







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		ST. THERESE LITTLE FLOWER 1 10:00 Healthy Steps Exercise S.H. 10:00 IN2L Exercise M.C. 10:00 Ring Toss G.A. 10:00 Balloon Swat S.J. 11:30 – 2:30 Accordion w/Ed on Units 11:00 Mass in the Chapel	2 10:00 Healthy Steps Exercise S.A. 10:00 IN2L S.J. 10:00 Light Exercise to Music G.A. 10:00 Elder Sing A Long M.C. 11:00 Mass in the Chapel <small>Rosh Hashanah Begins</small>	3 10:00 Ball Toss & Music S.J. 10:00 Newspaper Review S.A. 10:00 IN2L Games S.H. 10:00 Sing A Long G.A. 11:00 Mass in the Chapel	4 9:30 Friday Craft Group 10:00 Morning Stretch S.J. 10:00 Puzzle Time S.T. 11:00 Mass in the Chapel	5 9:30 Mass Ch. 8 & 268 10:00 Sing A Long S.J. 10:00 Ball Toss & Music S.A. 10:00 Would You Rather? G.A.
27th Sunday In Ordinary Time 6 10:00 Mass Ch. 8 & 268 10:00 Darts S.J.  10:30 Bible Study w/Fr. Conrad M.C.	7 10:00 Sing A Long S.T. 10:00 Music Memory & Motion S.A. 10:00 IN2L S.H. 10:00 Current Events S.J. 11:00 Mass in the Chapel	8 10:00 Crafts w/Natalia 10:00 Healthy Steps Exercise S.H. 10:00 IN2L Exercise M.C. 10:00 Bowling G.A. 10:00 Balloon Swat S.J. 11:00 Mass in the Chapel	9 10:00 Healthy Steps Exercise S.A. 10:00 IN2L S.J. 10:00 Light Exercise to Music G.A. 10:00 One & Done Dice Game M.C. 11:00 Mass in the Chapel	10 10:00 Ball Toss & Music S.J. 10:00 Newspaper Review S.A. 10:00 IN2L Games S.H. 10:00 Sing A Long G.A. 11:00 Mass in the Chapel	11 9:30 Friday Craft Group 10:00 Morning Stretch S.J. 10:00 Puzzle Time S.T. 11:00 Mass in the Chapel <small>Yom Kippur Begins</small>	12 9:30 Mass Ch. 8 & 268 10:00 Sing A Long S.J. 10:00 Ball Toss & Music S.A. 10:00 Light Exercise to Music G.A.
28th Sunday In Ordinary Time 13 10:00 Mass Ch. 8 & 268 10:00 Darts S.J.  10:30 Bible Study w/Fr. Conrad M.C.	14 10:00 Sing A Long S.T. 10:00 Music Memory & Motion S.A. 10:00 IN2L S.H. 10:00 Current Events S.J. 11:00 Mass in the Chapel 11:30 - 2:30 Accordion w/Ed on Units <small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</small>	ST. TERESA OF AVILA 15 10:00 Healthy Steps Exercise S.H. 10:00 IN2L Exercise M.C. 10:00 Basketball G.A. 10:00 Balloon Swat S.J. 11:00 Mass in the Chapel 11:30 – 2:30 Accordion w/Ed on Units	16 10:00 Healthy Steps Exercise S.A. 10:00 IN2L S.J. 10:00 Light Exercise to Music G.A. 10:00 Elder Sing A Long M.C. 11:00 Mass in the Chapel <small>Sukkot Begins</small>	17 10:00 Ball Toss & Music S.J. 10:00 Newspaper Review S.A. 10:00 IN2L Games S.H. 10:00 Sing A Long G.A. 11:00 Mass in the Chapel	18 9:30 Friday Craft Group 10:00 Morning Stretch S.J. 10:00 Puzzle Time S.T. 11:00 Mass in the Chapel	19 9:30 Mass Ch. 8 & 268 10:00 Sing A Long S.J. 10:00 Ball Toss & Music S.A. 10:00 Sing A Long G.A.
29th Sunday In Ordinary Time 20 10:00 Mass Ch. 8 & 268 10:00 Darts S.J.  10:30 Bible Study w/Fr. Conrad M.C.	21 10:00 Sing A Long S.T. 10:00 Music Memory & Motion S.A. 10:00 IN2L S.H. 10:00 Current Events S.J. 11:00 Mass in the Chapel	22 10:00 Crafts w/Natalia 10:00 Healthy Steps Exercise S.H. 10:00 IN2L Exercise M.C. 10:00 Can Bowling G.A. 10:00 Balloon Swat S.J. 11:00 Mass in the Chapel	23 10:00 Healthy Steps Exercise S.A. 10:00 IN2L S.J. 10:00 Light Exercise to Music G.A. 10:00 "Perfect 10 Game" M.C. 11:00 Mass in the Chapel	24 10:00 Ball Toss & Music S.J. 10:00 Newspaper Review S.A. 10:00 IN2L Games S.H. 10:00 Sing A Long G.A. 11:00 Mass in the Chapel <small>Simchat Torah Begins</small>	25 9:30 Friday Craft Group 10:00 Morning Stretch S.J. 10:00 Puzzle Time S.T. 11:00 Mass in the Chapel	26 9:30 Mass Ch. 8 & 268 10:00 Sing A Long S.J. 10:00 Ball Toss & Music S.A. 10:00 Light Exercise to Music G.A.
30th Sunday In Ordinary Time 27 10:00 Mass Ch. 8 & 268 10:00 Darts S.J.  10:30 Bible Study w/Fr. Conrad M.C.	28 10:00 Sing A Long S.T. 10:00 Music Memory & Motion S.A. 10:00 IN2L S.H. 10:00 Current Events S.J. 11:00 Mass in the Chapel	29 10:00 Crafts w/Natalia 10:00 Healthy Steps Exercise S.H. 10:00 IN2L Exercise M.C. 10:00 Ring Toss G.A. 10:00 Balloon Swat S.J. 11:00 Mass in the Chapel	30 10:00 Healthy Steps Exercise S.A. 10:00 IN2L S.J. 10:00 Light Exercise to Music G.A. 10:00 Elder Sing A Long M.C. 11:00 Mass in the Chapel	31 10:00 Ball Toss & Music S.J. 10:00 Newspaper Review S.A. 10:00 IN2L Games S.H. 10:00 Sing A Long G.A. 11:00 Mass in the Chapel <small>Halloween</small>	LOCATION KEY S.H. = Sacred Heart Ctr. G.A. = Guardian Angel Ctr. S.A. = St. Ann Ctr. S.T. = St. Therese Ctr. M.C. = Marian Ctr. S.J. = St. Joseph Ctr. T.L. = Tara Lounge D.R. = Dining Room 	

ACTIVITIES ARE SUBJECT TO CHANGE. Mass is offered Mon – Fri. Communion w/Seminarians. Shabbat Service Fri 3:30. Hairdresser by appt. Add: 863 Central St. Framingham MA 01701