

# Middlesex Community College Presentations

We are delighted about our collaboration with the Middlesex Community College Nursing Students. Here are opportunities of learn something new.

- 7/8 Living with High Blood Pressure
- 7/15 Managing My Osteoarthritis
- 7/2 What is Glaucoma
- 7/29 Immunizations for Older Adults



# School Supply Drive

For the next couple of months, we will be accepting donations for school supplies. Every community have students in need. Also it will help contribute to classroom supplies. If you are interested in helping, we are looking for basic school supplies. This will give children a good start back to school. We will have a list of most needed items at the Front Desk. Thank you in advance.



# Did You Know?

Venus is the only planet to spin clockwise.  
Australia is wider than the moon. The moon is 3400 km in diameter, while Australia's diameter is almost 4000 km  
Queen Elizabeth II was a trained mechanic. When she was 16, the Queen joined the British employment agency at the Labour Exchange and learned the basics of truck repair.



# THE RESIDENCE at Pearl Street

## THE RESIDENCE AT PEARL STREET *Associates*

**Charlene Keough**  
*Executive Director*

**Esther Medeiros**  
*Business Office Director*

**Beverly Curry**  
*Resident Engagement Director*

**Austin Marks**  
*Maintenance Director*

**Molly Hollis**  
*Reflections Director*

**Neil Scibelli**  
*Director Restaurant Operations*

**Brenda Simblaris**  
*Sales and Marketing Director*

**Lorraine Noonan**  
*Resident Care Director*



# Program Highlights for July

## Highlights for July:

- 7/3 Linda Chase, Vocalist
- 7/4 Fireworks in Wakefield
- 7/8 Trip to sister community in Salem, NH to listen to the Nottingham Band
- 7/10 North Reading Community Band
- 7/17 Ray Novack, Pianist and Vocals
- 7/31 Steve Hershman, Pianist



## Signature Series Events

### Masterclass Workshop 7/7 - 1:30

Join us for an upbeat and motivating presentation with Magdalana Siegel. Her inspiring topic "Let's Reframe Aging" will be a must attend workshop.



### Seafood Celebration 7/24 - 4-6 PM

This is always a sure fire hit in the Signature Series line up. Live entertainment with Steve Savio, a Pearl Street favorite.





Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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9:30 Stretch and Flex  
10:00 Spiritual Services  
10:30 Greeting Card Workshop  
10:30 Music Trivia  
1:30 Board Game Club  
1:30 Technology Workshop  
1:30 Red Sox Game  
3:00 Rosary and Communion  
3:00 Build Your Own Sundae  
3:30 Barre and Balance Class

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9:45 Cardio Circuits  
10:15 A Game of Chance  
10:15 Welcome Committee  
11:15 Continued Learning: French for Beginners  
1:30 Magdalana Presents; Let's Reframe Aging  
2:00 Knit One Pearl Two  
3:30 Guided Meditation  
4:00 Tai Chi for Arthritis

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9:30 Stretch and Flex  
10:00 Spiritual Services  
10:30 Greeting Card Workshop  
1:30 Board Game Club  
1:30 Bake and Take  
1:30 Technology Workshop  
3:00 Rosary and Communion  
3:00 Build Your Own Sundae  
3:30 Barre and Balance Class

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9:45 Cardio Circuits  
10:15 A Game of Chance  
10:15 Welcome Committee  
11:15 Continued Learning: French for Beginners  
1:30 Virtual Crossword Puzzle  
2:00 Knit One Pearl Two  
3:00 REACT Neuro  
3:30 Guided Meditation  
4:00 Tai Chi for Arthritis

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9:30 Stretch and Flex  
10:00 Spiritual Services  
10:30 Greeting Card Workshop  
1:30 Board Game Club  
1:30 Bake and Take  
1:30 Technology Workshop  
3:00 Rosary and Communion  
3:00 Build Your Own Sundae  
3:30 Barre and Balance Class

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9:45 Cardio Circuits  
10:15 A Game of Chance  
10:15 Welcome Committee  
11:15 Continued Learning: French for Beginners  
1:30 Derby Races  
2:00 Protestant Service  
2:00 Knit One Pearl Two  
3:30 Guided Meditation  
4:00 Tai Chi for Arthritis

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9:30 Stretch and Flex  
10:00 Spiritual Services  
10:30 Greeting Card Workshop  
1:30 Board Game Club  
1:30 Bake and Take  
1:30 Technology Workshop  
3:00 Rosary and Communion  
3:00 Build Your Own Sundae  
3:30 Barre and Balance Class

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9:45 Cardio Circuits  
10:15 A Game of Chance  
10:15 Welcome Committee  
11:15 Continued Learning: French for Beginners  
1:30 Virtual Crossword Puzzle  
2:00 Knit One Pearl Two  
3:30 Guided Meditation  
4:00 Tai Chi for Arthritis

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9:00 Mass at St. Athanasius  
9:45 Tai Chi for Fall Prevention  
10:30 Trivia Challenge  
1:15 Young at Heart Voices  
1:30 Rummikub Club  
3:00 Afternoon High Tea  
3:30 Heartbeat of the Drums  
7:00 Red Sox Game

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9:00 Mass at St. Athanasius  
9:45 Barre and Balance Class  
10:30 Trivia Challenge  
1:15 Young at Heart Voices  
2:00 Nottingham Band; Salem, NH  
3:00 Afternoon High Tea  
3:30 Heartbeat of the Drums  
6:30 Serenity Sundown Session

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9:00 Mass at St. Athanasius  
9:45 Barre and Balance Class  
10:30 Trivia Challenge  
1:15 Young at Heart Voices  
1:30 Rummikub Club  
3:00 Afternoon High Tea  
3:30 Heartbeat of the Drums  
6:30 Serenity Sundown Session

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9:00 Mass at St. Athanasius  
9:45 Barre and Balance Class  
10:30 Trivia Challenge  
1:15 Young at Heart Voices  
1:30 Men's Group  
1:30 Rummikub Club  
3:00 Afternoon High Tea  
3:30 Heartbeat of the Drums  
6:30 Serenity Sundown Session

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9:00 Mass at St. Athanasius  
9:45 Barre and Balance Class  
10:30 Trivia Challenge  
1:15 Young at Heart Voices  
1:30 Rummikub Club  
3:00 Afternoon High Tea  
3:30 Heartbeat of the Drums  
6:30 Serenity Sundown Session  
7:30 Red Sox Game

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9:00 Strength Training  
9:30 Nurse's Presentation  
10:15 Watercolor Painting Class  
1:00 Library Support Session  
1:30 Derby Competition  
3:00 Aromatherapy & Hand Massages  
3:30 Resistance Bands & Cardio  
4:00 Movie Committee  
6:15 Guided Meditation

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9:00 Strength Training  
9:30 Nurse's Presentation  
10:15 Watercolor Painting Class  
1:00 Library Support Session  
1:00 Food for Thought Meeting  
1:30 Derby Competition  
3:00 Aromatherapy & Hand Massages  
3:30 Resistance Bands & Cardio  
6:15 Guided Meditation

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9:00 Strength Training  
9:30 Nurse's Presentation  
10:15 Watercolor Painting Class  
10:30 Veteran's Cafe  
1:00 Library Support Session  
1:30 Derby Competition  
3:00 Aromatherapy & Hand Massages  
3:30 Resistance Bands & Cardio  
6:15 Guided Meditation

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9:00 Strength Training  
9:30 Nurse's Presentation  
10:15 Watercolor Painting Class  
1:00 Library Support Session  
1:30 Bingo  
3:00 Aromatherapy & Hand Massages  
3:30 Resistance Bands & Cardio  
6:15 Guided Meditation

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9:00 Strength Training  
9:30 Nurse's Presentation  
10:15 Watercolor Painting Class  
1:00 Library Support Session  
1:30 Derby Competition  
3:00 Aromatherapy & Hand Massages  
3:30 Resistance Bands & Cardio  
6:15 Guided Meditation

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9:30 The Heartbeat of Drums  
10:15 Court Case Discussion  
10:30 Quotation Discovery  
1:00 Store Open  
1:00 Tai Chi for Beginners  
1:30 Gratitude Session  
1:30 Bible Study with Jan  
2:30 Pearl Street Pub  
3:00 Linda Chase, Vocalist  
6:30 Rosary

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9:30 The Heartbeat of Drums  
10:15 Court Case Discussion  
10:30 Quotation Discovery  
1:00 Store Open  
1:00 Tai Chi for Beginners  
1:30 Gratitude Session  
1:30 Family Feud Challenge  
5:00 Pearl Street Pub  
6:30 N. R. Community Band

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9:30 The Heartbeat of Drums  
10:00 Resident Council  
10:30 Quotation Discovery  
12:00 Birthday Luncheon  
1:00 Tai Chi for Beginners  
1:30 History Tellers Podcast  
1:30 Gratitude Session  
2:30 Pearl Street Pub  
3:00 Ray Novack, Pianist & Vocals

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Harriet's Birthday!

9:30 The Heartbeat of Drums  
10:15 Court Case Discussion  
10:30 Quotation Discovery  
1:00 Store Open  
1:00 Tai Chi for Beginners  
1:30 Gratitude Session  
2:30 Pearl Street Pub  
4:30 Signature Series; Seafood Celebration  
4:30 Steve Savio; Vocalists

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9:30 The Heartbeat of Drums  
10:15 Court Case Discussion  
10:30 Quotation Discovery  
12:00 July Birthday Luncheon  
1:00 Store Open  
1:00 Tai Chi for Beginners  
1:30 Gratitude Session  
2:30 Pearl Street Pub  
3:00 Steve Hershman; Pianist  
6:30 Rosary

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4th of July

9:00 Guided Meditation  
9:30 Strength Training  
10:15 Positive News Discussion  
10:30 Play Script Reading  
10:30 4th of July Trivia  
11:00 Red Sox Game  
11:15 SHIELD Check In  
3:30 Upbeat Stretch and Flex  
8:30 4th of July Fireworks

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9:00 Guided Meditation  
9:30 Strength Training  
10:15 Positive News Discussion  
10:30 Play Script Reading  
10:30 Crossword Puzzle  
11:15 SHIELD Check In  
1:30 Craft Workshop; Rosary Beads  
3:00 Rosary and Communion  
3:30 Upbeat Stretch and Flex

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9:00 Guided Meditation  
9:30 Strength Training  
10:15 Positive News Discussion  
10:30 Play Script Reading  
10:30 Jeopardy Trivia Challenge  
11:15 SHIELD Check In  
1:30 Board Game Club  
1:30 Craft Workshop  
3:30 Upbeat Stretch and Flex

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9:00 Guided Meditation  
9:30 Strength Training  
10:15 Positive News Discussion  
10:30 Jeopardy  
10:30 Play Script Reading  
11:15 SHIELD Check In  
1:30 Music and Memories  
3:00 Rosary and Communion  
3:30 Upbeat Stretch and Flex



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9:30 Yoga With Marianne  
10:30 Knitting for Charity  
10:30 Music And Memories  
12:30 Card Sharks Club  
1:30 Court Case Discussion  
1:45 Trivia Challenge  
3:30 Strength, Mobility & Meditation  
4:00 Red Sox Game

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9:30 Yoga With Marianne  
10:30 Knitting for Charity  
10:30 Music And Memories  
12:30 Card Sharks Club  
1:30 Court Case Discussion  
1:45 Trivia Challenge  
3:30 Strength, Mobility & Meditation  
6:30 Feature Film

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9:30 Yoga With Marianne  
10:00 Sweet Treat Cart  
10:30 Knitting for Charity  
10:30 Music And Memories  
12:30 Card Sharks Club  
1:30 Court Case Discussion  
1:45 Trivia Challenge  
3:30 Strength, Mobility & Meditation  
6:30 Feature Film

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9:30 Yoga With Marianne  
10:30 Knitting for Charity  
10:30 Music And Memories  
12:30 Card Sharks Club  
1:30 Court Case Discussion  
1:30 Neck & Shoulder Massages  
1:45 Trivia Challenge  
3:30 Strength, Mobility & Meditation  
6:30 Feature Film

OUTINGS

Tuesdays

Longhorn Restaurant  
Residence at Salem Woods

Nottingham Band 7/8  
Picnic Lynch Park, Beverly

Picnic at Horn Pond, Winchester

Kimballs Ice Cream, Westford

Friday PM

Store specific; check daily

Our engagement program is built upon both our residents' interests and our Five Principles for Vitality.

By providing quality and choice, we hope to encourage socialization and well-being for mind, body, and spirit.

Continued Learning  
Arts & Culture  
Physical Fitness  
Community Connections  
Wellness & Self-Care