

Signature Series Events

Sushi Masterclass Experience

Wednesday, July 9th, 3:00pm/ Bistro

Get ready for a hands-on culinary adventure! Join us for a special Sushi Masterclass, where residents will learn about the art and history of sushi, create their own custom rolls, and enjoy a delicious tasting session. Don't worry—even if you don't like fish, we've got you covered with fresh and flavorful vegetarian rolls. Whether you're a seasoned sushi lover or a curious beginner, this interactive experience is sure to be a flavorful favorite!

Lobster Rolls for a Cause

Thursday July 24th, 12:00pm-2:00pm /Back Patio/Dining Room

Calling all Seafood fanatics. Join us for a mouthwatering Lobster Roll Fest. Sit back, relax, and enjoy live music while savoring every bite. All proceeds will go directly to benefit the Alzheimer's Association. Don't miss this perfect blend of delicious food, great music, and a meaningful cause. Let's come together to make a difference—one lobster roll at a time!

Please be advised, residents do not need to pay.

Purchase a curbside pick up for \$30 Take away a complete meal: Lobster roll with coleslaw, chips, dessert, and a drink. Cash or check (payable to the Alzheimer's Association). Reservations are required by July 9th.Contact us to reserve your meal(s) and select a pickup time.

Backpack and School Supply Drive

We will be collecting backpacks and school supplies for the Salem Boys and

Girls Club and Local Salem Schools! If you are willing and able, we would

love your help with this drive. All Donations can be dropped off inside our front lobby from July 1st-August 30th. We will be dropping off all supplies to surrounding schools on the 31st!



THE RESIDENCE at Salem Woods

From the Executive Director

July is here — and so is the sunshine, celebration, and summer fun!

From fireworks and cookouts to pool days and popsicles, this is the season to soak up all the good vibes Salem Woods has to offer. As always, we've got some exciting events, wonderful outings, and social engagements for this month— so dive into this calendar to see what's in store!

We're truly grateful to have you as part of the Salem Woods family. It's the incredible connection between our residents, their loved ones, and our dedicated team that makes this community such a special place to call home.

We hope July brings you joy, laughter, and plenty of reasons to smile, so stay cool, stay safe, and let the summer adventures begin!

~Brian

THE RESIDENCE AT SALEM WOODS Associates

Brian Beausoleil

Executive Director

Erin Scanlon

Senior Business Office Director

Brittany Talbot

Senior Sales/Marketing Director

Stephanie Raboin

Resident Care Director

Daisey Kayo-Wells

Senior Engagement Director

Sydney Tangney

Reflections Director

Joe Pagliccia

Senior Maintenance Director

Mary Zalanskas

Restaurant Operations Director



Walk to End Alzheimer's

Our community has been actively raising funds for the official New Hampshire Walk at the Merrimack Outlets on Saturday, October 18. Our goal this year is to surpass last year's total of \$7,000 and help obtain our company wide goal of 150,000, and with your continued support, we know we can do it! If you'd like to join our walk team or contribute, scan the QR code below or look for the posted codes in our lobby for quick access to our fundraising page. This cause is close to our hearts, and we are deeply grateful for your continued generosity and support - together we can make a difference!



Sunday



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Reminders:

Hair Salon

Wednesday: 9-5

Transportation:

Medical Appts

Mon: 1-3

Tues: 9:30-3:30

Errands

Fri: 9:30-12

Outings

Wednesdays

Church

Sun: 8:30-11

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

6 Celebrate Richard D!

10:00 Total Body Fitness
10:30 Anagrams Challenge
10:30 Van-Church Services
11:15 CNN Weekly Quiz
1:00 Pop up 1\$ Store
1:00 Scrabble Club
2:30 Barre & Balance Class
3:00 Pub Happy Hour
4:30 Cribbage Group
6:00 Docu-Our Oceans

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10:00 Circuit Exercise
10:00 Mahjong
10:30 Knowledge Bout Jeopardy
11:00 Calendar Planning Mtg
1:00 React Neuro Sessions
1:00 Quarter Bingo
2:15 Barre & Balance
3:00 Cocktail Hour-Margaritas
4:15 Aroma Therapy Meditation
6:15 Feature Film

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10:00 Total Body Fitness
10:30 Anagrams Challenge
10:30 Van-Church Services
11:15 CNN Weekly Quiz
1:00 Pop up 1\$ Store
1:00 Scrabble Club
2:30 Barre & Balance Class
3:00 Pub Happy Hour
4:30 Cribbage Group
6:00 Docuseries-Our Oceans

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10:00 Circuit Exercise
10:00 Mahjong
10:30 Oceanic Knowledge Bout
1:00 Quarter Bingo
1:00 Therapy Dog Visit-Murph
2:00 Catholic Mass
2:15 Barre & Balance
3:00 Cocktail Hour-Margaritas
4:15 Aroma Therapy Meditation
6:15 Feature Film-Jaws

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10:00 Total Body Fitness
10:30 Anagrams Challenge
10:30 Van-Church Services
11:15 CNN Weekly Quiz
1:00 Pop up 1\$ Store
1:00 Scrabble Club
2:30 Barre & Balance Class
3:00 Pub Happy Hour
3:15 Piano/Guitar-Tai Bajaj
4:30 Cribbage Group

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10:00 Total Body Fitness
10:30 Anagrams Challenge
10:30 Van-Church Services
11:15 CNN Weekly Quiz
1:00 Pop up 1\$ Store
1:00 Scrabble Club
2:30 Barre & Balance Class
3:00 Pub Happy Hour
4:30 Cribbage Group
6:00 Docuseries-Our Oceans

8 Celebrate Ann D!

10:00 Engage Exercise Class
10:30 Travelogue-Tawain
11:30 Ambassador Committee
1:00 Sweet Treats Baking Club
1:00 Learn to Play-Bridge
1:30 Garden Keepers
2:00 Nottingham Brass Quintet
3:00 Pub Happy Hour
3:30 Tai Chi for Arthritis
4:15 Smart Board Puzzles

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10:00 Engage Exercise Class
10:30 PBS-Dancing with Sharks
11:30 Ambassador Committee
1:00 Learn to Play-Bridge
1:00 Baking Club-Shark Bites
1:30 Garden Keepers
2:15 Tai Chi for Arthritis
3:00 Pub Happy Hour
4:15 Smart Board Puzzles
5:00 Fireside Savory S'mores

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10:00 Engage Exercise Class
10:30 Docu-Shark Whisperer
11:30 Ambassador Committee
1:00 Learn to Play-Bridge
1:15 Sweet Treats Baking Club
1:30 Garden Keepers
2:15 Tai Chi for Arthritis
3:00 Pub Happy Hour
3:15 Trivia Tunes-Vin P.
4:15 Smart Board Puzzles

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10:00 Engage Exercise Class
10:30 Music Appreciation Hour
11:30 Ambassador Committee
1:00 Sweet Treats Baking Club
1:00 Learn to Play-Bridge
1:30 Garden Keepers
2:15 Tai Chi for Arthritis
3:00 Pub Happy Hour
3:30 Taste of Culture
4:15 Smart Board Puzzles

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10:00 Stretch & Tone
10:30 Blank Slate Challenge
10:45 Lunch Outing-Rivers Edge
11:15 Walking for Wellness
1:00 Group Crossword
1:30 Sally Sweet Singers
2:30 Cardio Drumming
3:00 Masterclass Sushi Demo
3:15 Bible Study
4:15 Aroma Therapy Meditation

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10:00 Stretch & Tone
10:00 Ogunquit Playhouse
10:30 NY Times-Spelling Bee
11:15 Walking for Wellness
1:00 Group Crossword
1:30 Sally Sweet Singers
2:30 Cardio Drumming
3:00 Pub Trivia Hour
4:15 Aroma Therapy Meditation
5:30 Variation Bingo

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9:30 Boston Harbor Cruise
10:00 Stretch & Tone
10:30 Blank Slate Challenge
11:15 Walking for Wellness
1:00 Group Crossword
1:30 Sally Sweet Singers
2:30 Cardio Drumming
3:00 Pub Trivia Hour
3:15 Bible Study
4:15 Aroma Therapy Meditation

30

10:00 Stretch & Tone
10:30 NY Times-Spelling Bee
10:45 Outing-Cracker Barrel
11:15 Walking for Wellness
1:00 Group Crossword
1:30 Sally Sweet Singers
2:30 Cardio Drumming
3:00 Pub Trivia Hour
3:00 Vocalist-Josef Nocera
4:15 Aroma Therapy Meditation

10 Celebrate Rosi S!

10:00 Total Body Fitness
10:00 Mahjong
10:30 Curator-Art Talk Series
11:15 Spa Session-Manicures
1:00 Paint Studio-Acrylic
1:30 Billiards Club
2:15 Engage Exercise Class
3:00 Pub Happy Hour
4:15 Poker Club
6:15 Feature Film

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10:00 Total Body Fitness
10:00 Mahjong
10:30 Virtual Aquarium Tour
11:15 Sea Salt Scrub Workshop
1:00 Paint Studio-Nautical
1:30 Billiards Club
2:15 Engage Exercise Class
3:00 Pub Happy Hour
3:00 Vocalist-Singing Trooper
4:15 Poker Club

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10:00 Total Body Fitness
10:00 Mahjong
10:30 Curator-Art Talk Series
11:30 Seafood Celebration
1:00 Paint Studio-Acrylic
1:30 Billiards Club
2:15 Engage Exercise Class
3:00 Pub Happy Hour
4:15 Poker Club
6:15 Feature Film

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10:00 Total Body Fitness
10:00 Mahjong
10:30 Virtual Museum Tour
11:15 Spa Session-Hand Massage
1:00 Resident Council Meeting
1:00 Intro to-Oil Painting
1:30 Billiards Club
2:15 Engage Exercise Class
3:00 Pub Happy Hour
4:15 Poker Club

11 Celebrate Larry A!

9:30 Shopping/Errands: Bus
10:00 Resistance Band Training
11:00 Cribbage Club
11:15 Summer Tea Luncheon
1:15 Guest Speaker-Inquiring Minds
1:30 Card Players-45's
2:15 Tai Chi for Arthritis
3:00 Signature Cocktail Hour
4:00 Smart Board Puzzles

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9:30 Shopping/Errands: Bus
10:00 Resistance Band Training
10:30 Podcast-Shark Week
11:00 Cribbage Club
11:15 Therapy Dog Visit-Livi
1:00 Seashell Resin Workshop
1:30 Card Players-45's
2:15 Tai Chi for Arthritis
3:00 Mixology-Fishbowl
4:00 Smart Board Puzzles

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9:30 Shopping/Errands: Bus
10:00 Resistance Band Training
10:30 Podcast-Shark Week
11:00 Cribbage Club
1:00 Nautical Wreath Workshop
1:30 Card Players-45's
2:00 Joyful Hymns Music
2:15 Tai Chi for Arthritis
3:00 Signature Cocktail Hour
4:00 Smart Board Puzzles



4 Celebrate Julie H!

9:30 Shopping/Errands: Bus
10:00 Resistance Band Training
10:30 Podcast-Shark Week
11:00 4th of July BBQ
11:15 Therapy Dog Visit-Livi
1:00 Patriotic Decor Workshop
1:30 Card Players-45's
2:15 Tai Chi for Arthritis
3:00 Signature Cocktail Hour
4:00 Smart Board Puzzles

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10:00 Total Body Fitness
10:30 Group Crossword
11:15 Mexican Train Dominoes
1:00 Jewelry Design Workshop
1:15 Docuseries-National Parks
2:30 Cardio Drumming
3:00 Happy Hour
6:00 Feature Film
6:00 Resident Run Bingo

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10:00 Pilates Stretch
10:30 Group Crossword
11:15 Mexican Train Dominoes
1:00 Jewelry Design Workshop
1:15 Docuseries-National Parks
2:30 Cardio Drumming
3:00 Happy Hour
6:00 Feature Film
6:00 Resident Run Bingo

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10:00 Total Body Fitness
10:30 Group Crossword
11:15 Mexican Train Dominoes
1:00 Jewelry Design Workshop
1:15 Docuseries-National Parks
2:30 Cardio Drumming
3:00 Happy Hour
6:00 Feature Film
6:00 Resident Run Bingo

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10:00 Pilates Stretch
10:30 Group Crossword
11:15 Mexican Train Dominoes
1:00 Jewelry Design Workshop
1:15 Docuseries-National Parks
2:30 Cardio Drumming
3:00 Happy Hour
6:00 Feature Film
6:00 Resident Run Bingo