

GLEN ACTIVITIES CALENDAR

Week Of September 18th – September 24th

ACTIVITIES



SUNDAY : SEPTEMBER 18th, 2022

9:50AM: TRANSPORT TO MASS AT ST.CLARE PARISH

10:00am: T.V. MASS ON CHANNELL 56 BOSTON CATHOLIC STATION

For those that would like to watch the Mass from their own apartments, the Sunday Mass from the Basilica of the Sacred Heart at Notre Dame will be shown on the Catholic Network every Sunday.



11:00am: STROLL: INDEPENDENT WALKING GROUP: GLEN LOBBY



Weather permitting, take a walk around the property.

Enjoy the beautiful grounds while taking in a little exercise.

11:30am: EXERCISE CLASS WITH SUE THOMAS: EVERGREEN ROOM

1:30pm: SUNDAY DINNER: MAIN DINNING ROOM

2:30pm: MUSIC PERFORMANCE BY STEVE KING: GROVE LOBBY

MONDAY: SEPTEMBER 19th ,2022

9:00am: EXERCISE CLASS 1 TO THE TAPE: EVERGREEN ROOM

Start your morning with a great low impact exercise program.

This class will use the tape recorder.

10:00am: WHEEL OF FORTUNE: EVERGREEN ROOM



11:00am: BALANCE & STRENGTH PROGRAM WITH JILL: EVERGREEN ROOM

11:30am: WALKING GROUP WITH JILL: MEET IN THE EVERGREEN ROOM

1:30pm: BINGO: EVERGREEN ROOM

\$1 to play. One card per person. Last game is coverall.

3:00pm: Pictionary: EVERGREEN ROOM



6:00pm: DINNER WILL BE SERVED IN THE MAIN DINNING ROOM

TUESDAY: SEPTEMBER 20th, 2022



9:00am: EXERCISE CLASS 1 TO THE TAPE: EVERGREEN ROOM

Start your morning with a great low impact exercise program.

This class will use the tape recorder.

10:30am:CHUNKY MONKEY WORD GAME:EVERGREEN ROOM

11:30am:TRIVIA : EVERGREEN ROOM



1:30pm: BINGO : EVERGREEN ROOM

\$1 to play. One card per person. Last game is coverall.

3:00pm: LEFT, CENTER RIGHT: EVERGREEN ROOM



4:30pm: HAPPY HOUR: MUSIC BY GINA :TAVERN



6:00pm: DINNER WILL BE SERVED IN THE MAIN DINNING ROOM

WEDNESDAY: SEPTEMBER 21st, 2022



9:00am: EXERCISE CLASS 1 TO THE TAPE: EVERGREEN ROOM

Start your morning with a great low impact exercise program. This class will use the tape recorder.

10:00am: SHOPPING TRIP TO STOP & SHOP: GLEN LOBBY

If you need items at the store, sign up to join the trip to stop & shop. The sign-up sheet is in the trip book in the glen lobby.



10:30am: COFFEE & TEA IN THE TAVERN

11:00am: WORKSHOP WITH SUE THOMAS: EVERGREEN ROOM

1:00pm: CHARADES: EVERGREEN ROOM

2:00pm: CATHOLIC MASS WITH FATHER VALEN: GROVE WELLNESS CENTER

3:30pm: UNO GAME CARD: EVERGREEN ROOM

6:00pm: DINNER IS SERVED IN THE MAIN DINNING ROOM



THURSDAY: SEPTEMBER 22nd, 2022

9:00am: EXERCISE CLASS 1 TO THE TAPE: EVERGREEN ROOM



Start your morning with a great low impact exercise program. This class will use the tape recorder.

10:00am: CHAIR YOGA: EVERGREEN ROOM

10:30am: CHAIR BALL TOSS GAME: EVERGREEN ROOM

11:00am: ROSARY: GROVE CHAPEL

For all that are interested, come, and join, as volunteer Judi leads the group in the rosary.

1:00pm: BUS TRIP TO PAKEEN FARM: MEET IN THE GLEN LOBBY

Weather permitted

Limited seats, please sign up if interested.

Pick out your perfect pumpkin! Sip hot cider, along with fresh mini donuts, breathe the fresh air, enjoy a great farm tradition!

- You will need to bring money along with you, if you would like to buy a beverage or a snack.



6:00pm: DINNER IS SERVED IN THE MAIN DINNING ROOM

FRIDAY: SEPTEMBER 23rd, 2022

9:00am: EXERCISE CLASS 1 TO THE TAPE: EVERGREEN ROOM



Start your morning with a great low impact exercise program. This class will use the tape recorder.

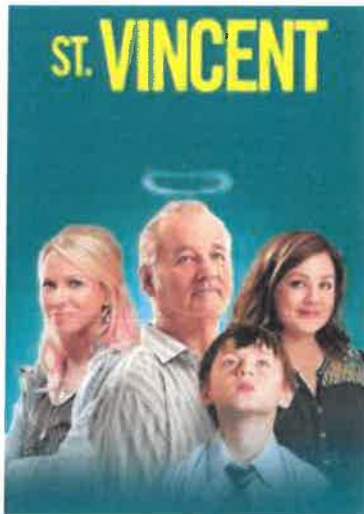
10:30am: CHAIR YOGA: EVERGREEN ROOM



1:30pm: ACTIVITY MEETING WITH STEPHANIE: TAVERN

2:30pm: MOVIE IN THE EVERGREEN ROOM: (ST. VINCENT)

Popcorn & drinks will be served!



6:00pm DINNER IS SERVED IN THE MAIN DINNING ROOM

SATURDAY: SEPTEMBER 24th, 2022

9:00am: EXERCISE CLASS 1 TO THE TAPE: EVERGREEN ROOM



Start your morning with a great low impact exercise program. This class will use the tape recorder.

10:00am: EXERCISE CLASS 2 TO THE TAPE: EVERGREEN ROOM

11:00am: BINGO: EVERGREEN ROOM



\$1 to play. One card per person. Last game is coverall.

6:00pm: DINNER IS SERVED IN THE MAIN DINNING ROOM





Grove Manor Estates

Weekly Dinner Menu



Week of 09-18-2022

~ Sunday ~

- ♥ *New York Strip Loin of Beef Sliced to the order with a Natural Pan Reduction
Bone In Honey Coated Chicken Sections served with Buttermilk Biscuits*

~ Monday ~

- ♥ *Maryland Lump Crab Cakes topped with a Lemon and Tarragon Bearnaise Sauce
Chef Chosen Pasta served with a Italian Sausage and Beef Meat Sauce*

~ Tuesday ~

- ♥ *Oven Roasted Turkey Dinner served over Savory Sage Stuffing with Pan Gravy
Cherrywood Smoked Ham with a Maple, Brown Sugar and Pineapple Sauce*

~ Wednesday ~

- ♥ *Black Tiger Shrimp Sautéed in a Parmesan, Garlic and Basil Pesto Cream Sauce
Pan Seared Chicken Breast with a Sauteed Mushroom Marsala Wine Reduction*

~ Thursday ~

- ♥ *Caesar Salad with Parmesan Cheese and Croutons topped with Shrimp Cocktail
Three Cheese Creamy Macaroni with Diced Ham and a Panko & Parmesan Topping
Griddle Grilled Salisbury Steak Patties Topped with a Rich Brown Gravy*

~ Friday ~

- ♥ *Garlic and Herb Seasoned Filet of Schrod served with Tartar Sauce and Lemon Wedges
Sliced Smoked Kielbasa Sausages served with Sauerkraut and Dijon Mustard*

~ Saturday ~

- ♥ *Slow Braised Beef Tips in a Sour Cream Stroganoff Style Gravy over Egg Noodles
Twin Hot Dogs served over Boston Baked Beans with Shredded Cole Slaw*