

Mental Health Awareness Month



Every year, the month of May is designated as Mental Health Awareness Month, a time to raise awareness about mental health issues, educate the public, and promote mental wellness. The observance aims to change the stigma surrounding mental health conditions and encourage individuals to seek help and support. One aspect of

LCB's SHEILD program focuses on wellness and self-care and this month we will encourage everyone to take a deeper look at themselves. Through meditation, documentaries, lectures and more, everyday will include time to knowledge our past experiences and how they have created the person we are today. Mental health is a cornerstone of overall well-being, yet it remains one of the most misunderstood aspects of health. Many people face challenges such as anxiety, depression, and other mental health disorders, often in silence due to fear of stigma or misunderstanding. Mental Health Awareness Month serves as a reminder that mental health issues are common, and support is available. By engaging in conversations, seeking knowledge, and supporting one another, we can create a more understanding and compassionate society. Remember that mental health matters, and everyone deserves support and understanding. Whether you are seeking help for yourself or offering support to someone else, it's crucial to remember that mental wellness is a vital part of our overall health.

Charitable Drive- Eye Glasses!!

We're excited to announce a donation drive for eyeglasses! Watertown's aim is to support individuals in need of vision correction and to provide people on the West Bank of Luxor with the eye care they desperately need. Donations will be given to Watertown's Greene and Greene Optometry who travel to Egypt to and provide eye care and glasses

If you have gently used or new eyewear that you no longer need, we invite you to contribute to this charitable cause. Donated glasses can make a significant difference in someone's life, enhancing their ability to read, work, and engage with their community. Your generosity can help improve vision and overall quality of life for those who may not afford corrective eyewear.



THE
RESIDENCE
at Watertown Square

Lexington Bee Company

Join us on April 23 at 2 PM as we learn about the world of honeybees with master beekeeper Alexandra Bartsch! Alexandra is one of three Eastern Apiculture society certified Master beekeepers in the state of Massachusetts



and has been keeping honeybees in Eastern Massachusetts for almost 50 years. In addition to talking about honeybees, we will be looking at the differences in honey from different plants such as cranberries, raspberries, blueberries and our local wildflowers and trying a variety of some as well!

Spring "Fling" Garden party

High Flying, Dynamic & Thrilling! Mike is a world record holder & multiple time world finalist in K9 frisbee. Mike and his 4 flying high frisbee dogs are the #1 dog entertainment act in the world! Check out these talented dogs at our Spring "fling" Garden Party on May 27th at 2pm. Refreshing iced teas and treats will be served on our Reflection Neighborhood patio. Fresh air and Flying dogs will make for a eventful afternoon!



Good Times. Good Friends. *Great Care!*

THE RESIDENCE AT WATERTOWN SQUARE *Associates*

Zachary Wilkins
Executive Director

Amanda Walker
Sales and Marketing

Ruth Nwanze
Resident Care Director

Karin Morrison
Business Office Director

Mario Bryce-Levy
Director of Restaurant Operations

Robert MacLeod
Maintenance Director

Abigail Boyd
Resident Engagement Director

Natasha Buono
Reflections Director



Sunday



Monday

Tuesday



Wednesday

Thursday

Friday

Saturday

Attention

4

9:30 Exercise with Mike
10:00 Catholic Mass from Rome
10:15 Summer St Cafe-Espresso Drinks
11:00 Knowledge bout Challenge
1:30 Afternoon Matinee
2:00 Still Life Painting Session
3:00 Stretch & Flex
4:15 Spiritual Hymns Listening

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9:30 Weightlifting and Circuit Training
10:15 Nails and Hand Spa
10:30 Scenic Tour
11:00 Current Events and Coffee
1:30 Community Tai Chi
2:00 Craft Workshop
3:00 Docuseries-State of Mind
5:45 Card Club-Resident Led

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9:30 Barre & Balance
10:30 Poetry and Interpretation
10:30 Yahtzee
1:15 Pop-Up Market
2:00 Historic Art and Artist-Francisco De Goya
2:45 Cardio Walk
3:30 Refreshments and Appetizers
5:45 NYT Crossword

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9:30 Weightlifting & Circuit Training
10:15 Calendar Planning Meeting
10:15 Summer St. Cafe
1:30 Community Tai Chi
2:00 Bingo
2:00 Cocktails & Travel-Morocco
3:15 Trivia Challenge
4:30 Music & Aromatherapy
6:00 Evening Matinee

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9:30 Barre & Balance
10:15 Card Game-” Garbage”
10:30 Outing-Institute for Contemporary Art
2:00 Horticultural Terrarium Workshop
2:45 Resistance Bands
3:30 Signature Cocktail Hour
4:30 Guided Meditation

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9:30 Cardio Circuit Training
10:00 REACT Nero Meeting
10:15 Summer St. Cafe
10:30 Pianist Mateo Performs
10:30 Word Game-Chain Reaction
1:30 Ping Pong Tournament
2:00 Bingo
2:00 Cold Case Files
3:30 Sip and Stems
5:45 Netflix Premier-Grace and Frankie

10

9:30 Weightlifting for Bone Density
10:30 Scattergories
11:30 Ted Talk
1:15 Hand and Eye Coordination
2:30 Lexington Chamber Music
3:30 Refreshments & Appetizers
6:00 Orchestra Hour

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Mothers Day

9:30 Exercise with Mike
10:00 Catholic Mass from Rome
10:15 Summer St Cafe-Espresso Drinks
11:00 Mothers Day Mimosas
1:30 Afternoon Matinee
2:00 Scrabble Group
3:00 Stretch & Flex
4:15 Spiritual Hymns Listening Hour

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Happy Birthday Bruce

9:30 Weightlifting and Circuit Training
10:15 Nails and Hand Spa
10:30 Scenic Tour
11:00 Current Events and Coffee
1:30 Community Tai Chi
2:00 Craft Workshop
2:15 Catholic Mass Service
3:00 Docuseries-Finding Balance
5:45 Card Club-Resident Led

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9:30 Barre & Balance
10:30 Poetry and Interpretation
10:30 Yahtzee
1:15 Pop-Up Market
2:00 Historic Art and Artist-Louis Wain
2:45 Cardio Walk
3:30 Refreshments and Appetizers
5:45 Community Word Challenge

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9:30 Weightlifting & Circuit Training
10:15 Summer St. Cafe
10:30 “NYT Spelling Bee”
1:30 Community Tai Chi
2:00 Bingo
2:00 Cocktails & Travel-Portugal
3:15 Trivia Challenge
4:30 Music & Aromatherapy

15

9:30 Barre & Balance
10:15 Word Association- “Tapple”
11:00 Outing-
11:15 Music Knowledge Challenge
2:00 Guitarist Jan Marie Performs
3:00 Resistance Bands
3:30 Signature Cocktail Hour
4:30 Guided Meditation

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9:30 Cardio Circuit Training
10:15 Summer St. Cafe
10:30 Skip-Bo
10:45 Garden Club
1:30 Exercise-Kettle Bells
2:00 Bingo
2:00 Cold Case Files
3:30 Sip and Stems
5:45 Netflix Premier-Grace and Frankie

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9:30 Weightlifting for Bone Density
10:30 Blank Slate
11:30 Ted Talk
1:15 Hand and Eye Coordination
2:15 Lecture to Learn
3:30 Refreshments & Appetizers
6:00 Orchestra Hour

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9:30 Exercise with Mike
10:00 Catholic Mass from Rome
10:15 Summer St Cafe-Espresso Drinks
11:00 Knowledge bout Challenge
1:30 Afternoon Matinee
2:00 Still Life Painting Session
3:00 Stretch & Flex
4:15 Spiritual Hymns Listening

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9:30 Weightlifting and Circuit Training
10:15 Nails and Hand Spa
10:30 Scenic Tour
11:00 Current Events and Coffee
1:30 Community Tai Chi
2:00 Craft Workshop
3:00 Docuseries-Mind and Resilience
5:45 Card Club-Resident Led

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9:30 Barre & Balance
10:30 Poetry and Interpretation
10:30 Yahtzee
1:15 Pop-Up Market
1:15 Pianist: Michael L.
2:45 Cardio Walk
2:45 Historic Art and Artist-Richard Dadd
3:30 Refreshments and Appetizers

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9:30 Weightlifting & Circuit Training
10:15 Summer St. Cafe
10:30 “NYT Spelling Bee”
1:30 Community Tai Chi
2:00 “Sunday Fun-day”
3:30 Cocktails & Travel-Philippines
4:30 Music & Aromatherapy
6:00 Evening Matinee

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9:30 Barre & Balance
10:15 Card Game-” Garbage”
11:00 Outing-Lars Anderson Auto Museum
2:00 Cold Case Files
2:15 Choir Practice
2:45 Resistance Bands
3:30 New Resident Reception
Happy Hour with Cellist
4:30 Guided Meditation

23

9:30 Cardio Circuit Training
10:00 REACT Nero Meeting
10:15 Summer St. Cafe
10:30 Word Game-Chain Reaction
1:30 Ping Pong Tournament
2:00 Lexington Bee Company Presents
3:30 Sip and Stems
5:45 Netflix Premier-Grace and Frankie

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9:30 Weightlifting for Bone Density
10:30 Scattergories
11:30 Ted Talk
1:15 Hand and Eye Coordination
2:00 Bingo
3:30 Refreshments & Appetizers
6:00 Orchestra Hour

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9:30 Exercise with Mike
10:00 Catholic Mass from Rome
10:15 Summer St Cafe-Espresso Drinks
11:00 Jeopardy
1:30 Afternoon Matinee
2:00 Scrabble Group
3:00 Stretch & Flex
3:45 SHIELD check in
4:15 Spiritual Hymns Listening

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Memorial Day

9:30 Weightlifting and Circuit Training
10:15 Nails and Hand Spa
10:30 Scenic Tour
11:30 Memorial Day Cookout
1:30 Community Tai Chi
2:00 Craft Workshop
3:00 Docuseries-Battle of the Bulge
5:45 Card Club-Resident Led

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9:30 Barre & Balance
10:30 Poetry and Interpretation
10:30 Yahtzee
1:15 Pop-Up Market
2:00 “Flying High Dog” Garden Party
2:45 Cardio Walk
3:30 Refreshments and Appetizers
5:45 Community Word Challenge

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9:30 Weightlifting & Circuit Training
10:15 Summer St. Cafe
10:30 “NYT Spelling Bee”
1:30 Community Tai Chi
2:00 Bingo
2:00 Cocktails & Travel-Chili
3:15 Trivia Challenge
4:30 Music & Aromatherapy
6:00 Evening Matinee

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9:30 Barre & Balance
10:15 Word Association- “Tapple”
11:00 Outing-Dollar Store
11:15 Music Knowledge Challenge
2:00 Deb Block Presents
2:45 Resistance Bands
3:30 Signature Cocktail Hour
4:30 Guided Meditation

30

9:30 Cardio Circuit Training
10:15 Summer St. Cafe
10:30 Bingo
10:45 Cold Case Files
1:30 Exercise-Kettle Bells
2:00 Resident Council
3:30 Sip and Stems
5:45 Netflix Premier-Grace and Frankie

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9:30 Weightlifting for Bone Density
10:30 Blank Slate
11:30 Ted Talk
1:15 Hand and Eye Coordination
2:00 Pianist Bill S Performs
3:30 Refreshments & Appetizers
6:00 Orchestra Hour

PS Salon and Spa
Hours
Tues/Wed 10-3

Outings and
Shopping on Thurs

Scenic Tours Mon-
days

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