



Morningside Community Calendar

APRIL 2026

SUNDAY	MONDAYS	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Programs subject to change, please use the daily sheets for updates!</p> <p>RECYCLE & EARTH MONTH</p>	<p>Mind & Spirit Support</p> <p>Creative Expression</p> <p>Physical Fitness</p> <p>Brain Fitness</p> <p>Entertainer/Instructor</p> <p>Music</p> <p>Cooking & Social</p>	<p>Birthdays</p>  <p>4/1 Virginia 4/5 Ellen 4/8 Lydia 4/12 Marilyn</p>	<p>1 HOLY WEEK</p> <p>9:30 Morning Check In</p> <p>9:30 Yoga w/Stacy Exer Rm</p> <p>10:00 Cranium Crunches & Daily Chronicle Reading</p> <p>10:30 Sing Fit Movement</p> <p>11:15 Guess Who What When</p> <p>1:00 Creative Expression</p> <p>1:00 Puzzles/Cards/Games</p> <p>2:30 Tunefoolery Musical Group</p> <p>3:30 Short Story Group</p> <p>4:00 Trivia & Tales</p> <p>6:00 Action Movie</p>	<p>2 PASSOVER</p> <p>9:30 Morning Check In</p> <p>9:30 1:1 Check ins w/Ana</p> <p>9:30 Watercolors w/Amanda</p> <p>10:00 1:1 Wyatt</p> <p>10:00 Art Adventures w/Ameila</p> <p>10:00 Walking Club w/Ana</p> <p>10:00 WORDLE & Daily Chronicle Reading</p> <p>10:30 Balance & Fit Class</p> <p>10:30 Creative Time w/Ana</p> <p>1:00 BINGO w/Prizes w/Interns</p> <p>1:30 Joel and Dan</p> <p>1:30 Music & Reminiscing w/Amanda</p> <p>2:30 Community Time</p> <p>3:00 Afternoon Games</p> <p>3:15 Tufts BEI Program</p> <p>4:00 Lifelong Learners</p> <p>6:00 Netflix Series</p>	<p>3 GOOD FRIDAY</p> <p>9:30 Morning Check In</p> <p>10:00 Whiteboard Game & Daily Chronicle Reading</p> <p>10:30 Dance Movement w/lvy</p> <p>11:00 Cooking Group</p> <p>1:00 Montessori Table Activity or Afternoon Games</p> <p>1:30 Forever Fit Class Ex Rm</p> <p>2:00 RED SOX Opening Day</p> <p>2:00 1940's playlist</p> <p>3:00 Bananagrams</p> <p>3:15 Tufts BEI Program</p> <p>4:00 Mindfulness</p> <p>6:00 Classic Show</p>	<p>4</p> <p>9:30 Morning Check In</p> <p>10:00 Word In A Word & Daily Chronicle Reading</p> <p>10:30 Fittercise CD</p> <p>11:00 Walking Group</p> <p>1:00 Easy Listening CD</p> <p>1:30 Creative Expression</p> <p>1:45 Tufts BEI Program</p> <p>2:30 Goggle Arts & Culture</p> <p>3:00 Where in the World</p> <p>6:00 Resident Choice</p>
<p>5 EASTER</p> <p>10:00 Spiritual Time - Spiritual Elders YouTube</p> <p>11:00 Saxophone w/Severin</p> <p>1:30 Afternoon Spa & Nails</p> <p>1:45 Tufts BEI Program</p> <p>2:00 Walking Group</p> <p>2:30 YouTube Concert "Symphony Experience Chamber Music"</p> <p>3:15 Resistance Band Exercise Longfellow</p> <p>4:00 Puzzles/Cards/Games</p> <p>6:00 Netflix Series "The West Wing"</p>	<p>6</p> <p>9:30 Morning Check In</p> <p>10:00 Scrapbooking w/Amelia</p> <p>10:00 Cranium Crunches</p> <p>10:20 Daily Chronicle</p> <p>10:30 Dance & Movement</p> <p>1:00 Nature Series w/Ana</p> <p>1:30 Beginner Weight Conditioning Longfellow</p> <p>1:30 Ballroom Dancing w/Interns & StepsInTime</p> <p>2:00 Writing Group w/Ana</p> <p>2:30 Board Games w/Ana</p> <p>4:00 m4d radio 1940s</p> <p>6:00 Musical Movie</p>	<p>7</p> <p>9:30 Morning Check In</p> <p>10:00 Word In A Word & Daily Chronicle Reading</p> <p>10:30 Twist & Tone</p> <p>1:00 Reading Group Plants & Animals of Spring</p> <p>1:00 Montessori Group w/staff Sensory Bins</p> <p>1:30 Jeopardy</p> <p>2:00 2026 Keynote "Jane Pauley on Reimagining the Rest of Your Life" Road Scholar</p> <p>2:00 Tuesday Tidbits</p> <p>2:30 Spiritual Time - Spiritual Elders YouTube</p> <p>3:00 Classical Music & Zen</p> <p>3:00 Magazines & Moments</p> <p>4:00 Tuesdays Talks</p> <p>6:00 Hollywood Classics</p>	<p>8 PASSOVER</p> <p>9:30 Morning Check In</p> <p>9:30 Yoga w/Stacy Exer Rm</p> <p>10:00 Cranium Crunches & Daily Chronicle Reading</p> <p>10:30 Sing Fit Movement</p> <p>11:15 Guess Who What When</p> <p>1:00 Creative Expression</p> <p>1:00 Puzzles/Cards/Games</p> <p>2:30 Tunefoolery Musical Group</p> <p>3:30 Short Story Group</p> <p>4:00 Trivia & Tales</p> <p>6:00 Action Movie</p>	<p>9</p> <p>9:30 Morning Check In</p> <p>9:30 1:1 Check ins w/Ana</p> <p>9:30 Watercolors w/Amanda</p> <p>10:00 1:1 Wyatt</p> <p>10:00 Art Adventures w/Ameila</p> <p>10:00 Walking Club w/Ana</p> <p>10:00 WORDLE & Daily Chronicle Reading</p> <p>10:30 Balance & Fit Class</p> <p>10:30 Creative Time w/Ana</p> <p>1:00 BINGO w/Prizes w/Interns</p> <p>1:30 Music & Reminiscing w/Amanda</p> <p>2:30 Community Time</p> <p>3:00 Afternoon Games</p> <p>3:15 Tufts BEI Program</p> <p>4:00 Lifelong Learners</p> <p>6:00 Netflix Series</p>	<p>10</p> <p>9:30 Morning Check In</p> <p>10:00 Whiteboard Game & Daily Chronicle Reading</p> <p>10:30 Twist & Turn</p> <p>11:00 Cooking Group</p> <p>1:00 Montessori Table Activity or Afternoon Games</p> <p>1:30 Forever Fit Class Ex Rm</p> <p>2:00 1950's playlist</p> <p>2:30 Cadbury Sing Along</p> <p>2:30 Resident Social Birthdays</p> <p>3:00 Bananagrams</p> <p>3:15 Tufts BEI Program</p> <p>4:00 Mindfulness</p> <p>6:00 Classic Show</p>	<p>11</p> <p>9:30 Morning Check In</p> <p>10:00 Word In A Word & Daily Chronicle Reading</p> <p>10:30 Light & Lively CD</p> <p>11:00 Walking Group</p> <p>1:00 Easy Listening CD</p> <p>1:30 Creative Expression</p> <p>1:45 Tufts BEI Program</p> <p>2:30 Goggle Arts & Culture</p> <p>3:00 Where in the World</p> <p>6:00 Resident Choice</p>
<p>12</p> <p>10:00 Spiritual Time - Spiritual Elders YouTube</p> <p>11:00 Saxophone w/Severin</p> <p>1:30 Afternoon Spa & Nails</p> <p>1:45 Tufts BEI Program</p> <p>2:00 Walking Group</p> <p>2:30 YouTube Concert "Symphony Experience Chamber Music"</p> <p>3:15 Resistance Band Exercise Longfellow</p> <p>4:00 Puzzles/Cards/Games</p>	<p>13</p> <p>9:30 Morning Check In</p> <p>10:00 Scrapbooking w/Amelia</p> <p>10:00 Cranium Crunches</p> <p>10:20 Daily Chronicle</p> <p>10:30 Dance & Movement</p> <p>1:00 Nature Series w/Ana</p> <p>1:30 Beginner Weight Conditioning Longfellow</p> <p>2:00 Writing Group w/Ana</p> <p>2:30 Board Games w/Ana</p> <p>4:00 m4d radio 1950s</p>	<p>14</p> <p>9:30 Morning Check In</p> <p>10:00 Word In A Word & Daily Chronicle Reading</p> <p>10:30 Twist & Tone</p> <p>1:00 Reading Group Plants & Animals of Spring</p> <p>1:00 Montessori Group w/staff Sensory Bins</p> <p>1:30 Jeopardy</p> <p>2:00 Tuesday Tidbits</p> <p>2:30 Spiritual Time - Spiritual Elders YouTube</p>	<p>15</p> <p>9:30 Morning Check In</p> <p>9:30 Yoga w/Stacy Exer Rm</p> <p>10:00 Cranium Crunches & Daily Chronicle Reading</p> <p>10:30 Sing Fit Movement</p> <p>11:15 Guess Who What When</p> <p>1:00 Creative Expression</p> <p>1:00 Puzzles/Cards/Games</p> <p>2:30 Tunefoolery Musical Group</p> <p>3:30 Short Story Group</p> <p>4:00 Trivia & Tales</p>	<p>16</p> <p>9:30 Morning Check In</p> <p>9:30 1:1 Check ins w/Ana</p> <p>9:30 Watercolors w/Amanda</p> <p>10:00 1:1 Wyatt</p> <p>10:00 Art Adventures w/Ameila</p> <p>10:00 Walking Club w/Ana</p> <p>10:00 WORDLE & Daily Chronicle Reading</p> <p>10:30 Balance & Fit Class</p> <p>10:30 Creative Time w/Ana</p> <p>1:00 BINGO w/Prizes w/Interns</p> <p>1:30 Music & Reminiscing w/Amanda</p>	<p>17</p> <p>9:30 Morning Check In</p> <p>10:00 Whiteboard Game & Daily Chronicle Reading</p> <p>10:30 Twist & Turn</p> <p>11:00 Cooking Group</p> <p>1:00 Montessori Table Activity or Afternoon Games</p> <p>1:30 Forever Fit Class Ex Rm</p> <p>2:00 1960's playlist</p> <p>2:30 Cadbury Sing Along</p> <p>2:30 Resident Social</p>	<p>18</p> <p>9:30 Morning Check In</p> <p>10:00 Word In A Word & Daily Chronicle Reading</p> <p>10:30 Sittercise CD</p> <p>11:00 Walking Group</p> <p>1:00 Easy Listening CD</p> <p>1:30 Creative Expression</p> <p>1:45 Tufts BEI Program</p> <p>2:00 Harvard Orchestra Ensemble</p> <p>2:30 Goggle Arts & Culture</p>



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APRIL 2026

SUNDAY	MONDAYS	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 Netflix Series "The West Wing"	6:00 Musical Movie	3:00 Classical Music & Zen 3:00 Magazines & Moments 4:00 Tuesdays Talks 6:00 Hollywood Classics	6:00 Action Movie	2:30 Community Time 3:00 Afternoon Games 3:15 Tufts BEI Program 4:00 Lifelong Learners 6:00 Netflix Series	3:00 Bananagrams 3:15 Tufts BEI Program 4:00 Mindfulness 6:00 Classic Show	3:00 Where in the World 6:00 Resident Choice
19 10:00 Spiritual Time - Spiritual Elders YouTube 11:00 Saxophone w/Severin 1:30 Afternoon Spa & Nails 1:45 Tufts BEI Program 2:00 Walking Group 2:30 YouTube Concert "Symphony Experience Chamber Music" 3:15 Resistance Band Exercise Longfellow 4:00 Puzzles/Cards/Games 6:00 Netflix Series "The West Wing"	20 PATRIOTS DAY 9:00 Boston Marathon Viewing 9:30 Morning Check In 10:00 Cranium Crunches 10:20 Daily Chronicle 10:30 Chaboom w/Pam Dance & Movement 1:00 Nature Series 1:30 Puzzles & Card Games 1:30 Beginner Weight Conditioning Longfellow 2:00 Writing Group 2:30 Board Games 4:00 m4d radio mixes 6:00 Musical Movie	21 9:30 Morning Check In 10:00 Word In A Word & Daily Chronicle Reading 10:15 Twist & Tone 10:45 Golden Moments Pet Therapy 1:00 Reading Group Plants & Animals of Spring 1:00 Montessori Group w/staff Sensory Bins 1:30 Jeopardy 2:00 Mike Mosca on the Guitar 2:00 Tuesday Tidbits 2:30 Spiritual Time - Spiritual Elders YouTube 3:00 Classical Music & Zen 3:00 Magazines & Moments 4:00 Tuesdays Talks 6:00 Hollywood Classics	22 EARTH DAY 9:30 Morning Check In 9:30 Yoga w/Stacy Exer Rm 10:00 Cranium Crunches & Daily Chronicle Reading 10:30 Sing Fit Movement 11:15 Guess Who What When 1:00 Creative Expression 1:00 Puzzles/Cards/Games 2:30 Tunefoolery Musical Group 3:30 Short Story Group 4:00 Trivia & Tales 6:00 Action Movie	23 9:30 Morning Check In 9:30 1:1 Check ins w/Ana 9:30 Watercolors w/Amanda 10:00 1:1 Wyatt 10:00 Art Adventures w/Ameila 10:00 Walking Club w/Ana 10:00 WORDLE & Daily Chronicle Reading 10:30 Balance & Fit Class 10:30 Creative Time w/Ana 1:00 BINGO w/Prizes w/Interns 1:30 Music & Reminiscing w/Amanda 2:30 Community Time 3:00 Afternoon Games 3:15 Tufts BEI Program 4:00 Lifelong Learners 6:00 Netflix Series	24 ARBOR DAY 9:30 Morning Check In 10:00 Whiteboard Game & Daily Chronicle Reading 10:30 Dance Movement w/Ivy 11:00 Cooking Group 1:00 Montessori Table Activity or Afternoon Games 1:30 Forever Fit Class Ex Rm 2:00 1970's playlist 2:30 Cadbury Sing Along 2:30 Resident Social 3:00 Bananagrams 3:15 Tufts BEI Program 4:00 Mindfulness 6:00 Classic Show	25 9:30 Morning Check In 10:00 Word In A Word & Daily Chronicle Reading 10:30 Sittercise CD 11:00 Walking Group 1:00 Easy Listening CD 1:30 Creative Expression 1:45 Tufts BEI Program 2:30 Goggle Arts & Culture 3:00 Where in the World 6:00 Resident Choice
26 10:00 Spiritual Time - Spiritual Elders YouTube 11:00 Saxophone w/Severin 1:30 Afternoon Spa & Nails 1:45 Tufts BEI Program 2:00 Walking Group 2:30 YouTube Concert "Symphony Experience Chamber Music" 3:15 Resistance Band Exercise Longfellow 4:00 Puzzles/Cards/Games 6:00 Netflix Series "The West Wing"	27 9:30 Morning Check In 10:00 Scrapbooking w/Amelia 10:00 Cranium Crunches 10:20 Daily Chronicle 10:30 Dance & Movement 1:00 Nature Series w/Ana 1:30 Beginner Weight Conditioning Longfellow 2:00 Writing Group w/Ana 2:30 Board Games w/Ana 4:00 m4d radio 1960s 6:00 Musical Movie	28 9:30 Morning Check In 10:00 Word In A Word & Daily Chronicle Reading 10:30 Twist & Tone 1:00 Reading Group Plants & Animals of Spring 1:00 Montessori Group w/staff Sensory Bins 1:30 Jeopardy 2:00 Tuesday Tidbits 2:30 Spiritual Time - Spiritual Elders YouTube 3:00 Classical Music & Zen 3:00 Magazines & Moments 4:00 Tuesdays Talks 6:00 Hollywood Classics	29 9:30 Morning Check In 9:30 Yoga w/Stacy Exer Rm 10:00 Cranium Crunches & Daily Chronicle Reading 10:30 Sing Fit Movement 11:15 Guess Who What When 1:00 Creative Expression 1:00 Puzzles/Cards/Games 2:30 Tunefoolery Musical Group 3:30 Short Story Group 4:00 Trivia & Tales 6:00 Action Movie	30 9:30 Morning Check In 9:30 1:1 Check ins w/Ana 9:30 Watercolors w/Amanda 10:00 1:1 Wyatt 10:00 Art Adventures w/Ameila 10:00 Walking Club w/Ana 10:00 WORDLE & Daily Chronicle Reading 10:30 Balance & Fit Class 10:30 Creative Time w/Ana 1:00 BINGO w/Prizes w/Interns 1:30 Music & Reminiscing w/Amanda 2:30 Community Time 3:00 Afternoon Games 3:15 Tufts BEI Program 4:00 Lifelong Learners 6:00 Netflix Series	<p>Programs subject to change, please use the daily sheets for updates!</p> <p>RECYCLE & EARTH MONTH</p>	

Here are the 12 Key Principles of Montessori Inspired Lifestyle®

1. The activity should have a purpose and capture interest.
2. Invite the person to participate.
3. Offer choice whenever possible.
4. Demonstrate more. Talk less.
5. Physical Skills. Focus on what the person can do.
6. Match your speed to theirs. Slow down!
7. Use visual hints, cues, or templates.
8. Give the person something to hold.
9. Go from simple to more complex.
10. Break a task down into steps.
11. To end, ask: "Did you enjoy doing this?" and "Would you like to do this again?"
12. There is no right or wrong way to do an activity. Think Engagement.