:00 Pray the Rosary  
10:30 Noodle Exercises  
11:00 Manicures  
1:30 Sing Along  
3:00 Ice Cream Social  
3:15 Daily Chronicle  
6:00 Friday Night Flick

21

9:30 Walking Club  
10:00 Pray the Rosary  
10:30 Saturday Morning Stretch  
1:30 Open Art Studio  
3:00 Saturday Social  
3:15 Daily Chronicle  
3:30 Word Scramble

22

9:30 Walking Club  
10:30 Sunday Mass  
1:30 Paul Coronella Performs  
3:00 Sunday Social  
3:30 Cranium Crunchers  
6:00 The Lawrence Welk Show

23

9:30 Walking Club  
10:00 Pray the Rosary  
10:30 Stretch and Tone Exercise  
11:00 Would You Rather?  
1:30 Porch Games  
3:00 Afternoon Social  
3:15 Daily Chronicle  
6:00 Monday Night Movie

24

9:30 Walking Club  
10:00 Pray the Rosary  
10:30 Noodle Exercises  
11:00 Word Scrambles  
1:30 Crafters Corner  
3:00 Snack and Chat Social  
3:15 Daily Chronicle  
6:00 Tuesday's Cinema

25

9:30 Walking Club  
10:00 Pray the Rosary  
10:30 Move and Groove Exercise  
11:00 Manicures  
11:00 White Board Word Games  
1:30 Bingo!  
3:00 Cookie and Conversation Social  
3:15 Daily Chronicle  
6:00 Movie of the Eve

26

9:30 Walking Club  
10:00 Pray the Rosary  
10:30 Bill Burke Performs  
11:00 Trivia Time  
1:30 Bowling!  
3:00 Fresh Fruit Social  
3:15 Daily Chronicle  
6:00 Movie of the Evening

27

9:30 Walking Club  
10:00 Pray the Rosary  
10:30 Noodle Exercises  
11:00 Manicures  
11:00 Would You Rather?  
1:30 Sing Along  
3:00 Ice Cream Social  
3:15 Daily Chronicle  
6:00 Friday Night Flick

28

9:30 Walking Club  
10:00 Pray the Rosary  
10:30 Saturday Morning Stretch  
1:30 Open Art Studio  
3:00 Saturday Social  
3:15 Daily Chronicle  
3:30 Word Scramble

29

9:30 Walking Club  
10:30 Sunday Mass  
1:30 Sunday Afternoon Stretch  
3:00 Sunday Social  
3:30 Name That Tune  
6:00 The Lawrence Welk Show

30

9:30 Walking Club  
10:00 Pray the Rosary  
10:30 Stretch and Tone Exercise  
11:00 Would You Rather?  
1:30 Porch Games  
3:00 Afternoon Social  
3:15 Daily Chronicle  
6:00 Monday Night Movie

31

9:30 Walking Club  
10:00 Pray the Rosary  
10:30 Noodle Exercises  
11:00 Word Scrambles  
1:30 Crafters Corner  
3:00 Snack and Chat Social  
3:15 Daily Chronicle  
6:00 Tuesday's Cinema



## Events

2nd~ National Ice Cream Sandwich Day  
3rd~ National Watermelon Day  
4th~ National Chocolate Chip Cookie Day  
6th~ National Rootbeer Float Day  
9th~ Anna B. Birthday  
13th~ Suzanne Birthday  
14th~ National Bowling Day  
20th~ National Lemonade Day  
25th~ National Banana Split Day  
31st~ Helen K. Birthday

## PROGRAM

- Cognitive
- Emotional
- Physical
- Social