

Signature Series Events in October ...



Chili Cook-Off: 10/13 - 3:30

Residents and associates, grab your aprons and get ready to cook! Join Chef Bill for a special session as teams work together to concoct their very own signature chili for our annual **Chili Cook-Off Competition**. Start with the basics, then let the creativity begin - add beans, tomatoes, peppers, onions, spices, a splash of beer, a little heat, or perhaps a secret ingredient that will set your recipe apart! Guidance will be provided, but the final flavor is completely up to your team. Once the simmering is complete, we'll save the chili for the ultimate taste test at our Harvest Festival the following day. Bring your ideas, your appetite, and your competitive spirit - the bragging rights are on the line. See you on **Tuesday, October 13th** to make chili!

On **Wednesday, October 14th**, join us for our **Harvest Festival**. We'll celebrate the flavors of fall with warm Bavarian pretzels, savory sausages, beer, seasonal favorites, music and plenty of fun. Of course, the highlight will be tasting the multitude of homemade chilis created by our resident and associate teams. Sample them all, cast your vote for your favorite, and help us crown our **2026 Chili Cook-Off Champions!** The winning team will be announced and awarded during the festival. We hope to see you there!



Harvest Festival: 10/14 - 3:30

Vaccine Clinic on October 1st ...

Winter is coming - and that means so are the germs! Take preventative measures to help protect yourself and those around you from Flu and COVID this season. Join us for our convenient Flu and COVID Vaccine Clinic, being held right here at Traditions in the Community Room. Appointments are necessary and have already been communicated to all residents who requested one. Unfortunately, the staff will not be able to accommodate any person without an appointment. We appreciate CVS Pharmacy for making this possible.



Vaccine Clinic - 10/01/26



Traditions of Dedham

Leadership Team

Tish Davies-Verzino
Executive Director

Ashley DeBerry
Business Office Director

Ashleigh Polvado
Resident Care Director

Laura Potts
Reflections Director

Russ Wilson
Resident Engagement
Director

William Souza
Restaurant Operations
Director

Gene Johnson
Director of Maintenance

Brian Pascal
Director of Sales & Marketing



Walk to End Alzheimer's ...



October 24th, 2026

Join us on **Saturday, October 24th**, for the **Walk to End Alzheimer's at Gillette Stadium**. Walk alongside thousands to raise awareness and critical funds for Alzheimer's care, support, and research. Together we'll honor those we've lost, support those living with dementia and walk towards a world without Alzheimer's.

CONTINUOUS LEARNING OPPORTUNITIES THIS MONTH

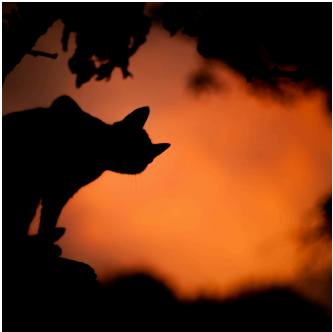
Our lectures, workshops, and special engagements are designed to stimulate the mind, spark curiosity, and encourage meaningful connection. Throughout the month, we invite you to learn something new, explore familiar subjects from a fresh perspective and enjoy opportunities that engage both the imagination and the intellect.

We are pleased to welcome back lecturer **Anthony Sammarco** for a fascinating presentation on **Halloween Traditions of Boston**. A gifted storyteller, historian and author, Anthony brings the past to life through vivid photographs, careful research, and compelling stories. His presentations offer more than facts; they create a sense of place and invite us to see Boston's neighborhoods, customs and celebrations in a new way. This interesting talk will explore how Halloween traditions developed, changed, and became part of the city's cultural history. Brighton Hospice will join us for an evening presentation, **"Hospice 101: What Does It All Mean?"** Hospice care can raise many questions for individuals and families, and this informative program will help clarify what hospice is, who may benefit from it and what services and support are available. Representatives will discuss common misconceptions, the role of the care team and how hospice can provide comfort, dignity and guidance during a challenging time.

We will also be hosting a **Watercolor Workshop with Ann Malachowski**. Ann has devoted her entire career to art education and is the art instructor at the Dedham Senior Center. Her instructional style is friendly and constructive - so don't miss out. Check the calendar for exact dates, times and locations of these events!

OCTOBER 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Vaccine Clinic 10:15 Barre & Balance 11:00 Modified Yoga 11:00 Digital Trivia 12:00 Chef Led Bistro 1:30 Wordle Unlimited 2:00 Lecture: Anthony Sammarco - Halloween Traditions of Boston 3:30 Nobles Student Discussion 6:15 Award-Winners Movie 6:30 Yahtzee	10:00 Rosary 10:30 Lucky Dog Cards 11:00 Barre & Balance 1:15 Blank Slate 2:00 Live - Jeff O'Neil Cello 3:30 Kings in the Corner Cards 3:30 Cocktail Social 4:30 Wind Down Workout 6:15 Drama Film Series 6:30 Wordle Unlimited	10:15 Fitness & Fresh Fruit 11:00 Nearesto Challenge 1:15 Rummikub & Kings in the Corner 2:00 Dedham Derby Competition 3:30 Cornhole Tournament 5:00 Music Appreciation Hour 6:15 Silver Screen Classics 6:30 Board Games
10:00 Catholic Mass 11:00 Barre & Balance 1:00 New England Patriots Game 1:15 Rummikub & Yahtzee 2:00 Entertainment - Michael Kaufman & Judy Wong 3:15 Bingo Game 4:30 Lightweight Exercise 6:15 Hollywood Heyday 6:30 Card Games	9:30 Boston Catholic Mass 10:15 Barre & Strength 11:00 Nearesto Challenge 1:00 Open Art 1:15 Series: A Man on the Inside 1:30 Cardio Drumming Exercise 2:15 Kings in the Corner 2:30 Resident Council 3:30 Wordies 6:15 Comedy Film Series 6:30 Wordle Unlimited	9:30 Boston Catholic Mass 10:15 Barre & Balance (no Kelly) 10:45 Tai Chi Workout - Sr. Center 11:00 Trivia Challenge 12:00 Chef Bistro 1:15 Rummikub & Cards 1:30 Big Y & Dollar Tree (Sign Up) 2:15 Metropolitan Opera 3:30 Bingo 6:15 Lecture: Hospice 101 - What Does it All Mean? 6:15 Film Series	9:30 Boston Catholic Mass 10:15 Barre & Balance 11:00 Who Wants to Be a Millionaire? 1:00 Walking Club 1:00 Outing: Furlongs Candy and Ice Cream Shope 1:15 Rummikub & Yahtzee 2:00 Blackjack - \$1.00 3:30 Cocktail Social 3:30 Kings in the Corner Cards 4:30 Wind Down Workout 6:15 Cinema	10:15 Barre & Balance 11:00 Modified Yoga 11:00 Po-Keno Challenge 12:00 Chef Led Bistro 1:30 Wordle Unlimited 2:30 Rummikub & Scrabble 3:30 Nobles Students Discussion 4:30 Tai Chi Workout 6:15 Award-Winners Movie 6:30 Yahtzee	10:00 Rosary 10:30 Lucky Dog Cards 11:00 Barre & Balance 1:15 Blank Slate 1:15 SHIELD Spa Session 2:00 Live: Rob and Marcus 3:30 Kings in the Corner Cards 3:30 Cocktail Social 6:15 Drama Film Series 6:30 Wordle Unlimited	10:15 Fitness & Fresh Fruit 11:00 Nearesto Challenge 1:15 Rummikub & Kings in the Corner 2:00 Dedham Derby Competition 3:30 Cornhole Tournament 5:00 Music Appreciation Hour 6:15 Silver Screen Classics 6:30 Board Games
10:00 Catholic Mass 11:00 Barre & Balance 1:00 New England Patriots Game 1:15 Rummikub & Yahtzee 2:00 Acrylic Floral Painting 3:15 Bingo Game 4:30 Lightweight Exercise 6:15 Hollywood Heyday 6:30 Card Games	Happy Birthday Harriet B. Happy Birthday Vi H. Columbus Day 9:30 Boston Catholic Mass 10:15 Barre & Strength 11:00 Nearesto Challenge 1:00 Open Art 1:15 Series: A Man on the Inside 1:30 Cardio Drumming Exercise 2:15 Kings in the Corner 3:30 Wordies 6:15 Comedy Film Series 6:30 Wordle Unlimited	Signature Series 9:30 Boston Catholic Mass 10:15 Modified Yoga 10:45 Tai Chi Workout - Sr. Center 11:00 Yarn Arts Fellowship 11:00 Trivia Challenge 12:00 Chef Bistro 1:15 Rummikub & Cards 1:30 Roche Bros. (Sign Up) 2:00 Metropolitan Opera 3:30 Chili Cook-off with Chef Bill 6:15 Film Series 6:30 Cards & Board Games	Signature Series 9:30 Boston Catholic Mass 10:00 R.E.A.C.T Neuro 10:15 Barre & Balance 11:00 Outing: Venetzia Restaurant 11:00 Who Wants to Be a Millionaire? 1:00 Walking Club 1:15 Rummikub & Yahtzee 2:00 Wordle Unlimited 3:30 Harvest Festival 6:15 Cinema 6:30 Scrabble	10:15 Barre & Balance 11:00 Modified Yoga 11:00 Po-Keno Challenge 12:00 Chef Led Bistro 1:30 Wordle Unlimited 2:30 Rummikub & Scrabble 3:30 Blackjack 4:30 Tai Chi Workout 6:15 Award-Winners Movie 6:30 Yahtzee	Happy Birthday Randall T. 10:00 Rosary 10:30 Lucky Dog Cards 11:00 Barre & Balance 1:15 Blank Slate 2:00 Live - Steve Rudolph 3:30 Kings in the Corner Cards 3:30 Cocktail Social 6:15 Drama Film Series 6:30 Wordle Unlimited	10:15 Fitness & Fresh Fruit 11:00 Nearesto Challenge 1:15 Rummikub & Kings in the Corner 2:00 Dedham Derby Competition 3:30 Cornhole Tournament 5:00 Music Appreciation Hour 6:15 Silver Screen Classics 6:30 Board Games
10:00 Catholic Mass 11:00 Barre & Balance 1:00 New England Patriots Game 1:15 Rummikub & Yahtzee 2:15 Blank Slate 3:15 Bingo Game 4:30 Lightweight Exercise 6:15 Hollywood Heyday 6:30 Card Games	9:30 Boston Catholic Mass 10:15 Barre & Strength 11:00 Nearesto Challenge 12:00 Mens Luncheon 1:00 Open Art 1:15 Series: A Man on the Inside 1:30 Cardio Drumming Exercise 2:00 Movie Matinee: Devil Wears Prada II 6:15 Comedy Film Series 6:30 Wordle Unlimited	9:30 Boston Catholic Mass 10:15 Modified Yoga 10:45 Tai Chi Workout - Sr. Center 11:00 Trivia Challenge 12:00 Chef Bistro 1:15 Rummikub & Cards 1:30 Roche Bros. (Sign Up) 2:00 Watercolor Workshop with Anne 3:30 Bingo 6:15 Film Series 6:30 Dedham Square Circle Executive Meeting	9:30 Boston Catholic Mass 10:15 Barre & Balance 11:00 Who Wants to Be a Millionaire? 1:00 Walking Club 1:15 Rummikub & Yahtzee 2:00 Wordle Unlimited 3:30 Cocktail Social 3:30 Kings in the Corner Cards 6:15 Cinema 6:30 Scrabble	10:15 Barre & Balance 11:00 Modified Yoga 11:00 Po-Keno Challenge 12:00 Chef Led Bistro 1:30 Wordle Unlimited 2:30 Rummikub & Scrabble 3:30 Blackjack 4:30 Tai Chi Workout 6:15 Award-Winners Movie 6:30 Yahtzee	Happy Birthday Carole F. 10:00 Rosary 10:30 Lucky Dog Cards 11:00 Barre & Balance 1:15 Blank Slate 1:15 SHIELD Spa Session 2:00 Live - Steve Lyon 3:30 Kings in the Corner Cards 3:30 Cocktail Social 6:15 Drama Film Series 6:30 Wordle Unlimited	7:00 Walk to End Alzheimer's 10:15 Fitness & Fresh Fruit 11:00 Nearesto Challenge 1:15 Rummikub & Kings in the Corner 2:00 Dedham Derby Competition 3:30 Cornhole Tournament 5:00 Music Appreciation Hour 6:15 Silver Screen Classics 6:30 Board Games
10:00 Catholic Mass 11:00 Barre & Balance 1:15 Rummikub & Yahtzee 1:30 Mount Cleverest 2:00 Entertainment - Rick Dirienzo & Judy Wong 3:15 Bingo Game 4:30 Lightweight Exercise 6:15 Hollywood Heyday 6:30 Card Games	9:30 Boston Catholic Mass 10:15 Barre & Strength 11:00 Nearesto Challenge 1:00 Open Art 1:15 Series: A Man on the Inside 1:30 Cardio Drumming Exercise 2:15 Kings in the Corner 3:30 Wordies 6:15 Comedy Film Series 6:30 Wordle Unlimited	9:30 Boston Catholic Mass 10:15 Modified Yoga 10:45 Tai Chi Workout - Sr. Center 11:00 Trivia Challenge 12:00 Chef Bistro 1:15 Rummikub & Cards 1:30 Roche Bros. (Sign Up) 2:15 Metropolitan Opera 3:30 Bingo 6:15 Film Series 6:30 Cards & Board Games	9:30 Boston Catholic Mass 10:00 R.E.A.C.T Neuro 10:15 Barre & Balance 10:45 Outing: Norwood Lunch & Theater 11:00 Who Wants to Be a Millionaire? 1:00 Walking Club 1:15 Rummikub & Yahtzee 2:00 Wordle Unlimited 3:30 Cocktail Social 3:30 Kings in the Corner Cards 6:15 Cinema	10:15 Barre & Balance 11:00 Modified Yoga 11:00 Po-Keno Challenge 12:00 Chef Led Bistro 1:30 Wordle Unlimited 2:30 Rummikub & Scrabble 3:30 Blackjack 4:30 Tai Chi Workout 6:15 Award-Winners Movie 6:30 Yahtzee	10:00 Rosary 10:30 Lucky Dog Cards 11:00 Barre & Balance 1:15 Blank Slate 1:30 Book Club 2:00 Live - Russ Morincy Guitar 3:30 Kings in the Corner Cards 3:30 Cocktail Social 6:15 Drama Film Series 6:30 Wordle Unlimited	Halloween 10:15 Fitness & Fresh Fruit 11:00 Nearesto Challenge 1:15 Rummikub & Kings in the Corner 2:00 Dedham Derby Competition 3:30 Cornhole Tournament 5:00 Music Appreciation Hour 6:15 Silver Screen Classics 6:30 Board Games