



Pause with Paws - Meet Chloe & Leo

We had a two new furry friends' visit this month, Leo, the Devon Rex Feline and Chloe, the Border Collie K-9. Few can resist time with our volunteer animals and their owners. Thank you to Laura (Chloe) and Julieann (Leo) for sharing their precious time with our Windrose family. Thank you to Kairos and Bridget who have been around the community for some time.



Engagement Program's



Watercolors is the "go to" relaxation program for several residents. It has become a regular weekly program at our community. The photos on the left is second floor residents deep in creative thought and Barbara is on the right pleased with live music entertainment.

*Reminder: Flu Clinic October 1st. Thank you.

WINDROSE at woburn Associates

John Ratcliffe
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Christine Crimaldi
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Tony Madigan
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Bill & friend enjoying a dance.

Hello Autumn!

We started the month with a Labor Day Cookout in the courtyard. The weather was perfect, food was delicious and loved ones were all around.

Several of our regular performers were at Windrose during September and we welcomed Brian Kane for the first time at our community. Brian is a graduate of the Berklee College of Music, a noted music educator, and the author of 10 books. We will be sure to have Brian be a regular as he was received so well by all who heard his saxophone music.



Margie (Left) & Family

Welcome Margie, Harriet & Bob!

Warm Welcomes to our new residents and their wonderful families and friends. Margie, Harriet and Bob all moved in during September and have added so much fun to our neighborhood. We are happy you are here!

If you have yet to meet Margie, Harriet or Bob, feel free to check with one of the staff and we will be happy to provide introductions all around.



Harriet (2nd from left), son-in-law, Pam (d)

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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9:30 Coffee & News
10:00 Morning Movement
10:30 Windrose Chorus
11:00 "The Gift of the Bonsai"
1:00 Patriots at Washington
1:30 Table Top Programs
2:00 Things to Bring For...
3:30 Music Bingo
4:00 BBET

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10:00 Strength and flexibility
10:30 Name 10 Word Game
11:00 States & Capitals
1:00 Nostalgic TV
1:30 *Midnight Dreams*
3:30 "The Gift of Bonsai"
4:00 Table top games
4:00 Early News & Weather
5:45 "The Jersey Boys"

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Sukkoth Begins 6:06pm

9:30 Coffee & News
10:00 Arthritis Stretch
10:30 Windrose Chorus
11:00 Dictionary Game
1:00 "I Love Lucy"
1:30 What Am I?
2:00 Things to Bring For...
3:30 Music Bingo
4:00 BBET

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Columbus Day

9:30 October Trivia
10:00 Strength training
10:30 New England Trees
11:00 Name 10 Word Game
1:00 Hand Massages
1:30 Windrose Chorus
2:00 White Board Challenge
3:30 Who Am I? (Columbus)
4:00 Sport Game

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Micky Mantle's Birthday

9:30 Coffee & News
10:00 Morning Moves
10:30 Windrose Chorus
11:00 Micky Mantle's Story
1:00 Laurel & Hardy Comedy
1:30 Salem Witches
2:00 Short Story
3:30 Halloween Bingo
4:00 Spooky Music

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Nobel Prize Day

9:30 Community Happenings
10:00 Strength and flexibility
10:30 Today's History
11:00 Name 10 Word Game
1:00 Nostalgic TV
1:30 Windrose Chorus
2:00 Finishing Lines
3:30 Alfred Nobel
4:00 Walking Program

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Happy Birthday Barbara

9:30 Morning Chat
10:00 Bend & Stretch
10:30 Windrose Chorus
11:00 Football Trivia-Teams
1:00 Nostalgic TV-Lucy
1:30 Table Top Games
2:00 About Boston...
3:30 What to Bring For...
4:00 News, Weather

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Statue of Liberty Anniv

10:00 Strength and flexibility
10:30 Today's History
11:00 Everyday Life Trivia
11:00 Name 10 Word Game
1:00 Relax & Renew
1:00 Hand Massages
1:30 Reading Group
2:00 "What I Have Learned"
3:30 Statue of Liberty Facts

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Little Women Pub 1868

10:00 Smart Moves with Viv
10:30 Healthy Living Teeth
11:00 October Trivia
1:00 1950's Love Songs
1:30 Windrose Chorus
2:00 "My Father's Machzor"
3:30 Farmers Almanac Prediction
5:45 True or False
6:15 *John Wayne Movie*

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"My Father's Machzor"
10:00 Smart Moves
10:30 Chronicles & Trivia
11:30 Bertucci's Lunch Outing
1:00 Relax and Renew
1:30 Windrose Chorus
2:00 Musical Bingo
3:30 Balloon Volleyball
5:45 First Ladies

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"I Love Lucy" 1951

9:30 Coffee & News
10:00 Smart Moves
10:30 Chronicles & Trivia
11:00 Daily Trivia
1:00 *I Love Lucy Show*
1:30 I love Lucy Trivia
2:00 Oscar the Grouch
3:30 Balloon Volleyball
5:45 True or False?
6:15 Netflix Movie

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Color Day & Nut Day

9:30 Coffee & News
10:00 Smart Moves
10:30 Colorful Expressions
11:30 99 Lunch Outing
1:00 Relax and Renew
1:30 Windrose Chorus
2:00 Every Day Life Trivia
3:30 Balloon Volleyball
5:45 Water Cooler Trivia
6:15 "The Luck of the Irish"

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Red Hair and Freckles

10:00 Smart Moves
10:30 Josef Nocera
1:00 1950's Love Songs
1:30 Windrose Chorus
2:00 US Ghost Towns
3:30 Balloon Volleyball
4:00 Famous Redheads
5:45 Salem, MA History
6:15 "Race To Witch Mountain"

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Happy Birthday Pat!

9:30 New Views with Jayne
10:00 *Dental Hygenist*
10:30 Daily Chronicles
11:00 October Trivia
1:00 Rosary with Music
1:30 Baloon Volleyball
2:00 Brushless Painting
3:30 Apple & Raisin Recipe
6:00 Recently Released Movie

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Curious Events Day

9:30 Morning Meeting
10:00 Fall Prevention
10:30 Watercooler Trivia
11:00 Things That Go Together
1:00 Rosary with Music
1:30 Great Unsolved Mysteries
2:00 Sport Game
3:30 Andy Rooney comedy
6:00 Kathy Shares a Movie

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Boss's Day

9:30 History of Macy's
10:00 Fall Prevention
10:30 Watercooler Trivia
11:00 Ann Landers Letters
1:00 Rosary with Music
1:30 Arts Of Gold
2:45 Afternoon Social
3:30 Winter Produce
6:00 Recently Released Movie

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Boston Cream Pie Day

9:30 Baking Program
10:00 Fall Prevention
10:30 Watercooler Trivia
11:00 October Trivia
1:00 Rosary with Music
1:30 Food Named After Places
2:00 Sport Game
3:30 States & Capitals
4:00 Early News

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9:30 Morning Meeting
10:00 Fall Prevention
10:30 Watercooler Trivia
11:00 Things That Go Together
1:00 Disney Haunted House
1:30 "The Gift of Bonsai"
2:00 Balloon Volleyball
3:30 A Dog's Life (read)
4:00 Lemurs of Madagascar

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Think Positive Day

10:00 Sit & Be Fit
10:30 Hollywood Golden Days
11:00 Remember Shirley Temple
1:00 Patriotic Music
1:30 Kitchen Memories
2:00 Jewish Holidays
2:30 Rabbi Cari, Blessing
4:00 Judge For Yourself
4:00 Early TV News

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Porgy & Bess 1935

9:30 News & Conversation
10:00 Sit & Be Fit
10:30 Daily Chronicles
11:00 Random Trivia
1:00 Patriotic Music
1:30 Cultural Dances
2:00 Things That Go Together
3:30 Balloon Volleyball
5:45 What Am I?
6:15 Mr Smith Goes.....

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Hollywood Squares 1966

9:30 News & Conversation
10:00 Sit & Be Fit
10:30 White Board Game
11:00 Remember Judy Garland
1:00 Patriotic Music
1:30 Mob Flash Dance
2:00 Cake Decorating
3:30 Name 10/Top 10's
5:45 Facts About Boston
6:15 "My Man Godfrey"

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Nylon Stockings Day

10:00 Sit & Be Fit
10:30 Daily Chronicles
11:00 Random Trivia
1:00 Patriotic Music
1:30 Halloween Bingo
2:00 Delicious Food Duos
3:30 Top 10's
4:00 Balloon Volleyball
5:45 Arts & Crafts

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Happy Halloween

9:30 News & Conversation
10:00 Sit & Be Fit
10:30 Hospice Prayer Service
11:00 Remember Shirley Temple
1:00 Spooky Music
1:30 Remember Vincent Price
2:00 Reminiscing Halloween
3:30 Monster Mash
5:45 "Casper" Movie

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Diversity Day

10:00 Seated Exercises
10:30 Today in History
11:00 Fall Trivia
1:00 Glen Campbell
1:30 Spiritual Program
2:00 Best US Presidents (Y)
3:30 Hula Polynesian Dance
4:00 Favorite Foods
5:45 *Guess Who's Coming...*

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Eleanor Roosevelt's Birth

9:30 News, Weather & Sports
10:00 Seated Exercises
10:30 Today in History
11:00 Word Game
1:00 Tommy Dorsey Music
1:30 Humor is Medicine
2:00 Do You Hear What I Hear?
4:00 Witches and Warlocks

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Alaska Day

9:30 News, Weather & Sports
10:00 Seated Exercises
10:30 Doris Day Biography
11:00 Word Game
1:00 BBC Orchestra
1:30 The McMurphy's
2:30 Birthday Cake
3:30 "Andy Griffith Show"
4:00 Wonders of the World

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9:30 News, Weather & Sports
10:00 Seated Exercises
10:30 Today in History
11:00 Word Game
1:00 Boston Pops Beetles
1:30 *"Kids Say the Darndest"*
2:00 Humor is Medicine
3:30 Morris Animal Foundation
4:00 Vacation Spots

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Apple Betty Day

10:00 Sittercise Exercise
10:30 Sing-a-long Suzie Q
11:00 San Antonio Traveler
12:30 Boston College Football vs.Louisville's Cardinals
1:30 Dog Reunions
2:00 Balloon Volleyball
3:30 Working Animals
4:00 October Trivia

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World Arthritis Day

10:00 Sittercise Exercise
10:30 Sing-a-long Suzie Q
11:00 Arm Chair Traveler
12:00 Oklahoma vs. Texas (FOX)
College Football
2:00 Baking Demonstration
3:30 Reminiscing 1960's
4:00 Neighborhood Walk

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BC Football Time TBA

10:00 Sittercise Exercise
10:30 Arm Chair Traveler
11:00 Feline Pause with Paws
1:00 Gene Autry Music
1:30 Miss America Past to Present(Y)
2:00 Weird Animal Facts
3:30 Fort Collins, Colorado

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BC Football TBA

10:00 Sittercise Exercise
10:30 Sing-a-long Suzie Q
11:00 Arm Chair Traveler
1:00 Elvis Presley Music
2:00 Brian Kane
3:30 Weird Animal Facts
4:00 Alfred Hitchcock Bio
4:00 Ball Toss
4:00 Early News Report

October

10/1 Flu Clinic
10/2 Tue, Hygienist
10/3 Thu, Rabbi Blessing
10/7 Mon, Midnight Dreams
10/8 Tue, Bertucci's Lunch
10/16 Wed, Arts of Gold Watercolors
10/18 Fri, The McMurphys & Birthday
10/21 Mon, Ukulele with Jerry
10/22 Tue. Ninety Nine Lunch
10/26 Sat, Brian Kane Jazz
10/29 Tue, Josef Nocera
10/31 Thu, Prayers for All Souls & Happy Halloween



PROGRAM

- – Cognitive
- – Emotional
- – Physical
- – Social