

BETTER DAY

MAY 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	Daily Chronicle	Daily Chronicle	Daily Chronicle	Daily Chronicle	Daily Chronicle
	Ageless Grace	Ageless Grace	Ageless Grace	Ageless Grace	Ageless Grace
	Who/Where Am I?	Creativity & Connection	Art Appreciation	Creativity & Connection	Lifelong Learning
	Sports Game	Sports Game	Sports Game	Sports Game	Sports Game
	Name That Tune	You Be The Judge	Crossword Puzzle	Would You Rather	Name That Tune
	12:45	Lunch	Lunch	Lunch	Lunch
PM	Word of the Day/ Rest & Relaxation	Word of the Day/ Rest & Relaxation	Word of the Day/ Rest & Relaxation	Word of the Day/ Rest & Relaxation	Word of the Day/ Rest & Relaxation
	Afternoon Walk	Afternoon Walk	Afternoon Walk	Afternoon Walk	Afternoon Walk
	Musical Interlude	Dance Party/Garden Time	Junk Drawer Detective	Senior Skits/Garden Time	Musical Interlude
	Poetry Club	Games & Reminiscing	Bingo/Cards	Roll a Song to Sing-Along	Book Club
	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
	Trivia/Word Games	Trivia/Word Games	Trivia/Word Games	Trivia/Word Games	Trivia/Word Games

For The Community at Better Day

Tuesday, May 14th 5:30-6:30 PM:

Virtual Caregiver Support Group ([Zoom Link](#))

Saturday, May 18th 10:00-11:30 AM:

Better Day Memory Cafe with Entertainer Sam Newcomer
Please [RSVP](#) to Nancy as space is limited for this event

Monday, May 27th:

Better Day will be CLOSED in observance of Memorial Day

Thursday, May 30th 1:00-2:30 PM:

Metrowest Alzheimer's Partnership Presents "Engagement: It's More Than You Think!" at the Natick Community Center
Please RSVP by calling 800.272.3900

Upcoming Events for Better Day Guests

Thursday, May 2nd: Music with Entertainer Kalifornia Karl

Tuesday, May 7th: Outing to New England Botanic Garden at Tower Hill

Wednesdays, May 8th, 15th, 22nd, 29th: Pet Visits with Sam

Friday, May 10th: Mother's Day Brunch

Monday, May 13th & Friday, May 17th: Assabet Students Visit

Thursday, May 16th: Outing to Hidden Treasures at the Fitchburg Art Museum

Monday, May 20th: Book Club & Gardening with Sharon

Friday, May 24th: Amalia's Hair Services & Therapy Dog Baxter Visits

Wednesday, May 31st: Outing to Sudbury Senior Center - Intergenerational Program with Lincoln Sudbury High School Students

Phone/Email: Regina (508) 481-0809 Regina@betterdayprogram.org Nancy (508) 658-9114 Nancy@betterdayprogram.org

SAVE THE DATE: Summer Fest at Better Day! **Wednesday, June 26th 4:00-7:00 PM** (Program closed during the day)
Join us for food, ice cream, music, and good company. Please check your email for invitation & RSVP link.