

# Cadbury Commons

# July 2024

# Community Programs

SUN	MON	TUES	WED	THURS	FRI	SAT
<p><b><u>Happy Birthday</u></b></p> <p><b>Pat – 7/3</b>  <b>Sue – 7/4</b>  <b>Liz F – 7/12</b>  <b>Alice – 7/20</b>  <b>Nan – 7/25</b>  <b>Sarah – 7/28</b>  <b>Alison – 7/31</b></p>	<p><b>1</b>            9:30 Morning Stretch ft. Matter of Balance            10:00 Wordle            1:30 Afternoon Exercise with Forever Fit            2:15 NY Times Crossword            3:30 Singalong with Brian            6:30 Evening Film: <i>Bull Durham</i> (1988)</p>	<p><b>2</b>            9:30 Morning Stretch            10:00 Pictionary            10:30 Leonard Bernstein's <i>Young People's Concerts</i>  <b>1:30 Boyd's Documentary Film</b>  <b>2:30 Courtyard Gardening with Green City Growers</b>  <b>4:00 TED Talks</b>            6:30 Evening Film: <i>The Miracle Club</i> (2023)</p>	<p><b>3</b>            9:30 Morning Stretch ft. Matter of Balance            10:00 Trivia Questions            10:30 Nature Documentary  <b>1:30 Outdoor Walking Group</b>            2:30 Classical Music Listening  <b>3:30 Happy Hour!</b>            6:30 Evening Film: <i>On the Basis of Sex</i> (2018)</p>	<p><b>4 Independence Day</b>            9:30 Morning Stretch ft. Matter of Balance            10:00 Outburst  <b>10:30 Gentle Yoga with Carabeth</b></p> <hr/> <p><b>1:30 Outdoor Games and Art</b></p> <hr/> <p>1:30 Film: <i>1776</i> (1972)            6:30 Evening Film: <i>Mel Brooks's Blazing Saddles</i> (1974)  <b>8:00 Televised Boston Pops Spectacular</b></p>	<p><b>5</b>            9:30 Morning Stretch ft. Matter of Balance            10:00 Morning Crossword            10:30 Apples to Apples  <b>1:45 Miniature Paintings with Tatyana</b>  <b>3:30 Happy Hour!</b>            6:30 Evening Film: <i>Perfect Days</i> (2023)</p>	<p><b>6</b>            10:00 Morning Stretch            10:30 Non-Fiction Article Review            1:30 Current Events            3:00 Expressive Arts            6:30 Evening Film: Puccini's <i>La Bohème</i></p>
<p><b>7</b>            9:30 Morning Stretch ft. Matter of Balance  <b>10:00 Folk Music with Bill Perry</b>            1:30 Literature Out Loud  <b>2:30 TV Series: "Bridgerton," season 2, episodes 3&amp;4</b>            6:30 Evening Film: <i>Casablanca</i> (1942)</p>	<p><b>8</b>            9:30 Morning Stretch ft. Matter of Balance            10:00 Wordle            1:30 Afternoon Exercise with Forever Fit            2:15 NY Times Crossword            3:30 Singalong with Brian            6:30 Evening Film: <i>Bridge of Spies</i> (2015)</p>	<p><b>9</b>            9:30 Morning Stretch            10:00 Pictionary            10:30 Leonard Bernstein's <i>Young People's Concerts</i>  <b>1:30 Resident Forum</b>  <b>2:30 Courtyard Gardening with Green City Growers</b>  <b>3:30 TED Talks</b>            6:30 Evening Film: <i>The Beautiful Game</i> (2024)</p>	<p><b>10</b>            9:30 Morning Stretch ft. Matter of Balance            10:00 Trivia Questions            10:30 Nature Documentary  <b>1:30 Outdoor Walking Group</b>            2:30 Classical Music Listening  <b>3:30 Happy Hour!</b>            6:30 Evening Film: <i>The Peanut Butter Falcon</i></p>	<p><b>11</b>            9:30 Morning Stretch ft. Matter of Balance            10:00 Outburst  <b>10:30 Gentle Yoga with Carabeth</b>            1:30 Afternoon Exercise with Forever Fit            2:15 Poker for Beginners  <b>3:30 Bingo! with Prizes!</b>            6:30 Evening Film: <i>Toni Morrison: The Pieces I Am</i> (2019)</p>	<p><b>12</b>            9:30 Morning Stretch ft. Matter of Balance            10:00 Morning Crossword  <b>10:30 Guided Meditation</b>  <b>1:30 Outdoor Walking Group</b>  <b>2:30 Live Jazz Music with Elan Mehler</b>  <b>3:30 Happy Hour!</b>            6:30 Evening Film: <i>Uncharted</i> (2022)</p>	<p><b>13</b>            10:00 Morning Stretch            10:30 Short Story Review            1:30 Current Events            3:00 Expressive Arts            6:30 Evening Film: <i>Tinker Tailor Soldier Spy</i> (2011)</p>
<p><b>14</b>            9:30 Morning Stretch ft. Matter of Balance  <b>10:00 Folk Music with Paul and Pam</b>            1:30 Tatyana reads from "Weird New England"  <b>2:30 TV Series: "Bridgerton," season 2, episodes 5&amp;6</b>            6:30 Evening Film: <i>To Kill a Mockingbird</i> (1962)</p>	<p><b>15</b>            9:30 Morning Stretch ft. Matter of Balance            10:00 Wordle            1:30 Afternoon Exercise with Forever Fit            2:15 NY Times Crossword            3:30 Singalong with Brian            6:30 Evening Film: <i>Sleepless in Seattle</i> (1993)</p>	<p><b>16</b>            9:30 Morning Stretch            10:00 Pictionary            10:30 Leonard Bernstein's <i>Young People's Concerts</i>  <b>1:30 Food for Thought Meeting w/ Jimmy</b>  <b>2:30 Courtyard Gardening with Green City Growers</b>  <b>3:30 TED Talks</b>            6:30 Evening Film: <i>Always Be My Maybe</i></p>	<p><b>17</b>            9:30 Morning Stretch            10:00 Trivia Questions            10:30 Nature Documentary  <b>1:30 Outdoor Walking Group</b>            2:30 Classical Music Listening  <b>3:30 Happy Hour!</b>            6:30 Evening Film: <i>The Catcher Was a Spy</i> (2018)</p>	<p><b>18</b>            9:30 Morning Stretch ft. Matter of Balance            10:00 Outburst  <b>10:30 Gentle Yoga with Carabeth</b>            1:30 Afternoon Exercise with Forever Fit            2:15 Poker for Beginners  <b>3:30 Bingo! with Prizes!</b>            6:30 Evening Film: <i>Becoming Cousteau</i> (2021)</p>	<p><b>19</b>            9:30 Morning Stretch ft. Matter of Balance            10:00 Morning Crossword            10:30 Apples to Apples  <b>1:45 Art Project with Tatyana</b>  <b>3:30 Happy Hour!</b>            6:30 Evening Film: <i>The Life Aquatic with Steve Zissou</i> (2004)</p>	<p><b>20</b>            10:00 Morning Stretch            10:30 Literary Games – "Spelling Bee"            1:30 Current Events            3:00 Expressive Arts            6:30 Evening Film: <i>The Shawshank Redemption</i> (1994)</p>

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<p><b>21</b>            9:30 Morning Stretch ft. Matter of Balance  <b>10:00 Folk Music with Bill Perry</b>            1:30 Literature Out Loud  <b>2:30 TV Series: "Bridgerton," season 2, episodes 7&amp;8</b>            6:30 Evening Film: <i>The Painted Veil</i> (2006)</p>	<p><b>22</b>            9:30 Morning Stretch ft. Matter of Balance            10:00 Wordle            1:30 Afternoon Exercise with Forever Fit            2:15 NY Times Crossword            3:30 Singalong with Brian            6:30 Evening Film: <i>The Color Purple</i> (1985)</p>	<p><b>23</b>            9:30 Morning Stretch            10:00 Pictionary            10:30 Leonard Bernstein's <i>Young People's Concerts</i>  <b>1:30 Movie Selection Meeting</b>  <b>2:30 Courtyard Gardening with Green City Growers</b>            3:30 TED Talks            6:30 Evening Film: <i>Airport</i> (1970)</p>	<p><b>24</b>            9:30 Morning Stretch ft. Matter of Balance            10:00 Trivia Questions            10:30 Nature Documentary  <b>1:30 Outdoor Walking Group</b>            2:30 Classical Music Listening  <b>3:30 Happy Hour!</b>            6:30 Evening Film: <i>Falling for Figaro</i> (2021)</p>	<p><b>25</b>            9:30 Morning Stretch ft. Matter of Balance            10:00 Outburst  <b>10:30 Gentle Yoga with Carabeth</b>            1:30 Afternoon Exercise with Forever Fit            2:15 Poker for Beginners            3:30 Bingo! with Prizes!            6:30 Evening Film: <i>The Joy Luck Club</i> (1993)</p>	<p><b>26</b>            9:30 Morning Stretch ft. Matter of Balance            10:00 Morning Crossword  <b>10:30 Guided Meditation</b>  <b>1:45 Art Project with Tatyana</b>  <b>3:30 Happy Hour!</b>            6:30 Evening Film: <i>Once</i> (2007)</p>	<p><b>27</b>            10:00 Morning Stretch            10:30 Short Story Review  <b>1:30 Live Music by Kathy McDougald</b>            3:00 Expressive Arts            6:30 Evening Film: <i>The Motorcycle Diaries</i> (2004)</p>
<p><b>28</b>            9:30 Morning Stretch ft. Matter of Balance  <b>10:00 Folk Music with Paul and Pam</b>            1:30 Literature Out Loud  <b>2:30 TV Series: "Bridgerton," season 3, episodes 1&amp;2</b>            6:30 Evening Film: <i>Indiana Jones and the Raiders of the Lost Ark</i> (1981)</p>	<p><b>29</b>            9:30 Morning Stretch ft. Matter of Balance            10:00 Wordle            1:30 Afternoon Exercise with Forever Fit            2:15 NY Times Crossword            3:30 Singalong with Brian            6:30 Evening Film: <i>The Hustler</i> (1961)</p>	<p><b>30</b>            9:30 Morning Stretch ft. Matter of Balance            10:00 Pictionary            10:30 Leonard Bernstein's <i>Young People's Concerts</i>  <b>1:30 Boyd's Documentary Film</b>  <b>2:30 Courtyard Gardening with Green City Growers</b>            3:30 TED Talks            6:30 Evening Film: <i>The Theory of Everything</i> (2014)</p>	<p><b>31</b>            9:30 Morning Stretch ft. Matter of Balance            10:00 Trivia Questions            10:30 Nature Documentary  <b>1:30 Resident Round Table Meeting</b>            2:30 Classical Music Listening  <b>3:30 Happy Hour!</b>            6:30 Evening Film: <i>Woman in Gold</i> (2015)</p>			<p><u>Spiritual Support</u>            = violet typeface  <u>Creative Expression</u>            = green typeface  <u>Physical Fitness:</u>            = red typeface  <u>Brain Fitness:</u>            = blue typeface  <u>Entertainers</u>            = BOLD typeface</p>