

REFLECTIONS - APRIL 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Quotable Quotes

“When the spring
came, even the false
spring, there were no
problems except
where to
be happiest.”
-Ernest Hemingway

“The first blooms of
spring always makes
my heart sing.”
- S. Brown

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



7
10:00 Coffee & Chronicle
10:30 Sun Salutation Exercise
11:00 Virtual Catholic Service
1:30 Movie: “Tyson’s Run”
2:30 Cocoa & Cookies
3:30 20 Questions Challenge
4:00 Meditative Movement
6:00 Musical Moments:

14
10:00 Coffee & Chronicle
10:30 Sun Salutation Exercise
11:00 Virtual Catholic Service
1:30 Movie: “The Other Shore”
2:30 Sundae Social
3:30 True or False Trivia
4:00 Meditative Movement
6:00 Musical Moments:

21
10:00 Coffee & Chronicle
10:30 Sun Salutation Exercise
11:00 Virtual Catholic Service
1:30 Movie: “Enola Holmes”
2:30 Cocoa & Cookies
3:30 20 Questions Challenge
4:00 Meditative Movement
6:00 Musical Moments:

28
10:00 Coffee & Chronicle
10:30 Sun Salutation Exercise
11:00 Virtual Catholic Service
1:30 Movie: “27 Dresses”
2:30 Sundae Social
3:30 True or False Trivia
4:00 Meditative Movement
6:00 Musical Moments:

1 April Fool's Day
10:00 Today in History
10:30 Outing: Portsmouth
11:00 CPTE Gym Exercise
1:30 Relax & Renew Exercise
2:30 Beer and Pretzels Trivia
3:00 Taste of the World
4:00 Musical Momentum
6:00 Hand Massages

8
10:00 Today in History
10:30 Outing: UNH Campus
11:00 CPTE Gym Exercise
1:30 Relax & Renew Exercise
2:30 Beer and Pretzels Trivia
3:00 Taste of the World
4:00 Musical Momentum
6:00 Hand Massages

15
10:00 Today in History
10:30 Outing: Wallis Sands
11:00 CPTE Gym Exercise
1:30 Relax & Renew Exercise
2:30 Beer and Pretzels Trivia
3:00 Taste of the World
4:00 Musical Momentum
6:00 Hand Massages

22 Passover
10:00 Today in History
10:30 Outing: Nubble Light
11:00 CPTE Gym Exercise
1:30 Relax & Renew Exercise
2:30 Passover Social
3:00 Taste of the World
4:00 Musical Momentum
6:00 Hand Massages

29
10:00 Today in History
10:30 Outing: New Castle
11:00 Chris Eckblom Concert
1:30 Relax & Renew Exercise
2:30 Beer and Pretzels Trivia
3:00 Taste of the World
4:00 Musical Momentum
6:00 Hand Massages

2
10:00 Coffee & Chronicle
10:30 Health Checkup Clinic
10:30 Community Tai Chi
11:00 Herarthside Homemakers
1:30 Barre & Balance Class
2:00 Sugar & Spice Baking Club
3:00 Page Turners Book Club
4:00 Trivial Pursuit
6:00 Open Art Studio

9 Happy B-Day Barb K!
10:00 Coffee & Chronicle
10:30 Community Tai Chi
11:00 Herarthside Homemakers
1:30 Barre & Balance Class
2:00 Red Sox Opening Day
3:00 Page Turners Book Club
4:00 Trivial Pursuit
6:00 Open Art Studio

16 Happy B-Day Betty!
10:00 Coffee & Chronicle
10:30 Community Tai Chi
11:00 Herarthside Homemakers
1:30 Barre & Balance Class
2:00 Sugar & Spice Baking Club
3:00 Page Turners Book Club
4:00 Trivial Pursuit
6:00 Open Art Studio

23
10:00 Coffee & Chronicle
10:30 Community Tai Chi
11:00 Herarthside Homemakers
1:30 Barre & Balance Class
2:00 Sugar & Spice Baking Club
3:00 Page Turners Book Club
4:00 Trivial Pursuit
6:00 Open Art Studio

30
10:00 Coffee & Chronicle
10:30 Community Tai Chi
11:00 Herarthside Homemakers
1:30 Barre & Balance Class
2:00 April Birthday Social
3:00 Page Turners Book Club
4:00 Trivial Pursuit
6:00 Open Art Studio

3
10:00 Today in History
10:30 One Day Video Lab
11:00 CPTE Gym Exercise
11:00 Spring Concert Rehearsal
1:30 Ukulele Session with Mike
3:00 Corks & Curds Social
4:00 Meditative Movement
6:00 Hand Massages

10
10:00 Today in History
10:30 Firefly Pottery Workshop
10:30 One Day Video Lab
11:00 CPTE Gym Exercise
11:00 Spring Concert Rehearsal
1:30 Bob Ross Watercolors
3:00 Corks & Curds Social
4:00 Meditative Movement
6:00 Hand Massages

17
10:00 Today in History
10:30 One Day Video Lab
11:00 CPTE Gym Exercise
11:00 Spring Concert Rehearsal
1:30 Kevin Farley Concert
3:00 Corks & Curds Social
4:00 Meditative Movement
6:00 Hand Massages

24 Happy B-Day Elsa!
10:00 Event Planning Committee
10:30 One Day Video Lab
10:30 Gary Sredzienski Concert
11:00 CPTE Gym Exercise
11:00 Spring Concert Rehearsal
1:30 Bob Ross Watercolors
3:00 Corks & Curds Social
4:00 Meditative Movement
6:00 Hand Massages



4
10:00 Coffee & Chronicle
10:30 Outing: Olive Garden
11:00 Weightlifting for Density
12:30 Community Bistro
2:00 Bingo and Brews
3:30 Gentle Yoga
4:00 Eversound Audio Books
6:00 Open Art Studio

11
10:00 Coffee & Chronicle
10:30 Outing: Breakfast Station
11:00 Weightlifting for Density
12:30 Community Bistro
2:00 Bingo and Brews
3:30 Gentle Yoga
4:00 Eversound Audio Books
6:00 Open Art Studio

18
10:00 Coffee & Chronicle
10:30 Outing: Five Guys
11:00 Weightlifting for Density
12:30 Community Bistro
2:00 Bingo and Brews
3:30 Gentle Yoga
4:00 Eversound Audio Books
6:00 Open Art Studio

25
10:00 Coffee & Chronicle
10:30 Outing: Ikko Hibachi
11:00 Weightlifting for Density
12:30 Community Bistro
2:00 Bingo and Brews
3:30 Resident Council Meeting
3:30 Gentle Yoga
4:00 Eversound Audio Books
6:00 Open Art Studio

5
10:00 Today in History
10:30 Community Tai Chi
11:00 Walking for Fitness
1:30 Barre & Balance Class
2:30 Manicures
3:00 Page Turners Book Club
4:00 NY Times Wordle
6:00 Who in the Room?

12
10:00 Today in History
10:30 Community Tai Chi
11:00 Cameron Sutphin Concert
1:30 Barre & Balance Class
2:30 Manicures
3:00 Page Turners Book Club
4:00 NY Times Wordle
6:00 Who in the Room?

19
10:00 Today in History
10:30 Community Tai Chi
11:00 Walking for Fitness
1:30 Barre & Balance Class
2:30 Manicures
3:00 Page Turners Book Club
4:00 NY Times Wordle
6:00 Who in the Room?

26
10:00 Today in History
10:30 Community Tai Chi
11:00 Walking for Fitness
1:30 Barre & Balance Class
2:30 Manicures
3:00 Page Turners Book Club
4:00 NY Times Wordle
6:00 Who in the Room?

6
10:00 Coffee & Chronicle
10:30 Golden Canopy Fitness
11:00 Sugar & Spice Baking Club
1:30 You Be the Judge Debate
2:30 Afternoon Tea Time
3:30 Gentle Yoga
4:00 Hymn Sing
6:00 Tune In Music Club

13
10:00 Coffee & Chronicle
10:30 Golden Canopy Fitness
11:00 Sugar & Spice Baking Club
1:30 You Be the Judge Debate
2:30 Afternoon Tea Time
3:30 Gentle Yoga
4:00 Hymn Sing
6:00 Tune In Music Club

20
10:00 Coffee & Chronicle
10:30 Golden Canopy Fitness
11:00 Sugar & Spice Baking Club
1:30 You Be the Judge Debate
2:30 Afternoon Tea Time
3:30 Gentle Yoga
4:00 Hymn Sing
6:00 Tune In Music Club

27
10:00 Coffee & Chronicle
10:30 Golden Canopy Fitness
11:00 Sugar & Spice Baking Club
12:30 Irene’s Shepard Pie
2:30 Afternoon Tea Time
3:30 Gentle Yoga
4:00 Hymn Sing
6:00 Tune In Music Club

