

Gardening Committee



Our Gardening Committee will be meeting again on May 5th at 3:00pm! We have purchased our soil and arranged our gardening beds beautifully around our patio! The Gardening Committee will decide what flowers, fruits, and vegetables we will be planting. We have met with Chef Sarah to discuss what vegetables she would like us to grow for the kitchen!

Once we have decided exactly what we are going to plant, the Gardening Committee will go on an outing to get the materials we need! We have a lot of outside engagements coming in the next few months, and we are looking to make this place amazing!

Everyone is welcome, and even if planting is not your thing, we need ideas on how to fully enhance our outside patio area!

New Art Engagements!

Starting in the month of May, we will be offering several new Art Engagements at the community. Every Tuesday at 2:30pm we will be having an Art Project Group. We will be having an Origami Class, an Intro to Sculpting Lesson, an Aqua Painting Class, and a Bird House Design Lesson. These engagements offer a chance to work on a skill set while having an opportunity to socialize with community members!

We will continue to have our guest Art Instructor, Marryanne, conduct Art Expression Workshops every other Thursday at 1:30pm. This month our Workshops will be held on May 8th and

May 22nd. These engagements will be held on the 2nd floor in the Art Room. If this is something of interest to you, please sign up at the front desk. We look forward to seeing you there!



THE RESIDENCE at Paine Estate

Here Come The May Flowers!



May is upon us, and the warm weather has finally arrived! We have set up the outside patio and seating, in order to best enjoy the incredible outdoors. The month of May not only brings with it the sun, but many more opportunities to enjoy the engagements we have planned.

We are beginning our outdoor walking group, so we can get our exercise while enjoying the amazing land around the property. We will also be hosting both of our signature series events for May outdoors. We will have a Spring Fling Garden Party, followed by a Horticultural Presentation. We will also be having several Cocktails & Conversation Engagements outside on the patio as well.

Every Tuesday morning and Wednesday afternoon, we will have a trip out into the community. For the month of May we will be visiting Higgins Armory, having lunch at the Bistro781 and going to the movies among many other outings. Please sign up at the front desk if you are interested!

We have many new engagements that we are offering for the month of May. With the suggestions of our community, we have come up with a schedule to best maximize our SHIELD opportunities and increase our involvement at The Residence at Paine Estate!

THE RESIDENCE AT PAINE ESTATE *Associates*

Adam Chambers
Executive Director

Alicia Wagner
Sales and Marketing Director

Jackie Krol
Business Office Director

Sarah Stevenson
Restaurant Operations Director

Zachary Condon
Resident Engagement Director

Iva Philbin
Reflections Director



Good Times. Good Friends. *Great Care!*

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Join Us!

Live Concerts

Lectures

Signature Series
Events

Exercise Sessions

Creative Workshops

Book Group

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



- 4**
- 10:00 Live (Virtual) Catholic Mass
 - 10:00 Chair Yoga
 - 10:30 Full Body Workout
 - 11:00 History Talk-Gold Rush
 - 1:00 Word Extraction
 - 2:30 Music Listening Hour
 - 3:30 Tea From Around the World
 - 4:00 Netflix: Queen's Gambit

- 5** Cinco De Mayo
- 10:00 Full Body Thera Bands
 - 10:30 Walk For Fitness-Outside
 - 11:00 React NEURO
 - 1:00 Intellectual Puzzles
 - 2:00 Catholic Communion Service
 - 3:00 Gardening Committee
 - 3:30 Cocktail & Conversations
 - 4:00 Poker Club Table Game
 - 6:30 Hollywood Blockbuster

- 6** National Nurse's Day
- 10:00 Advanced Strength & Tone
 - 10:00 Community Outing-Library
 - 10:30 Tai Chi- Fall Prevention
 - 11:00 Profile in Courage
 - 1:30 Book Club Group
 - 2:30 Art Skills-Bird House
 - 3:30 Cocktails & Conversations
 - 4:00 Rummikub Club
 - 6:30 Bingo Session

- 7**
- Carol D's Birthday
 - 10:00 Barre & Balance
 - 11:00 Travel & Discuss
 - 1:30 Community Outing-Higgins
 - 1:30 Art Appreciation Class
 - 2:00 Jeopardy Team Challenge
 - 3:30 Cocktails & Conversations
 - 3:30 Rummi 500 Club
 - 4:00 Netflix: Queen's Gambit

- 8**
- 10:00 Circuit Training
 - 10:30 Tai Chi for Balance
 - 11:00 Theater History Discussion
 - 1:30 Expressive Arts Workshop
 - 1:30 Guided Meditation
 - 2:30 Movie Trivia Challenge
 - 3:30 Cocktails & Conversations
 - 3:30 Walk for Fitness
 - 4:30 Cribbage Club

- 9**
- 10:00 Barre & Balance Session
 - 11:00 Let's Talk Tech
 - 1:15 Thera Bands Training
 - 1:30 Rummikub Table Game
 - 2:00 America Culture Talk
 - 3:00 Library Committee
 - 3:30 Cocktails and Conversations
 - 4:00 Scrabble Table Game
 - 6:00 Shabbat Services

- 10**
- 10:00 Strength Training
 - 10:30 Guided Meditation
 - 11:00 Profiles in Music
 - 1:00 Travelogue
 - 2:00 Hearts Club Table Game
 - 2:30 Power Yoga
 - 3:30 Silver Screen Matinee
 - 4:30 TED Talk-Family Dynamics

- 11** Mother's Day
- Dorothy's Birthday
 - 10:00 Live (Virtual) Catholic Mass
 - 10:00 Chair Yoga
 - 10:30 Full Body Workout
 - 11:00 Court Case Discussion
 - 1:00 Music Knowledge-The 50's
 - 2:00 Current Events Discussion
 - 3:00 Tea From Around the World
 - 4:00 Netflix: Queen's Gambit

- 12**
- 10:00 Full Body Thera Bands
 - 10:30 Walk For Fitness-Outside
 - 11:00 Exploring Landmarks
 - 1:00 Choice Dilemmas
 - 2:00 Catholic Communion Service
 - 2:00 Word Find Game
 - 3:30 Cocktail & Conversations
 - 4:00 Poker Club Table Game
 - 6:30 Hollywood Blockbuster

- 13**
- 10:00 Advanced Strength & Tone
 - 10:00 Community Outing-Coffee
 - 10:30 Tai Chi- Fall Prevention
 - 11:00 Captivating Narratives
 - 1:30 Engagement Discussion
 - 2:30 Art Skills-Sculpting
 - 3:30 Cocktails & Conversations
 - 4:00 Rummikub Club
 - 6:30 Bingo Session

- 14**
- 10:00 Barre & Balance
 - 11:00 Travel & Discuss
 - 1:30 Art Appreciation Class
 - 1:30 Community Outing-Bistro781
 - 2:15 Fireside Discussion Group
 - 3:30 Cocktails & Conversations
 - 3:30 Rummi 500 Club
 - 4:00 Netflix: Queen's Gambit

- 15**
- 10:00 Circuit Training
 - 10:30 Tai Chi for Balance
 - 11:00 Engagement Meeting
 - 1:00 SHIELD Check-in Group
 - 1:30 Guided Meditation
 - 2:30 Sports Trivia Challenge
 - 3:30 Cocktails & Conversations
 - 3:30 Walk for Fitness
 - 4:30 Cribbage Club

- 16**
- 10:00 Barre & Balance Session
 - 11:30 Sig Series-Spring Fling
 - 1:15 Thera Bands Training
 - 1:30 Rummikub Table Game
 - 2:15 Healthy Habits Discussion
 - 3:30 Cocktails and Conversations
 - 4:00 Scrabble Table Game
 - 6:00 Shabbat Services

- 17**
- 10:00 Strength Training
 - 10:30 Guided Meditation
 - 11:00 Great Poets of America
 - 1:00 Travelogue
 - 2:00 Hearts Club Table Game
 - 2:30 Power Yoga
 - 3:30 Silver Screen Matinee
 - 4:30 TED Talk-Leadership

- 18**
- 10:00 Live (Virtual) Catholic Mass
 - 10:00 Chair Yoga
 - 10:30 Full Body Workout
 - 11:00 History Talk-Big Bands
 - 1:00 Word Extraction
 - 2:30 Music Listening Hour
 - 3:30 Tea From Around the World
 - 4:00 Netflix: Queen's Gambit

- 19**
- 10:00 Full Body Thera Bands
 - 10:30 Walk For Fitness-Outside
 - 11:00 React NEURO
 - 1:00 Intellectual Puzzles
 - 2:00 Catholic Communion Service
 - 2:00 Word Find Game
 - 3:00 Cinema Committee
 - 3:30 Cocktail & Conversations
 - 4:00 Poker Club Table Game
 - 6:30 Hollywood Blockbuster

- 20**
- 10:00 Advanced Strength & Tone
 - 10:00 Community Outing-Shopping
 - 10:30 Tai Chi- Fall Prevention
 - 11:00 Captivating Narratives
 - 1:30 Live Music-Alee Bianco
 - 2:30 Art Skills-Origami
 - 3:30 Cocktails & Conversations
 - 4:00 Rummikub Club
 - 6:30 Bingo Session

- 21**
- 10:00 Barre & Balance
 - 11:00 Live Lecture-Ron Falong
 - 1:30 Art Appreciation Class
 - 1:30 Community Outing-Cinemas
 - 2:00 Jeopardy Team Challenge
 - 3:30 Cocktails & Conversations
 - 3:30 Rummi 500 Club
 - 4:00 Netflix: Queen's Gambit

- 22**
- 10:00 Circuit Training
 - 10:30 Tai Chi for Balance
 - 11:00 Theater History Discussion
 - 1:30 Expressive Arts Workshop
 - 1:30 Guided Meditation
 - 2:30 Music Trivia Challenge
 - 3:30 Cocktails & Conversations
 - 3:30 Walk for Fitness
 - 4:30 Cribbage Club

- 23**
- 10:00 Barre & Balance Session
 - 11:00 Let's Talk Tech
 - 1:15 Thera Bands Training
 - 1:30 Rummikub Table Game
 - 2:00 America Culture Talk
 - 3:30 Cocktails and Conversations
 - 4:00 Scrabble Table Game
 - 6:00 Shabbat Services

- 24**
- Helen's Birthday
 - 10:00 Strength Training
 - 10:30 Guided Meditation
 - 11:00 Great Poets of America
 - 1:00 Travelogue
 - 2:00 Hearts Club Table Game
 - 2:30 Power Yoga
 - 3:30 Silver Screen Matinee
 - 4:30 TED Talk-Relationships

- 25**
- 10:00 Live (Virtual) Catholic Mass
 - 10:00 Chair Yoga
 - 10:30 Full Body Workout
 - 11:00 Court Case Discussion
 - 1:00 Music Knowledge-The 60's
 - 2:00 Current Events Discussion
 - 3:00 Tea From Around the World
 - 4:00 Netflix: Queen's Gambit

- 26** Memorial Day
- 10:00 Full Body Thera Bands
 - 10:30 Walk For Fitness-Outside
 - 11:00 Exploring Landmarks
 - 1:00 Live Music-Bonnie Wallace
 - 2:00 Catholic Communion Service
 - 2:00 Word Find Game
 - 3:30 Cocktail & Conversations
 - 4:00 Poker Club Table Game
 - 6:30 Hollywood Blockbuster

- 27**
- 10:00 Advanced Strength & Tone
 - 10:00 Community Outing-Coffee
 - 10:30 Tai Chi- Fall Prevention
 - 11:00 Captivating Narratives
 - 1:00 Town Hall Meeting
 - 2:30 Art Skills-Aqua Painting
 - 3:30 Cocktails & Conversations
 - 4:00 Rummikub Club
 - 6:30 Bingo Session

- 28**
- 10:00 Barre & Balance
 - 11:00 Travel & Discuss
 - 1:30 Art Appreciation Class
 - 1:30 Comm. Outing-Amer Heritage
 - 2:15 Fireside Discussion Group
 - 3:30 Cocktails & Conversations
 - 3:30 Rummi 500 Club
 - 4:00 Netflix: Queen's Gambit

- 29**
- Grace's Birthday
 - 10:00 Circuit Training
 - 10:30 Tai Chi for Balance
 - 11:00 Profiles in Courage
 - 1:30 Sig Series-Horticulture
 - 2:30 Food Trivia Challenge
 - 3:30 Cocktails & Conversations
 - 3:30 Walk for Fitness
 - 4:30 Cribbage Club

- 30**
- Mary's Birthday
 - 10:00 Barre & Balance Session
 - 11:00 Live Lecture-Ron Falong
 - 1:15 Thera Bands Training
 - 1:30 Rummikub Table Game
 - 2:15 Healthy Habits Discussion
 - 3:30 Cocktails and Conversations
 - 4:00 Scrabble Table Game
 - 6:00 Shabbat Services

- 31**
- 10:00 Strength Training
 - 10:30 Guided Meditation
 - 11:00 Profiles in Music
 - 1:00 Travelogue
 - 2:00 Hearts Club Table Game
 - 2:30 Power Yoga
 - 3:30 Silver Screen Matinee
 - 4:30 TED Talk-Technology