Fall Fun Ahead!



We are looking forward to all of our fun fall engagements and outings here at the Paine Estate! We will be apple picking, designing fall- themed door decorations, taking scenic rides to see the foliage, pumpkin decorating, having a costume contest, judging a chili cookoff, and so much more! Please make sure to keep an eye out for upcoming sign ups and reservations so you can be a part of all the fall fun!

OktoberFest!

This month's signature series will be a true Oktoberfest experience! Oktoberfest is the world's largest folk and beer festival, held annually in Munich, Germany, drawing over six million visitors each year. Come drink some beer, listen to some authentic music, and eat some great German food! We will also be having a craft fair that day with some locally made items that will available for purchase.
See you there, on Friday, October 16th at 3:30pm!



THE RESIDENCE at Paine Estate

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Natasha Heimrath
Executive Director

Franki Mullen
Resident Engagement Director

Ariana Vuona
Sales & Marketing Director

Jackie Krol
Business Office Director

Zachary Condon
Reflections Memory Care Director

Michael DeSisto
Restaraunt Operations Director



Hello, October!

As we prepare for the cooler months at Paine Estate, we take this time to reflect upon the summer and to move forward. We release old habits and clutter just as nature drops its leaves to make room for the new, and we shift into a calmer, more mindful daily rhythm as the days grow shorter.





Giving Back



This month, our community will be collecting canned goods to donate to the Sudbury Food Pantry. Colelctions start October 1st and will run through November 30th. On Decmber 1st, we will be coordinating a drop off to the Pantry, so make sure to sign up as we get closer if you want to come with us!

We would like to formally welcome our new Restaraunt Operatiosn Director, Michaeal DeSisto, to our Paine Estate Associates! We are so excited to be bringing all of his experience and knowlege to our community! He will be overseeing meal preparation, nutrition standards, and resident satisfaction, not to mention bring his new ideas to the table, no pun intended! If you see Michael, make sure to say hello!

Good Times, Good Friends, Great Care!

OCTOBER 2026

THE RESIDENCE at Paine Estate

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Birthdays 4th - Alicia T. 31st - Pat B.		**Principles** Arts & Culture Community Connections Continuous Learning Physical Fitness Self Care and Wellness		01 **10:00** Weight Training w/ Dumbells **10:30** Range of Motion & Stretch **11:00** Canasta! **12:30** Tech Talk and Connect **2:00** Live Piano Music with Lucas **2:30** Lexicon Legion Word Games Group **3:00** Cribbage Club **3:30** Social Hour **6:30** Cozy Movie Night	02 **10:00** Resistance Band Full Body **10:30** Barre & Balance Session **11:15** Ambassador Meeting **1:00** Rummikub Table Game **1:30** Communion & Scripture **2:30** Engagement Planning Meeting **3:30** First Friday Friends and Family Happy Hour **4:00** Scrabble Table Game **6:00** Shabbat Services	03 **10:00** Weight Training **10:30** Yoga Stretch **11:00** Lexicon Legion Word Games Group **1:30** Exploring Movies - Quartet **2:00** Movie Matinee **2:15** Hearts Club Table Game **3:00** Invigorating Tai Chi **6:30** Film Series Double Feature!
04 **10:00** Catholic Mass-Notre Dame **11:00** Seated Pilates **11:30** Cardio and Movement **1:00** Lexicon Legion Word Games Group **1:00** Patriots vs. Bills **1:30** Craft and Conversation - Door Decor **3:15** Sweater Weather Sips **4:00** Cribbage Club	05 **10:00** Yoga Dance and Movement **10:30** Invigorating Tai Chi **11:00** Lexicon Legion Word Games Group **11:15** Monthly Movie Planning Committee **2:00** Profiles in Music **3:30** Cocktail Hour **6:30** Non-Fiction Fix Documentary Hour	06 **Vaccine Clinic** **9:00** Local Errands - CVS **10:00** Mindfulness and Meditation **10:15** Local Errands - Stop and Shop **10:30** Fitness and Fresh Fruit **11:00** Lexicon Legion Word Games Group **1:00** Local Outings - CVS, Stop and Shop, Etc! **1:30** Town Hall Meeting **2:30** PBS Documentary Hour **3:00** Rummikub Table Game **3:30** Cocktail Social **6:30** Community Bingo	07 **9:00** Local Errands **10:00** Stretch & Strengthen **10:15** Outing to Honey Pot Orchards **10:30** Barre and Balance **11:00** Lexicon Legion Word Games Group **2:30** Creative Writing Workshop **3:30** Happy Hour **6:30** Scary Movie Night	08 **10:00** Weight Training w/ Dumbells **10:30** Range of Motion & Stretch **11:15** Book Club - This Tender Land **12:30** Tech Talk and Connect **1:30** Expressive Arts **2:00** Gentlemen's Golf and Gather **2:30** Lexicon Legion Word Games Group **3:00** Cribbage Club **3:30** Social Hour **6:30** Cozy Movie Night	09 **10:00** Resistance Band Full Body **10:15** Outing to Lookout Fram **10:30** Barre & Balance Session **1:00** Rummikub Table Game **1:30** Communion & Scripture **3:30** Happy Hour **4:00** Scrabble Table Game **6:00** Shabbat Services	10 **10:00** Weight Training **10:30** Yoga Stretch **11:00** Lexicon Legion Word Games Group **1:30** Exploring Movies **2:00** Movie Matinee **2:15** Hearts Club Table Game **3:00** Invigorating Tai Chi **6:30** Film Series Double Feature!
11 **10:00** Catholic Mass-Notre Dame **11:00** Seated Pilates **11:30** Cardio and Movement **1:00** Lexicon Legion Word Games Group **1:00** Patriots vs. Raiders **1:30** Craft and Conversation - Mini Paint and Pot **3:15** Sweater Weather Sips **4:00** Cribbage Club	12 **10:00** Yoga Dance and Movement **10:30** Invigorating Tai Chi **11:00** Lexicon Legion Word Games Group **2:00** Profiles in Music **3:30** Cocktail Hour **6:30** Non-Fiction Fix Documentary Hour	13 **9:00** Local Errands - CVS **10:00** Mindfulness and Meditation **10:15** Local Errands - Stop and Shop **10:30** Fitness and Fresh Fruit **10:30** Live Music with Mark West **11:00** Lexicon Legion Word Games Group **1:00** Local Outings - CVS, Stop and Shop, Etc! **2:00** Speaker Series with Dawn **3:00** Rummikub Table Game **3:30** Cocktail Social **6:30** Community Bingo	14 **9:00** Local Errands **10:00** Stretch & Strengthen **10:15** Outing - Honey Pot Orchards Trip 2 **10:30** Barre and Balance **11:00** Lexicon Legion Word Games Group **1:30** Library Speakers Consortium - Paula J. Johnson **2:30** Creative Writing Workshop **3:30** Happy Hour **6:30** Scary Movie Night	15 **10:00** Weight Training w/ Dumbells **10:30** Range of Motion & Stretch **11:00** Canasta! **12:30** Tech Talk and Connect **1:30** Expressive Arts **2:00** Non Fiction Fix - Documentary Hour **2:30** Lexicon Legion Word Games Group **3:00** Cribbage Club **3:30** Social Hour **6:30** Cozy Movie Night	16 **10:00** Resistance Band Full Body **10:30** Barre & Balance Session **11:15** Community Kitchen and Bakery - Mini Pumpkin Pies **11:15** Fall Foliage Scenic Drive **1:00** Rummikub Table Game **1:30** Communion & Scripture **3:30** SigSeries - OctoberFest! **4:00** Scrabble Table Game **4:00** Friends, Family, Pizza, & Wings! **6:00** Shabbat Services	17 **10:00** Weight Training **10:30** Yoga Stretch **11:00** Lexicon Legion Word Games Group **1:30** Exploring Movies **2:00** Movie Matinee **2:15** Hearts Club Table Game **3:00** Invigorating Tai Chi **6:30** Film Series Double Feature!
18 **10:00** Catholic Mass-Notre Dame **11:00** Seated Pilates **11:30** Cardio and Movement **1:00** Patriots vs Jets **1:00** Lexicon Legion Word Games Group **1:30** Craft and Conversation - Fall Wreaths **3:15** Sweater Weather Sips **4:00** Cribbage Club	19 **10:00** Yoga Dance and Movement **10:30** Invigorating Tai Chi **11:00** Lexicon Legion Word Games Group **2:00** Profiles in Music **3:30** Cocktail Hour **6:30** Non-Fiction Fix Documentary Hour	20 **9:00** Local Errands - CVS **10:00** Mindfulness and Meditation **10:15** Local Errands - Stop and Shop **10:30** Fitness and Fresh Fruit **11:00** Lexicon Legion Word Games Group **1:00** Local Outings - CVS, Stop and Shop, Etc! **2:00** On Cloud Wine - Wine Tasting **3:00** Rummikub Table Game **3:30** Cocktail Social **6:30** Community Bingo	21 **9:00** Local Errands **10:00** Stretch & Strengthen **10:30** Barre and Balance **11:00** Lexicon Legion Word Games Group **1:30** Pumpkin Decorating! **2:30** Creative Writing Workshop **3:30** Happy Hour **6:30** Scary Movie Night	22 **10:00** Weight Training w/ Dumbells **10:30** Range of Motion & Stretch **11:00** BAYADA Talk: Fall Risk **12:30** Tech Talk and Connect **2:00** Non Fiction Fix - Documentary Hour **2:30** Lexicon Legion Word Games Group **3:00** Cribbage Club **3:30** Social Hour **6:30** Cozy Movie Night **8:15** Patriots vs Bears	23 **10:00** Resistance Band Full Body **10:30** Barre & Balance Session **1:00** Rummikub Table Game **1:30** Live Music: Antarctica **1:30** Communion & Scripture **3:30** Happy Hour **4:00** Scrabble Table Game **6:00** Shabbat Services	24 **10:00** Weight Training **10:30** Yoga Stretch **11:00** Lexicon Legion Word Games Group **1:30** Exploring Movies **2:00** Movie Matinee **2:15** Hearts Club Table Game **3:00** Invigorating Tai Chi **6:30** Film Series Double Feature!
25 **10:00** Catholic Mass-Notre Dame **11:00** Seated Pilates **11:30** Cardio and Movement **1:00** Lexicon Legion Word Games Group **1:30** Craft and Conversation **3:15** Sweater Weather Sips **4:00** Cribbage Club	26 **10:00** Yoga Dance and Movement **10:30** Invigorating Tai Chi **11:00** Lexicon Legion Word Games Group **2:00** Profiles in Music **3:30** Cocktail Hour **6:30** Non-Fiction Fix Documentary Hour	27 **9:00** Local Errands - CVS **10:00** Mindfulness and Meditation **10:15** Local Errands - Stop and Shop **10:30** Fitness and Fresh Fruit **11:00** Lexicon Legion Word Games Group **1:00** Local Outings - CVS, Stop and Shop, Etc! **3:00** Rummikub Table Game **3:30** Cocktail Social **6:30** Community Bingo	28 **9:00** Local Errands **10:00** Stretch & Strengthen **10:30** Barre and Balance **11:00** Lexicon Legion Word Games Group **11:00** Around the World with Ron **2:00** Chili Cook Off! **3:30** Happy Hour **6:30** Scary Movie Night	29 **10:00** Weight Training w/ Dumbells **10:30** Range of Motion & Stretch **11:00** Canasta! **12:30** Tech Talk and Connect **1:30** Creative Writing Workshop **2:00** Non Fiction Fix - Documentary Hour **2:30** Lexicon Legion Word Games Group **3:00** Cribbage Club **3:30** Family and Community Trick or Trick **3:30** Social Hour **6:30** Cozy Movie Night	30 **10:00** Resistance Band Full Body **10:30** Barre & Balance Session **11:00** Fall Foliage Scenic Drive **1:00** Rummikub Table Game **1:30** Communion & Scripture **2:00** Live Music and Story with Richard Amir **3:30** Happy Hour **3:30** Monthly Birthday Celebration **4:00** Scrabble Table Game **6:00** Shabbat Services	31 **10:00** Weight Training **10:30** Yoga Stretch **11:00** Lexicon Legion Word Games Group **1:30** Exploring Movies **2:00** Movie Matinee **2:15** Hearts Club Table Game **3:00** Invigorating Tai Chi **6:30** Film Series Double Feature!

Our Engagement program is built upon both our residents' interests and our Five Principles for Vitality:
Continued Learning – Arts & Culture – Physical Fitness – Community Connections – Wellness & Self Care

AN LCB SENIOR LIVING COMMUNITY