



# Scandinavian Living Center Resident Activities

**Activity Locations**  
**NH:** Nordic Hall  
**MR:** Meditation Room  
**CR:** Conference Room  
**RS:** Resident Study  
**PDR:** Private Dining Room  
**KS:** Kaffe Stuga

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> <li>Questions or Suggestions for Activities? The Suggestion Box is located near the mailboxes or you can leave a voicemail for Stacey at extension 265 or email at <a href="mailto:SChristie@slcenter.org">SChristie@slcenter.org</a></li> <li>Appointments for the Hairdresser, Massage Therapist, Manicurist and Podiatrist can be made at the Reception Desk in the Green Appointment and Transportation Book. Please sign up for all trips, personal and medical transportation in the Green Book.</li> <li>All programs are subject to change and/or cancellation.</li> </ul>				<b>1</b> <b>9:00</b> Hair Salon Open <b>9:30</b> Morning Stretch <b>10:00</b> Van to Dunkin Donuts <b>10-3:30</b> Newton Recreation Cards Group (NH) <b>11:00</b> Book Reviews with Maura Copeland (SL) <b>2:00</b> Van to Target <b>2:00</b> Cards: Golf (NH) <b>3:30</b> Tai Chi Balance and Movement with Aaron (NH) <b>7:00</b> NEC Young Artist Series: Piano Quartet (NH)	<b>2</b> <b>8:00</b> Fitness Center Open <b>2:00</b> Newton All City Treble Singers Concert (NH) <b>3:00</b> Game Hour (KS)	<b>3</b> <b>8:30</b> Catholic Communion (MR) <b>10:00</b> Van to Stop and Shop/CVS <b>11:00-3</b> Kaffeestugan Open <b>2:00</b> Van to Ocean State Job Lot or D&A Liquors
<b>4</b> <b>2:00</b> Ecumenical Service with Reverend Rodney Petersen (MR) <b>3:00</b> Knit and Stitch (PDR) <b>7:00</b> Nordlig Vinter: An interactive performance and presentation with Charles Martin and Maria Finkelmeier (NH)	<b>5</b> <b>8:00</b> Fitness Center Open <b>9-3</b> Newton Recreation Cribbage Group (NH) <b>1:00</b> Manicures with Tina (\$) <b>2:30</b> Cinco de Mayo Social (KS) <b>6:30</b> Classic Movie Night: <i>Meet me in St. Louis</i> (NH)	<b>6</b> <b>9:30</b> Morning Stretch (NH) <b>10:00</b> Van to CVS/Stop and Shop <b>11:30</b> Lunch Trip to Café Escadrille <b>2:00</b> Movie: <i>Flight</i> (NH) <b>3:00</b> Van to Whole Foods or Trader Joe's <b>6:30</b> Movie: <i>Flight</i> (NH)	<b>7</b> <b>8:00</b> Fitness Center Open <b>10:00</b> Van to Newton Library <b>11:15</b> Resident Store Open <b>2:00</b> Resident Meeting (NH)	<b>8</b> <b>9:00</b> Hair Salon Open (\$) <b>9:30</b> Morning Stretch (NH) <b>10:00</b> Van to Bread and Chocolate Bakery Café <b>10-3:30</b> Newton Recreation Cards Group (NH) <b>10:15</b> Perkins Library Book Group (PDR) <b>1:30</b> Van to Kohl's <b>2:00</b> Cards: Golf (NH) <b>3:30</b> Seated Yoga with Steffi (MR)	<b>9</b> <b>8:00</b> Fitness Center Open <b>1:30</b> Singing Group with Hanni (NH) <b>2:30</b> Classical Pianist Rick Scalise Performs (NH) <b>3:00</b> Game Hour (KS)	<b>10</b> <b>8:30</b> Catholic Communion (MR) <b>10:00</b> Van to Stop and Shop/CVS <b>11:00-3</b> Kaffeestugan Open <b>1:30</b> Nordic Film: <i>Kon-Tiki</i> (NH) <b>2:00</b> Van to The Paper Store
<b>11</b> <b>2:00</b> Ecumenical Service with Reverend Rodney Petersen (MR) <b>3:00</b> Knit and Stitch (PDR) <b>3:00</b> A Nordic Valentine with Anna-Frida Abrahamsson (Rescheduled from February) (NH) <b>7:00</b> Songs of Hope: A Fundraiser for Multiple Sclerosis (NH)	<b>12</b> <b>8:00</b> Fitness Center Open <b>9-3</b> Newton Recreation Cribbage Group (NH) <b>2:00</b> Bingo (KS) <b>6:30</b> Classic Movie Night: <i>Stalag 17</i> (NH)	<b>13</b> <b>9:30</b> Morning Stretch (NH) <b>10:00</b> Van to CVS/Stop and Shop <b>1:15</b> Trip to <i>Quilts and Color</i> at the Museum of Fine Arts <b>2:00</b> Movie: <i>Salmon Fishing in the Yemen</i> (NH)	<b>14</b> <b>8:00</b> Fitness Center Open <b>10:00</b> Seated Massages with Phyllis Fitzpatrick (MR) <b>11:15</b> Resident Store Open <b>1:30</b> Van to Russell's Garden Shop in Wayland <b>2:00</b> Group Crossword Puzzle (KS) <b>6:30</b> Movie: <i>Salmon Fishing in the Yemen</i> (NH)	<b>15</b> <b>9:00</b> Hair Salon Open (\$) <b>No Morning Stretch</b> <b>10:00</b> Van to Dunkin Donuts <b>10-3:30</b> Newton Recreation Cards Group (NH) <b>1:30</b> Van to Russo's <b>2:00</b> Cards: Golf (NH) <b>3:30</b> Tai Chi Balance and Movement (NH) <b>5:30-7:30</b> Postcards from Iceland Exhibition Reception (NH)	<b>16</b> <b>8:00</b> Fitness Center Open <b>1:00-3:00</b> Play Reading Group with Vern Vance (ACR) <b>1:30</b> Singing Group with Hanni (NH) <b>2:30</b> Indoor Bocce (NH) <b>3:00</b> Game Hour (KS)	<b>17</b> <b>8:30</b> Catholic Communion (MR) <b>10:00</b> Van to Stop and Shop/CVS <b>11:00-3</b> Kaffeestugan Open <b>2:00</b> Van to Target <b>4:30 and 5:45</b> Suzuki School Student Recitals (NH)
<b>18</b> <b>2:00</b> Ecumenical Service with Pastor Kylander (MR) <b>3:00</b> Knit and Stitch (PDR) <b>6:30</b> Documentary Film: <i>Cutie and the Boxer</i> (NH)	<b>19</b> <b>8:00</b> Fitness Center Open <b>9-3</b> Newton Recreation Cribbage Group (NH) <b>1:00</b> Manicures with Tina (\$) <b>2:30</b> Shake Loose a Memory (KS) <b>6:30</b> Classic Movie Night: <i>The Philadelphia Story</i> (NH)	<b>20</b> <b>9:30</b> Morning Stretch (NH) <b>10:15</b> Van to CVS/Stop and Shop <b>2:30</b> May Birthday Celebration (KS) <b>3:00</b> Van to Whole Foods or Trader Joe's <b>6:45</b> Singer Duane Sullivan Performs (NH)	<b>21</b> <b>8:00</b> Fitness Center Open <b>10:00</b> SWEA Social (KS) <b>11:15</b> Resident Store Open <b>1:30</b> Van to The Dollar Tree <b>2:00</b> Crafts (KS)	<b>22</b> <b>9:00</b> Hair Salon Open (\$) <b>9:30</b> Morning Stretch (NH) <b>10:00</b> Van to Newton Library <b>10-3:30</b> Newton Recreation Cards Group (NH) <b>1:30</b> Scenic Drive through the Arnold Arboretum <b>2:00</b> Cards: Golf (NH) <b>3:30</b> Seated Yoga with Steffi (MR)	<b>23</b> <b>8:00</b> Fitness Center Open <b>1:30</b> Singing Group with Hanni (NH) <b>2:30</b> Movie: <i>The Great Gatsby</i> (NH) <b>3:00</b> Game Hour (KS) <b>6:30</b> Movie: <i>The Great Gatsby</i> (NH)	<b>24</b> <b>8:30</b> Catholic Communion (MR) <b>10:00</b> Van to Stop and Shop/CVS <b>11:00-3</b> Kaffeestugan Open <b>2:00</b> Van to TJ Maxx
<b>25</b> <b>2:00</b> Ecumenical Service with Pastor Kylander (MR) <b>3:00</b> Knit and Stitch (PDR) <b>6:30</b> Documentary Film: <i>Chasing Ice</i> (NH)	<b>26</b> <b>Fitness Center Closed Today</b> <b>2:00</b> <i>Cassatt: An Art Matters</i> Program with Maureen Romaine (KS) <b>6:30</b> Classic Movie Night: <i>The Bachelor and the Bobby Soxer</i> (NH)	<b>27</b> <b>9:30</b> Morning Stretch (NH) <b>10:00</b> Van to CVS/Stop and Shop <b>2:30</b> Lecture: <i>Greenland- A Journey into the Land of Ice</i> with Barry Pell (NH) <b>3:30</b> Wine Social (KS)	<b>28</b> <b>8:00</b> Fitness Center Open <b>10:30</b> Van to Post Office <b>11:15</b> Resident Store Open <b>2:00</b> Movie: <i>Oblivion</i> (NH) <b>2:30</b> Afternoon Tea at the Tea Leaf in Waltham <b>6:30</b> Movie: <i>Oblivion</i> (NH)	<b>29</b> <b>9:00</b> Hair Salon Open <b>9:30</b> Morning Stretch (NH) <b>10:00</b> Van to Keltic Krust Bakery and Cafe <b>10-3:30</b> Newton Recreation Cards Group (NH) <b>1:30</b> Van to Barnes and Noble <b>2:00</b> Cards: Golf (NH) <b>3:30</b> Tai Chi Balance and Movement with Aaron (NH)	<b>30</b> <b>8:00</b> Fitness Center Open <b>1:30</b> Singing Group with Hanni (NH) <b>2:30</b> Wii Games (NH) <b>3:00</b> Game Hour (KS)	<b>31</b> <b>8:30</b> Catholic Communion (MR) <b>10:00</b> Van to Stop and Shop/CVS <b>11:00-3</b> Kaffeestugan Open <b>2:30</b> Van to Dairy Joy for Ice Cream <b>2:45 and 4:00</b> Suzuki Student Performances (NH)