



**February 3, Friday**  
**National Wear Red Day**

Southgate goes red to show their support of women's heart health!

**February 3, Friday** 11:00 am (CO)  
**Art Matters**  
**Post Impressionists**

Like a stone dropped into a calm pond, the ripples from the revolutionary Impressionist style of painting spread out, influencing a whole new generation of artists. Join us for a look at how other artists interpreted this new, personally expressive way of painting, and in turn influenced the course of art in the 20th century.

**February 3, Friday** 2:00 pm (L)  
**Have a Heart Jeopardy!**

Karen and Dee have teamed up again to bring you a 'hearty' dose of fun, laughter, and mental gymnastics! Don't miss another round of Southgate Jeopardy at it's finest and funniest!

**February 4, Saturday** 6:30 pm  
**Trip to 'Arts on the Green' concert**  
**featuring Blackstone Valley Bluegrass**

Renowned area musicians and recording artists, these four longtime friends, including two brothers, offer a program of true bluegrass music, including Breakdowns and Gospel, Fiddle tunes and a Waltz, with bass, guitar, mandolin and banjo. Suggested \$10 donation at the door.

**February 7, Tuesday** 9:45 am (3B)  
**Grieving Workshop**

Rev. Aaron Payson will be conducting a twice a month workshop for ALL interested residents and staff on the healthy process of grieving; identifying the individual ways we grieve and how to support one another in our community. ALL are welcome to attend.

**February 7, Tuesday** 2:00 pm (AC)  
**Fun with French**

According to a study in "Psychology and Aging" "bilingualism helps to offset age-related losses in certain executive processes," supporting the theory that proficiency in a second language helps combat age-related memory loss. Our resident language expert, Ralph Bolduc will be teaching a new class

meeting on Tuesdays at 2:00 in the arts/crafts room to learn the beautiful French language. No previous experience is necessary! Rosetta Stone has nothing on Southgate!!

**February 8, Wednesday** 9:00 am (D & T)  
**Women's Circle**

Following our delicious breakfast, we'll be gathering in the theatre for a question and answer seminar with Southgate's new Human Resources Director, Cheryl Bacon. ALL are welcome to the presentation in the theatre

**February 9, Thursday** 7:15 pm (L)  
**Jack Craig-Music with Class!**

**The Story of Swing- Part 6.** From 1910 into the 1950's, dance bands left an amazing footprint on American culture. During the 'swing era', band leaders developed their own theme or signature songs, and singers emerged as superstars. Over the course of this eight part series, learn how the swing era emerged and enjoy singing the 'showstopper songs' of the major bands and vocalists.

**February 10, Friday** 2:00 (T)  
**The Turbulent 60's Lecture Series**

The 1960 presidential campaign was America's first television election. Along with the politics of the sixties, we will examine the Civil Rights movement, the "British invasion", early feminism, Woodstock, the dynamics of counterculture and the travail of Watergate. Join us for part five of our look at this turbulent time with Professor Gary Hylander.

**February 12, Sunday** 2:00 pm (T)  
**Mass Theatrica presents "Italian Love Songs"**

8 members of the Mass Theatrica company grace our stage this afternoon with a myriad of love songs from Madame Butterfly to La Boheme to The Light in the Piazza. Don't miss this afternoon filled with amore'!

**February 14, Tuesday** 7:15 pm (D)  
**Valentines Day Dance Party with**  
**The Nancy Carr Quartet**

Nancy and friends are here to help us celebrate cupid's favorite day! Plus we'll announce the winners of the 'Southgate Sweethearts' contest and award the heartfelt prizes!

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**February 16, Thursday** **7:15 pm (T)**

**Air Force Band of Liberty Winds Quartet**

Please welcome to Southgate the USAF Winds Quartet. Tonight's program includes a variety of eclectic selections led by Staff Sergeant Mickey

**Religious Services**

**Catholic Mass:** Monday-Friday 8:30 am;

Sundays 9:00 am-Chapel **Protestant Services:**

Thursdays 2:00 pm-Chapel **Jewish Studies Group:**

Fridays 3:00 pm-3rd Floor "Bistro"

**POOL SCHEDULE**

**POOL OPEN DAILY: 800 AM-800 PM**  
**MONDAY**  
 800 AM: FREE SWIM  
 200 WATER AEROBICS  
**TUESDAY**  
 800 AM: FREE SWIM  
 200 WATER AEROBICS  
**WEDNESDAY**  
 800 AM: FREE SWIM  
**THURSDAY**  
 800 AM: FREE SWIM  
 200 WATER AEROBICS  
**FRIDAY**  
 800 AM: FREE SWIM

**Location Key**  
 AC=Arts & Crafts Room  
 Ground Floor  
 B=Billiards Room  
 2nd Floor  
 C=Card Room  
 2nd Floor  
 CO=Community Room  
 Ground Floor  
 S=Solarium  
 East Bldg-2nd floor  
 D=Dining Rm  
 3rd Floor  
 T=Theatre  
 Orchestra Level-  
 ground floor; Bal-  
 cony-2nd floor  
 HC= Health Club  
 Ground floor  
 L=Lounge  
 3rd floor  
 G=Gazebo  
 Southgate Lawn  
 3B= 3rd Floor  
 'Bistro' area



# February 2012-Southgate at Shrewsbury

30 Julio Drive, Shrewsbury, MA 01545



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p><b>DINNER SEATINGS:</b>  <b>ATRIUM DINING ROOM: 5:15, 5:30, 5:45, 6:00, 6:15, 6:30 (LAST SEATING)</b>  <b>FOUNTAIN CAFÉ: NOW OPEN AT 800 AM</b></p>			<p><b>Podiatry Day</b> 1                  9:00 Mat Pilates (CO)                  10:00 Seated Exercise (CO)                  10:45 Balance Class I (CO)                  1:00 Bridge (C)                  2:00 Bocce (CO)                  2:00 Lib./PO/Bank/CVS                  7:00 NET Works rehearsal (T)                  7:15 Bingo Night (C)</p>	<p>9:45 Line Dancing (D) 2                  10:00 Health Club Support (HC)                  10:00 BP Clinic (HC)                  11:15 Yoga (CO)                  1:15 Acrylic Painting (AC)                  1:30 Cribbage (C)                  1:45 Men's Poker (B)                  2:00 Protestant Service</p>	<p><b>Wear RED Day!</b> 3                  9:00 Mat Pilates (CO)                  9:30 White City-Stop/Shop                  10:00 Seated Exercise (CO)                  10:45 Balance Class I (CO)                  11:00 Art Matters (CO)                  1:00 Bridge ©                  1:00 Putting Contest (CO)                  2:00 Have a Heart Jeopardy (L)                  3:00 Jewish Studies Group (3B)                  7:00 NET Works Rehearsal (T)</p>	<p>2:00 Scrabble (C) 4                  6:30 Trip to Arts on the Green                  Blackstone Valley Bluegrass Concert                  7:15 Movie (T)</p>
<p>9:00 Mass (CH) 5                  1:30 Sundae Social (S)</p>	<p>9:00 Mat Pilates (CO) 6                  9:30 Bowling League                  9:45 Trip-Solomon Pond Mall                  10:00 Seated Exercise (CO)                  10-12 Transvision Eye Glass Repair Clinic (C)                  10:45 Balance Class I (CO)                  1:00 Balance Class II (HC)                  2:00 Pottery Painting Workshop (AC)                  7:00 Shrewsbury Artists Guild (CO)</p>	<p>9:00 Credit Union (C) 7                  9:00 Seamstress (AC)                  9:45 Grieving Workshop (3B)                  10-11 Fall Prevention Clinic (CO)                  10:30 Dining Services Committee (C)                  11:00 Great Courses Lecture (T)                  11:15 Yoga (CO)                  1:00 Knit &amp; Stitch (S)                  1:45 Men's Poker (B)                  2:00 French Class (AC)                  7:15 Movie (T)</p>	<p>9:00 Mat Pilates (CO) 8                  9:00 Women's Circle (D&amp;T)                  10:00 Seated Exercise (CO)                  10:45 Balance Class I (CO)                  11:00 Resident Council (C)                  1:00 Bridge (C)                  2:00 Bocce (CO)                  2:00 Lib./PO/Bank/CVS                  7:00 Mass Theatrica rehearsal (T)                  7:00 NET Works rehearsal (CO)                  7:15 Bingo Night (C)</p>	<p>9:45 Line Dancing (D) 9                  10:00 Health Club Support (HC)                  10:00 BP Clinic (HC)                  11:15 Yoga (CO)                  1:15 Acrylic Painting (AC)                  1:30 Cribbage (C)                  1:45 Men's Poker (B)                  2:00 Protestant Service                  2:00 Hearing Lecture (T)                  7:15 Jack Craig-Music with Class! (L)</p>	<p>9:30 White City-P. Chopper 1                  11-1 Bargain Box                  1:00 Bridge ©                  1:00 Putting Contest (CO)                  2:00 The Turbulent 60's Lecture (T)                  3:00 Jewish Studies Group (3B)                  7:00 NET Works Rehearsal (T)</p>	<p>2:00 Scrabble (C) 1                  7:15 Movie (T)</p>
<p>9:00 Mass (CH) 1                  1:30 Sundae Social (S)                  2:00 Mass Theatrica presents "Italian Love Songs" (T)</p>	<p>9:00 Mat Pilates (CO) 1                  9:30 Bowling League                  10:00 Seated Exercise (CO)                  10:45 Balance Class I (CO)                  1:00 Balance Class II (HC)                  2:00 Current Events (L)                  7:00 NET Works rehearsal (T)</p>	<p><b>Happy Valentine's Day</b> 1                  9:00 Credit Union (C)                  11:00 Great Courses Lecture (T)                  11:15 Yoga (CO)                  1:00 Knit &amp; Stitch (S)                  1:45 Men's Poker (B)                  2:00 French Class (AC)                  7:15 Valentine's Day Dance Party w/ The Nancy Carr Quartet! (D)</p>	<p>9:00 Mat Pilates (CO) 1                  9:00 Men's Breakfast (D)                  10:00 Seated Exercise (CO)                  10:45 Balance Class I (CO)                  1:00 Bridge (C)                  2:00 Bocce (CO)                  2:00 Lib./PO/Bank/CVS                  7:00 NET Works rehearsal (T)                  7:15 Bingo Night (C)</p>	<p>9:45 Line Dancing (D) 1                  10:00 Health Club Support (HC)                  10:00 BP Clinic (HC)                  11:15 Yoga (CO)                  1:15 Acrylic Painting (AC)                  1:30 Cribbage (C)                  1:45 Men's Poker (B)                  2:00 Protestant Service                  7:15 Air Force Band of Liberty Winds Quartet (T)</p>	<p>9:00 Mat Pilates (CO) 1                  9:30 Shopping-Wegman's                  10:00 Seated Exercise (CO)                  10:45 Balance Class I (CO)                  1:00 Bridge ©                  1:00 Putting Contest (CO)                  1:15 Trip to Willard House &amp; Clock Museum                  3:00 Jewish Studies Group (3B)                  7:00 NET Works Rehearsal (T)</p>	<p>2:00 Scrabble (C) 18                  7:15 Movie (T)</p>
<p>9:00 Mass (CH) 1                  12:00 Trip to Reagle Music Theatre "Isn't it Romantic?"                  1:30 Sundae Social (S)</p>	<p>9:00 Mat Pilates (CO) 2                  9:30 Bowling League                  10:00 Seated Exercise (CO)                  10:45 Balance Class I (CO)                  1:00 Balance Class II (HC)                  2:00 John Clark presents "Images of New Orleans" (T)                  7:00 NET Works rehearsal (T)</p>	<p>9:00 Credit Union © 2                  9:00 Seamstress (AC)                  9:45 Grieving Workshop (3B)                  11:00 Great Courses Lecture (T)                  11:15 Yoga (CO)                  1:00 Knit &amp; Stitch (S)                  1:45 Men's Poker (B)                  2:00 George Goetz presents "The Child is the Father of the Man" (T)                  2:00 French Class (AC)                  7:15 Movie (T)</p>	<p>9:00 Mat Pilates (CO) 2                  10:00 Seated Exercise (CO)                  10:45 Balance Class I (CO)                  1:00 Bridge (C)                  2:00 Bocce (CO)                  2:00 Lib./PO/Bank/CVS                  7:00 NET Works rehearsal (T)                  7:15 Bingo Night (C)</p>	<p>9:45 Line Dancing (D) 2                  10:00 Health Club Support (HC)                  10:00 BP Clinic (HC)                  11:15 Yoga (CO)                  1:15 Acrylic Painting (AC)                  1:30 Cribbage (C)                  1:45 Men's Poker (B)                  2:00 Protestant Service                  6:30 Presidents Day Dance with Moco (D)</p>	<p>9:00 Mat Pilates (CO) 2                  9:30 Shopping-Walmart                  10:00 Seated Exercise (CO)                  10:45 Balance Class (CO)                  1:00 Bridge (C)                  1:00 Putting Contest (CO)                  3:00 Jewish Studies Group (3B)                  7:00 NET Works Rehearsal (CO)                  7:15 Patty Carver presents "Leading Ladies" (T)</p>	<p>2:00 Scrabble (C) 2                  7:15 Movie (T)</p>
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