

## July Highlights

### July 4 – Independence Day Celebrations

Join us for a special outing to the Lake Monsters baseball game! Limited seats available—sign up at the front desk.

While some are enjoying the game, the community will celebrate with a festive Fourth of July Barbecue, featuring a special performance by The Not Yet Dead Gang.

### July 10 – Annual Seafood Celebration

From 4:00 PM to 6:00 PM, enjoy fresh seafood and great company! Live music by The Butterfields.

### July 16 – Antique Jewelry Showcase

Barbara Parker returns with her beautiful collection of antique jewelry.

### July 23 – Local History Lecture

Welcome back Joyce and Deirdre & fascinating history stories.

### July 26 – Live Music: L&B Girls

A new musical group joins us for the first time! The L&B Girls will perform at 2:00 PM in the Bistro.

### July 29 – Ice Cream Master Class

Cool down this summer and learn how to make your own ice cream with Anita in this fun and tasty master class.

### July 30 – New Resident Meet & Greet Happy Hour

Let's close out the month in style! Join us for our New Resident Meet & Greet during a lively Happy Hour Social. Friends and family are welcome—we look forward to seeing both new and current residents come together!



# THE RESIDENCE at Quarry Hill

## From the Executive Director



Happy July! I hope you're enjoying the sunshine, warm weather, and all the joy that summer brings.

We have a wonderful month ahead filled with seasonal celebrations and outdoor fun. Be sure to check the calendar for special events like our Fourth of July gathering, and live music. These are great

opportunities to connect, relax, and enjoy time together in community.

As always, we're committed to keeping everyone informed. Please look for our monthly newsletter sent via email and provided in the mail room.

We also welcome your feedback! If you have suggestions or ideas, don't hesitate to share them. Your input helps us continue to create a warm, supportive, environment for everyone.

Thank you for being part of what makes Quarry Hill such a special place.

Warmly,

Lydia Raymond

### THE RESIDENCE AT QUARRY HILL *Associates*

**Lydia Raymond**  
*Executive Director*

**Seth Hargrove**  
*Business Office Director*

**Tanya Seeley**  
*Reflections Director*

**Thomas Wood**  
*Maintenance Director*

**Sydney Taylor**  
*Sales & Marketing Director*

**Sarah Kabagambe**  
*Resident Engagement Director*

**Charlotte Webb**  
*Restaurant Operations Director*





Sunday



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Reminders

**6**  
10:00 Congregational Service  
10:30 Outing: St. John Vianney  
10:30 Nail and Hand Spa  
11:15 Catholic Service  
11:30 Word Find Challenge  
12:45 Matinee Movie  
3:00 Guided Stretching  
3:30 Word Extraction  
3:30 Live Music- Coocie  
6:30 Movie Black and White

**7**  
10:00 Yoga Flow w/Liz  
11:00 State Park Tour  
11:00 Crafts- Card Making  
11:30 Film Selection Committee  
1:00 Bingo  
2:15 Nail Spa  
3:00 Walking Club  
3:30 Wii Tennis  
3:45 Margarita Mondays  
6:30 Movie: Thriller

**13**  
10:00 Congregational Service  
10:30 Outing: St. John Vianney  
10:30 Nail and Hand Spa  
11:15 Catholic Service  
11:30 Word Find Challenge  
12:45 Matinee Movie  
3:00 Guided Stretching  
3:30 Word Extraction  
6:30 Movie Black and White

**14** Happy Bday Jerry P  
10:00 Yoga Flow w/Liz  
11:00 State Park Tour  
11:00 Crafts- Card Making  
11:30 Film Selection Committee  
1:00 Bingo  
2:15 Nail Spa  
3:00 Walking Club  
3:30 Wii Tennis  
3:45 Margarita Mondays  
6:30 Movie: Thriller

**20**  
10:00 Congregational Service  
10:30 Outing: St. John Vianney  
10:30 Nail and Hand Spa  
11:15 Catholic Service  
11:30 Word Find Challenge  
12:45 Matinee Movie  
3:00 Guided Stretching  
3:30 Word Extraction  
6:30 Movie Black and White

**21**  
10:00 Yoga Flow w/Liz  
11:00 State Park Tour  
11:00 Crafts- Card Making  
11:30 Film Selection Committee  
1:00 Bingo  
2:15 Nail Spa  
3:00 Walking Club  
3:30 Wii Tennis  
3:45 Margarita Mondays  
6:30 Movie: Thriller

**27**  
10:00 Congregational Service  
10:30 Outing: St. John Vianney  
10:30 Nail and Hand Spa  
11:15 Catholic Service  
11:30 Word Find Challenge  
12:45 Matinee Movie  
3:00 Guided Stretching  
3:30 Word Extraction  
6:30 Movie Black and White

**28**  
10:00 Yoga Flow w/Liz  
11:00 State Park Tour  
11:00 Crafts- Card Making  
11:30 Film Selection Committee  
1:00 Bingo  
2:15 Nail Spa  
3:00 Walking Club  
3:30 Wii Tennis  
3:45 Margarita Mondays  
6:30 Movie: Thriller

**1** Happy Bday Patricia. C  
10:00 Light Weights Training  
10:30 Outing: Hannaford  
1:00 NY Times Crossword  
2:00 Sangria & the Round Table  
2:30 Resident Store  
2:45 Wii Bowling  
3:00 Tai Chi for Arthritis  
4:30 Book Club Read  
6:30 Movie: Comedy

**8**  
10:00 Light Weights Training  
10:30 Outing: Trader Joe's  
1:00 NY Times Crossword  
2:00 Chefs Hour  
2:00 Sangria & the Round Table  
2:30 Resident Store  
2:45 Wii Bowling  
3:00 Tai Chi for Arthritis  
4:30 Book Club Read  
6:30 Movie: Comedy

**15**  
10:00 Light Weights Training  
10:30 Outing: Hannaford & Target  
1:00 NY Times Crossword  
2:00 Sangria & the Round Table  
2:00 Resident Community Meeting  
2:30 Resident Store  
2:45 Wii Bowling  
3:00 Tai Chi for Arthritis  
4:30 Book Club Read  
6:30 Movie: Comedy

**22** Fran, Casper, Zach  
10:00 Light Weights Training  
10:30 Outing: Walmart  
1:00 NY Times Crossword  
2:00 Sangria & the Round Table  
2:00 Live Music- Corey G  
2:30 Resident Store  
2:45 Wii Bowling  
3:00 Tai Chi for Arthritis  
4:30 Book Club Read  
6:30 Movie: Comedy

**29**  
10:00 Light Weights Training  
10:30 Outing: Hannaford  
1:00 Master Class- Learn to make Ice Cream  
2:00 Sangria & the Round Table  
2:30 Resident Store  
2:45 Wii Bowling  
3:00 Tai Chi for Arthritis  
4:30 Book Club Read  
6:30 Movie: Comedy

**2**  
10:00 Resistance Bands  
10:00 React  
10:30 Daily Wordle  
10:30 Net Ball Tournament  
11:00 Resident Chorus Group  
1:00 Rummikub Group  
1:15 Cooking Club: Coconut Shrimp  
2:00 Garden Club w/ Thom  
3:00 Walking Club

**9** Happy Bday DeeDee O  
10:00 Resistance Bands  
10:30 Daily Wordle  
10:30 Net Ball Tournament  
11:00 Resident Chorus Group  
1:00 Rummikub Group  
1:15 Cooking Club: Waldorf Chicken Salad  
2:00 Garden Club w/ Thom  
3:00 Walking Club  
3:45 Happy Hour Social

**16**  
10:00 Resistance Bands  
10:00 React  
10:30 Daily Wordle  
10:30 Net Ball Tournament  
11:00 Resident Chorus Group  
1:00 Rummikub Group  
1:00 Barb's Antique show and sale  
1:15 Cooking Club: Tomato Basil Pasta

**23**  
10:00 Resistance Bands  
10:30 Daily Wordle  
10:30 Net Ball Tournament  
11:00 Resident Chorus Group  
1:00 Rummikub Group  
1:15 Cooking Club: Garden Bruschetta  
2:00 Garden Club w/ Thom  
2:00 Local History w/ Joyce & Deirdre

**30**  
10:00 Resistance Bands  
10:00 React  
10:30 Daily Wordle  
10:30 Net Ball Tournament  
11:00 Resident Chorus Group  
1:00 Rummikub Group  
1:15 Cooking Club: Baked Falafel  
2:00 Garden Club w/ Thom  
3:00 Walking Club

**3**  
10:30 Fitness w/ John  
11:00 Baking Club: Cheesecake Dip  
11:00 Dominoes Game  
1:30 Mudslides & Memories  
2:15 Spa Facials & Hand Massage  
3:00 Tai Chi for Arthritis  
3:30 Wii Tennis  
4:00 Knowledge Challenge  
6:30 Movie- Tv Series

**10**  
10:30 Fitness w/ John  
10:30 Outing: Al's French Frys  
1:30 Mudslides & Memories  
2:15 Spa Facials & Hand Massage  
3:00 Tai Chi for Arthritis  
3:00 Meet w/ Your Resident Council (Residents Only)  
3:30 Wii Tennis  
4:00 Knowledge Challenge  
4:00 Live Music- Butterfields

**17**  
10:30 Fitness w/ John  
10:30 Outing-Mini Golf  
1:30 Mudslides & Memories  
2:00 Live Music- Dan Levine  
2:15 Spa Facials & Hand Massage  
3:00 Dementia Support Group  
3:00 Tai Chi for Arthritis  
3:30 Wii Tennis  
4:00 Knowledge Challenge  
6:30 Movie- Tv Series

**24**  
10:30 Fitness w/ John  
1:30 Mudslides & Memories  
2:15 Spa Facials & Hand Massage  
3:00 Tai Chi for Arthritis  
3:30 Wii Tennis  
4:00 Knowledge Challenge  
6:30 Movie- Tv Series

**31** Happy B-day Fred J  
10:30 Fitness w/ John  
10:30 Outing-Ben Jerry's Factory Tour  
1:30 Mudslides & Memories  
2:15 Spa Facials & Hand Massage  
3:00 Tai Chi for Arthritis  
3:30 Wii Tennis  
4:00 Knowledge Challenge  
6:30 Movie- Tv Series

**4** Independence Day  
10:00 Walking Club  
11:00 Debate & Discuss  
12:00 Outing- Lake Monsters Game  
1:00 Resident Run Bridge Card Game  
1:00 Rummikub Group  
2:45 Wii Bowling  
3:00 Cardio Drumming  
3:45 Cocktail Hour

**11**  
10:00 Walking Club  
11:00 Debate & Discuss  
1:00 Resident Run Bridge Card Game  
1:00 Rummikub Group  
1:00 Baking Club-Ice Cream Bread  
2:45 Wii Bowling  
3:00 Cardio Drumming  
3:45 Cocktail Hour

**18**  
10:00 Walking Club  
11:00 Debate & Discuss  
1:00 Resident Run Bridge Card Game  
1:00 Rummikub Group  
1:00 Baking Club-Homemade Ice cream sandwiches  
2:45 Wii Bowling  
3:00 Cardio Drumming  
3:45 Cocktail Hour

**25** Happy B-day Barbara K  
10:00 Walking Club  
11:00 Debate & Discuss  
1:00 Resident Run Bridge Card Game  
1:00 Rummikub Group  
1:00 Baking Club-Strawberry Ice Cream cake  
2:45 Wii Bowling  
3:00 Cardio Drumming  
3:45 Cocktail Hour



**5**  
10:00 Lower Body Conditioning  
11:00 Independent Acrylic Painting  
11:45 Matinee Movie  
1:00 Cornhole Challenge  
2:00 Shabbat Service  
3:00 Barre & Balance  
3:30 Wine Chocolate & Bingo  
4:00 Resident Scrabble Club  
6:30 Movie - Drama

**12**  
10:00 Lower Body Conditioning  
11:00 Independent Acrylic Painting  
11:45 Matinee Movie  
1:00 Cornhole Challenge  
2:00 Shabbat Service  
3:00 Barre & Balance  
3:30 Wine Chocolate & Bingo  
4:00 Resident Scrabble Club  
6:30 Movie - Drama

**19**  
10:00 Lower Body Conditioning  
11:00 Independent Acrylic Painting  
11:45 Matinee Movie  
1:00 Cornhole Challenge  
2:00 Shabbat Service  
3:00 Barre & Balance  
3:30 Wine Chocolate & Bingo  
4:00 Resident Scrabble Club  
6:30 Movie - Drama

**26**  
10:00 Lower Body Conditioning  
10:30 Outing: Essex Cinema  
11:00 Independent Acrylic Painting  
11:45 Matinee Movie  
1:00 Cornhole Challenge  
2:00 Shabbat Service  
2:00 Live Music: L & B Girls  
3:00 Barre & Balance  
3:30 Wine Chocolate & Bingo

Transportation  
Schedule

Medical & Personal  
Monday & Wed  
9am-5pm

Shopping Outings  
Tuesday 10:30am

Community Outings  
Thursdays

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