

Van Outings

Departure time is 10:00am unless otherwise noted

- 5/2 Bank,Pharmacy, Post Office
- 5/2 Lunch Outing: Carrabbas Italian Grill 11:30
- 5/3 Market Basket
- 5/4 Walmart
- 5/5 CVS
- 5/9 Bank,Pharmacy,Post Office
- 5/10 Market Basket
- 5/11 Target
- 5/11 Lunch: Frontera Tacos 11:30
- 5/12 CVS
- 5/16 Bank,Pharmacy,Post Office
- 5/17 Trader Joes
- 5/18 Dollar Tree/Staples
- 5/19 CVS

- 5/23 Bank,Pharmacy,Post Office
- 5/24 Market Basket
- 5/25 Walmart
- 5/26 CVS
- 5/28 Silver Knights Baseball
- 5/24 Market Basket
- 5/30 Lunch: Grill 603 11:30
- 5/31 Market Basket



May Birthdays

- | | |
|---------------------|-----------------------|
| 5/1 Bjorg Hayden | 5/9 William Jablonski |
| 5/4 Lourdes Roy | 5/9 David Toland |
| 5/5 Sheryl Morrison | 5/16 Dolores Thomas |
| 5/8 Jeanne Donnelly | 5/24 Claus Hirsch |
| | 5/25 Patricia Douglas |

A Legacy of Wisdom

In May we come together to celebrate Older Americans Month — a meaningful time to recognize the countless ways older adults have shaped our lives, our communities, and our country. It's a moment not just to reflect, but to honor, appreciate, and uplift the individuals whose wisdom, resilience, and stories have paved the way for generations.



Let us see aging not as a slowing down, but as a powerful stage of life marked by purpose, passion, and possibility. Older adults continue to lead, inspire, and contribute in ways both big and small. Their strength and perspective enrich every corner of our society.

In our own community, we are fortunate to be surrounded by individuals who embody the spirit of this month. Veterans who served our nation with pride. Teachers who spent decades shaping young minds. Parents and grandparents who have nurtured families with love. Artists, gardeners, musicians, caregivers — each with a life full of stories, lessons, and laughter to share.

Older Americans Month reminds us that aging is not about loss — it is about legacy. It's about celebrating the journey, embracing every chapter, and recognizing the immense value in each individual's experience. It's also about continuing to create new memories, find joy in the everyday, and stay connected to what brings meaning and fulfillment.

Let us use this month to say thank you. Thank you for the wisdom passed down, for the love shared, and for the example set. Let's continue to learn from and celebrate the incredible older adults in our lives — not just in May, but all year long.

LEDGEWOOD BAY AT MILFORD Leadership Team

Melanie Dunn
Executive Director

Jay Duval
Maintenance Director

Brendalee Boisvert
Resident Care Director

Kathy Carter
Engagement Director

Julie Zajchowski
Culinary Director

Landra Gagnon
Business Office Director

Suzanne Demers
Sales Director

Annmarie Scully
Avita Director





Sunday



43 Ledgewood Drive
Milford, NH 03055
(603) 672-5037

northbridgecommunities.com
assisted living

Monday

Tuesday



Wednesday

Thursday

Friday

Saturday

Special Dates

5/5 Magic Show w/Phil
5/7 Music w/Andrew
5/8 Artist in Residence:
Central Birch Studio
5/9 Trivia & Tunes
5/12 Steps in Time
Dance
5/13 Music w/Max
5/20 Resident Council
Meeting
5/21 Silver Lining
Chorus
5/23 Music w/Diane
5/27 Music w/Andy
5/28 Silver Knights
Baseball Game
5/29 Monadnock
Storyteller w/Chris

4
9:30 St. Patrick's Mass
10:00 Target
10:45 Categories
10:45 Barre Tai Chi
1:00 Oddly Obvious
2:00 Sunday Drive
2:00 Sunday Stretch
2:30 Armchair Travel -
Exploring Mexico
4:00 Music & Memories

11 Mother's Day
9:30 Walmart
9:30 St. Patrick's Mass
10:45 Categories
10:45 Barre Tai Chi
1:00 Oddly Obvious
2:00 Sunday Drive
2:00 Sunday Stretch
2:30 Armchair Travel -
Exploring Mexico
4:00 Music & Memories

18
9:30 St. Patrick's Mass
10:00 Target
10:45 Categories
10:45 Barre Tai Chi
1:00 Oddly Obvious
2:00 Sunday Drive
2:00 Sunday Stretch
2:30 Armchair Travel -
Exploring Mexico
4:00 Music & Memories

25
9:30 Walmart
9:30 St. Patrick's Mass
10:45 Categories
10:45 Barre Tai Chi
1:00 Oddly Obvious
2:00 Sunday Drive
2:00 Sunday Stretch
2:30 Armchair Travel -
Exploring Mexico
4:00 Music & Memories

5 Cinco de Mayo
9:30 Weights
10:00 CVS Pharmacy
10:15 Bingo
10:30 Think Fast!
1:30 Amazing Word Twist
2:00 Bridge Game
2:30 Magic Show w/Phil
3:30 Wii Bowling
6:30 Silver Screen

12
9:30 Weights
10:00 CVS Pharmacy
10:15 Bingo
10:30 Think Fast!
1:00 Amazing Word Twist
2:00 Bridge Game
2:00 Steps in Time Dance
3:30 Wii Bowling
6:30 Silver Screen

19
9:30 Weights
10:00 CVS Pharmacy
10:15 Bingo
10:30 Think Fast!
1:30 Amazing Word Twist
2:00 Bridge Game
2:30 Wii Bowling
3:30 Music Sing Along
6:30 Silver Screen

26 Memorial Day
9:30 Weights
10:00 CVS Pharmacy
10:15 Bingo
10:30 Think Fast!
1:30 Amazing Word Twist
2:00 Bridge Game
2:30 Wii Bowling
3:30 Music Sing Along
6:30 Silver Screen

6
9:30 Gentle Chair Yoga
10:30 Can You Name 5
11:00 Communion
1:30 Guess the Word
1:30 Mexican Train Dominoes
2:30 Spring Happy Hour
3:30 Rack*O
3:30 Indoor Bocce
6:30 Silver Screen
6:30 Sequence

13
9:30 Gentle Chair Yoga
10:30 Can You Name 5
11:00 Communion
1:30 Guess the Word
1:30 Mexican Train Dominoes
2:30 Music w/Max
3:30 Rack*O
3:30 Indoor Bocce
6:30 Silver Screen
6:30 Sequence

20
9:30 Gentle Chair Yoga
10:30 Can You Name 5
11:00 Communion
1:30 Guess the Word
1:30 Mexican Train Dominoes
2:00 Resident Council Meeting
3:30 Rack*O
3:30 Indoor Bocce
6:30 Silver Screen
6:30 Sequence

27
9:30 Gentle Chair Yoga
10:30 Can You Name 5
11:00 Communion
1:30 Guess the Word
1:30 Mexican Train Dominoes
2:30 Music w/Andy
3:30 Rack*O
3:30 Indoor Bocce
6:30 Silver Screen
6:30 Sequence

7
9:30 Otago Fitness
10:00 Cooking Up Memories
11:00 Oddly Obvious
1:30 Rummikub
1:30 Scrabble
2:30 Music w/Andrew
3:30 Baked Goods Social
3:30 Wii Bowling
6:30 Silver Screen

14
9:30 Otago Fitness
10:00 Cooking Up Memories
11:00 Oddly Obvious
1:30 Rummikub
2:00 Documentary & Discussion
w/Claus Hirsch
2:30 Wii Bowling
3:30 Baked Goods Social
6:30 Silver Screen

21
9:30 Otago Fitness
10:00 Cooking Up Memories
11:00 Oddly Obvious
1:30 Rummikub
1:30 Scrabble
2:30 Music w/Silver Lining
Chorus
3:30 Baked Goods Social
3:30 Wii Bowling
6:30 Silver Screen

28
9:30 Otago Fitness
10:00 Cooking Up Memories
10:00 Silver Knights Baseball
Game
11:00 Oddly Obvious
1:30 Rummikub
1:30 Scrabble
2:30 Wii Bowling
3:30 Baked Goods Social
6:30 Silver Screen

1
9:30 Barre - Tai Chi
10:15 Bingo
1:30 Mexican Train Dominoes
1:30 Music Trivia
2:30 Spring Happy Hour
3:30 Bananagrams
3:30 Bocce
6:30 Silver Screen
6:30 Rummikub

8
9:30 Barre - Tai Chi
10:15 Bingo
1:30 Mexican Train Dominoes
1:30 Music Trivia
3:00 Artist in Residence:
Central Birch Studio
3:30 Bananagrams
3:30 Bocce
6:30 Silver Screen
6:30 Rummikub

15
9:30 Barre - Tai Chi
10:15 Bingo
1:30 Mexican Train Dominoes
1:30 Music Trivia
2:30 Spring Happy Hour
3:30 Bananagrams
3:30 Bocce
6:30 Silver Screen
6:30 Rummikub

22
9:30 Barre - Tai Chi
10:15 Bingo
1:30 Mexican Train Dominoes
1:30 Music Trivia
2:00 Caregiver Support Group
2:30 Spring Happy Hour
3:30 Bananagrams
3:30 Bocce
6:30 Silver Screen
6:30 Rummikub

29
9:30 Barre - Tai Chi
10:15 Bingo
1:30 Mexican Train Dominoes
1:30 Music Trivia
2:30 Monadnock Storyteller:
Chris Ekblom
3:30 Bananagrams
3:30 Bocce
6:30 Silver Screen
6:30 Rummikub

2
9:30 Mindful Movements
10:00 Bank, Pharmacy, & Post
Office
10:15 Family Feud
1:30 Guess The Word
2:00 Sequence
2:30 Battle Golf
3:30 Crossword Puzzle
6:30 Silver Screen

9
9:30 Mindful Movements
10:00 Bank, Pharmacy, & Post
Office
10:15 Family Feud
1:30 Guess The Word
2:00 Sequence
2:30 Battle Golf
2:30 Trivia & Tunes!
3:30 Crossword Puzzle
6:30 Silver Screen

16
9:30 Mindful Movements
10:00 Bank, Pharmacy, & Post
Office
10:15 Family Feud
1:30 Guess The Word
2:00 Sequence
2:30 Battle Golf
2:30 Mimosa Day Social
3:30 Crossword Puzzle
6:30 Silver Screen

23
9:30 Mindful Movements
10:00 Bank, Pharmacy, & Post
Office
10:15 Family Feud
1:30 Guess The Word
2:00 Sequence
2:30 Battle Golf
2:30 Music w/Diane
3:30 Crossword Puzzle
6:30 Silver Screen

30
9:30 Mindful Movements
10:00 Bank, Pharmacy, & Post
Office
10:15 Family Feud
1:30 Guess The Word
2:00 Sequence
2:30 Battle Golf
3:30 Crossword Puzzle
6:30 Silver Screen

3
9:30 Market Basket
9:30 Barre Balance
10:15 Bingo
1:30 Saturday Matinee Movie
1:30 Balloon Volleyball
1:30 Tapple
3:00 Jeopardy
4:00 Music & Memories
6:30 Saturday Movie Night

10
9:30 Barre Balance
10:00 Market Basket
10:15 Bingo
1:30 Saturday Matinee Movie
1:30 Balloon Volleyball
1:30 Tapple
3:00 Jeopardy
4:00 Music & Memories
6:30 Saturday Movie Night

17
9:30 Market Basket
9:30 Barre Balance
10:15 Bingo
1:30 Saturday Matinee Movie
1:30 Balloon Volleyball
1:30 Tapple
3:00 Jeopardy
4:00 Music & Memories
6:30 Saturday Movie Night

24
9:30 Barre Balance
10:00 Market Basket
10:15 Bingo
1:30 Saturday Matinee Movie
1:30 Balloon Volleyball
1:30 Tapple
3:00 Jeopardy
4:00 Music & Memories
6:30 Saturday Movie Night

31
9:30 Market Basket
9:30 Barre Balance
10:15 Bingo
1:30 Saturday Matinee Movie
1:30 Balloon Volleyball
1:30 Tapple
3:00 Jeopardy
4:00 Music & Memories
6:30 Saturday Movie Night

Activity Key

- Connect
- Feel
- Move
- Learn