

Fitness Classes (MOVE)

Classes are 30 minutes long unless otherwise specified by the instructor.

MR Media Room AL Assisted Living  
R Reflections P Pool

(Class descriptions on back)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Classes		9:00 Aqua X P		9:00 Aqua X P		No Classes
	9:00 Seated Fitball/Cardio/Drumming MR	9:00 Standing Exercise w/ Balance MR	9:00 Walk- a-Mile MR	9:00 Standing Exercise w/ Weight MR	9:00 Walk a Mile MR	
	10:00 Seated Toning w/Weights MR	10:00 Barre Class MR	10:00 Seated Toning w/ Weights MR	10:00 Barre Class MR	10:00 Seated Exercise w/ Small Fitballs MR	
	11:00 Seated Chair Pilates MR	11:00 Seated Toning with Weights MR	11:00 Seated Yoga w/ Aroma Therapy MR	11:00 Seated Toning with Weights MR	11:00 Seated Yoga w/ Aroma Therapy MR	
	1:30 Seated Exercise AL	1:30 Seated Exercise AL	1:30 Seated Exercise AL	1:30 Seated Exercise AL	1:30 Seated Exercise AL	
	2:15 Walking/ Exercise AL R	2:15 Walking/ Exercise AL R		2:15 Walking/ Exercise AL R		

Wednesday Concerts/2:00

- July Larry Irwin (New performer)
- July 9th Marcia Gallagher
- July 16th Bret Slater (New performer)
- July 23rd Frank Fiddler
- July 30th Mary Murphy (New performer)



Someone ringed Francis!

Fireworks to Return!



Fireworks at Mt. Rushmore, 2026

- The governor of South Dakota has revealed that there will be a fireworks display at Mount Rushmore in celebration of the nation’s 250th birthday in 2026. The announcement was made in a post on X.
- The last time there was a fireworks celebration at Mount Rushmore was in 2020.
- The National Park Service had rejected previous requests due to the risk of forest fires and pollution to waterways.
- When were fireworks at Mount Rushmore last held?
- It will be the first time there will be fireworks in the Black Hills of South Dakota since President Trump visited in 2020. At the time, Trump described the mountain as a magnificent, incredible and majestic monument. Fireworks had taken place each year from the 1990s until 2010, when the National Park Service, under the Obama administration, halted displays. It cited the risk of wildfires as well as pollution to nearby waterways.
- Fireworks will return to Mount Rushmore in South Dakota in 2026 for a Fourth of July celebration. South Dakota Gov. Larry Rhoden announced the news in a post on X over the weekend.
- How did the governor announce that fireworks are coming back?
- He wrote, “Just got off the phone with Secretary Burgum... he confirmed that we will have fireworks at Mount Rushmore for America’s 250th birthday.”

GRANITE HILL ESTATES  
Leadership Team

Jennifer Baldwin  
Executive Director

Stephanie Hunter  
Sales Director

Angela Stanley  
Culinary Director

Francis Rodrigue  
Maintenance Director

Kandy Keith  
Resident Care Director

Heather Preston-Weeks  
Engagement Director





Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Happy  
Birthday!

JULY

4 Rolande Begin

9 Lynn Biebel

12 Robin Pirruccello

19 Leslie Rosser

21 Doris Pelletier

21 Linda Davis

22 Dianne Brann

28 Dick Goodwin

28 Cindy Langewisch

Activity Key

- Connect
- Feel
- Move
- Learn



Granite Hill  
ESTATES  
A NORTHBRIDGE SENIOR LIVING COMMUNITY  
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Granite Hill Estates

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9:00 St. Mary's Mass (Zoom)  
9:00 Nine-o-Clock Nails!  
10:00 Cooking Up Memories  
10:15 Catholic Eucharist  
10:30 Games of Choice  
10:30 AL Barre Class  
1:30 Granite Hill Singers  
2:00 Mexican Train  
2:30 Marc's Matinee  
6:00 Table Pool

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9:00 Hannaford Shopping  
9:00 Game Time with Sherry  
10:00 Hearing Aid Help  
10:00 Coffee Bar & Trivia  
10:30 Bingo  
10:45 Old Fort Western Tour  
11:30 Scattergories  
1:00 Writing Our Stories  
1:00 Quarters Bingo  
3:00 Creative Expression

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9:00 St. Mary's Mass (Zoom)  
9:00 Nine-o-Clock Nails!  
10:00 Cooking Up Memories  
10:15 Catholic Eucharist  
10:30 Games of Choice  
10:30 AL Barre Class  
1:30 Granite Hill Singers  
2:00 Mexican Train  
2:30 Marc's Matinee  
6:00 Table Pool

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9:00 Hannaford Shopping  
9:00 Game Time with Sherry  
10:00 Coffee Bar & Trivia  
10:30 Bingo  
11:30 Scattergories  
11:30 Acupuncture Presentation  
1:00 Writing Our Stories  
1:00 Quarters Bingo  
2:00 Birthday Party/Jay Staples  
3:00 Creative Expression

20

9:00 St. Mary's Mass (Zoom)  
9:00 Nine-o-Clock Nails!  
10:00 Cooking Up Memories  
10:15 Catholic Eucharist  
10:30 Games of Choice  
10:30 AL Barre Class  
1:30 Granite Hill Singers  
2:00 Mexican Train  
2:30 Marc's Matinee  
6:00 Table Pool

21

9:00 Hannaford Shopping  
9:00 Game Time with Sherry  
10:00 Coffee Bar & Trivia  
10:30 Bingo  
11:15 East Pond Cruise  
11:30 Scattergories  
1:00 Writing Our Stories  
1:00 Quarters Bingo  
3:00 Creative Expression  
6:00 Table Pool

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9:00 St. Mary's Mass (Zoom)  
9:00 Nine-o-Clock Nails!  
10:00 Cooking Up Memories  
10:15 Catholic Eucharist  
10:30 Games of Choice  
10:30 AL Barre Class  
1:30 Granite Hill Singers  
2:00 Mexican Train  
2:30 Marc's Matinee  
6:00 Table Pool

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9:00 Hannaford Shopping  
9:00 Game Time with Sherry  
10:00 Coffee Bar & Trivia  
10:30 Bingo  
11:30 Scattergories  
1:00 Writing Our Stories  
1:00 Special Horse Shoes and  
Hot Dog Activity  
1:30 Lithgow Library visit  
3:00 Creative Expression

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10:00 Barre/Tai Chi Class  
10:30 Bingo  
10:30 Current Events  
1:00 Blood Pressure Clinic  
1:00 Games & Engagement  
1:00 Spintopia Game  
2:00 Game Medley  
2:00 Tea Time  
3:15 Corn Hole  
3:30 Handwork Group

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10:00 Barre/Tai Chi Class  
10:30 Bingo  
10:30 Current Events  
11:00 GHE Caregiver's Support  
group  
1:00 Blood Pressure Clinic  
1:00 Games & Engagement  
2:00 Game Medley  
2:00 Tea Time  
3:15 Corn Hole

15

10:00 Barre/Tai Chi Class  
10:30 Bingo  
10:30 GHE Book Group  
10:30 Current Events  
1:00 Blood Pressure Clinic  
1:00 Games & Engagement  
1:00 A in R:Artist Talk  
2:00 Game Medley  
2:00 Tea Time  
3:15 Corn Hole

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10:00 Barre/Tai Chi Class  
10:30 Bingo  
10:30 Current Events  
11:00 GHE Caregiver's Support  
Group  
1:00 Blood Pressure Clinic  
1:00 Games & Engagement  
2:00 Game Medley  
2:00 Tea Time  
3:15 Corn Hole

29

10:00 Barre/Tai Chi Class  
10:30 Bingo  
10:30 Current Events  
1:00 Blood Pressure Clinic  
1:00 Games & Engagement  
2:00 Game Medley  
2:00 Tea Time  
3:15 Corn Hole  
3:30 Handwork Group  
6:00 Table Pool

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9:00 Game Time with Sherry!  
10:30 Bingo  
11:00 Nail/Hand Spa  
11:30 Quarters Bingo  
12:30 Hubbard Library Visit  
2:00 Larry Irwin  
3:15 Trivia  
6:00 Table Pool

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9:00 Game Time with Sherry!  
10:30 Bingo  
11:00 Nail/Hand Spa  
11:30 Quarters Bingo  
2:00 Concert/Marcia Gallagher  
3:15 Trivia  
6:00 Table Pool

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9:00 Game Time with Sherry!  
10:30 Bingo  
11:00 Nail/Hand Spa  
11:30 Quarters Bingo  
2:00 Brett Slater  
3:15 Trivia  
6:00 Table Pool

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9:00 Game Time with Sherry!  
10:30 Bingo  
11:00 Nail/Hand Spa  
11:30 Quarters Bingo  
2:00 Frank Fiddler  
3:15 Trivia  
6:00 Table Pool

30

9:00 Game Time with Sherry!  
10:30 Bingo  
11:00 Nail/Hand Spa  
11:30 Quarters Bingo  
2:00 Mary Murphy  
3:15 Trivia  
6:00 Table Pool

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10:00 Barre/ Tai Chi Class  
11:00 Baking in the Bistro  
1:00 Piano Concert with Claudia  
2:00 Quarters Bingo  
2:00 Table Pool  
3:15 Corn Hole  
6:00 Table Pool

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10:00 Barre/ Tai Chi Class  
11:00 Baking in the Bistro  
1:00 Piano Concert with Claudia  
2:00 Quarters Bingo  
2:00 Table Pool  
2:00 Tech Time  
3:15 Corn Hole  
6:00 Table Pool

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10:00 Barre/ Tai Chi Class  
11:00 Baking in the Bistro  
12:45 AL Council/Senior Green  
1:00 Piano Concert with Claudia  
2:00 Quarters Bingo  
2:00 Table Pool  
3:15 Corn Hole  
6:00 Table Pool

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10:00 Barre/ Tai Chi Class  
11:00 Baking in the Bistro  
1:00 Piano Concert with Claudia  
2:00 Quarters Bingo  
2:00 Table Pool  
2:30 Episcopal Worship Service  
3:15 Corn Hole  
6:00 Table Pool

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10:00 Barre/ Tai Chi Class  
11:00 Baking in the Bistro  
1:00 Piano Concert with Claudia  
2:00 Quarters Bingo  
2:00 Table Pool  
3:15 Corn Hole  
6:00 Table Pool  
7:00 Campfire w/Smores

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10:30 Bingo  
11:30 Game Medley  
11:30 Quarters Bingo  
1:00 A in R: Gallery Intro  
1:00 Engagement & Music with  
Claudia  
2:00 Social Hour/Lodge/AL/R  
6:00 Table Pool

11

10:30 Bingo  
11:30 Game Medley  
11:30 Quarters Bingo  
1:00 Engagement & Music with  
Claudia  
2:00 Social Hour/Lodge/AL/R  
6:00 Table Pool

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10:30 Bingo  
11:30 Game Medley  
11:30 Quarters Bingo  
1:00 Engagement & Music with  
Claudia  
2:00 Social Hour/Garden Party  
6:00 Table Pool

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10:30 Bingo  
11:30 Game Medley  
11:30 Quarters Bingo  
12:45 Love on a Leash  
1:00 Engagement & Music with  
Claudia  
2:00 Social Hour/Lodge/AL/R  
2:00 Christmas in July  
6:00 Table Pool

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10:00 Video Exercise  
10:30 Bingo  
10:45 Trivia  
12:00 Men's Group  
1:15 Quarters Bingo  
3:30 Ruth's Happy Hour  
6:00 Table Pool

12

10:00 Video Exercise  
10:30 Bingo  
10:45 Trivia  
12:00 Men's Group  
1:15 Quarters Bingo  
3:30 Ruth's Happy Hour  
6:00 Table Pool

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10:00 Video Exercise  
10:30 Bingo  
10:45 Trivia  
12:00 Men's Group  
1:15 Quarters Bingo  
3:30 Ruth's Happy Hour  
6:00 Table Pool

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10:00 Video Exercise  
10:30 Bingo  
10:45 Trivia  
12:00 Men's Group  
1:15 Quarters Bingo  
3:30 Ruth's Happy Hour  
6:00 Table Pool

