

REFLECTIONS - MAY 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



HAPPY MOTHER'S day

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10:00 Catholic Mass
10:00 Gentle Energize
10:30 Singing Bowl Sound Bath
11:00 MandalArt & Jigsaw Puzzles
1:30 BINGO
2:30 Sundae Funday
3:30 Discussion: The Storymatic
4:30 Golden Hoops for Movement
6:00 Aromatherapy & Hand Massages

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Cinco De Mayo
10:00 Dance Cardio with Susan
10:30 Scenic Tour
10:45 Guided Meditation: For Gratitude
11:00 Workshop: Floral Centerpieces
1:30 Community Tai Chi
2:00 Word Unscramble
2:30 Margarita Monday
3:30 Travelogue Video – Mexico

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10:00 Mindful Movement & Meditation
10:30 Poetry and Interpretation
1:30 Barre & Balance
1:30 Mystery Unveiled: Person, Place or Thing?
2:00 Historic Art and Artist- Francisco De Goya
2:30 Refreshment Break
3:30 Table Tennis

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10:00 Core Strengthening
10:30 Guided Meditation: For Focus & Concentration
11:00 Nail Boutique
12:00 The Bistro Bites Club
1:30 Community Tai Chi
2:30 Chill, Chat & Cheers
3:00 Resident Council
3:30 Engagement Committee: Calendar Building

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10:00 Yoga for Vitality
10:30 Guided Meditation: For Positive Energy
10:30 Outing-Institute for Contemporary Art
11:00 Music & Movement-Steve Gintz
1:30 Barre & Balance
2:00 Horticultural Terrarium Workshop

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10:00 Visual-Motor Skill Builders
10:30 Pianist Mateo Performs
10:30 Guided Meditation: Body Scan
1:30 Jewelry Design Workshop
2:30 Bites & Banter
3:00 Flashback Chronicles
4:00 Gentle Chair Pilates
4:15 Vinyl Vibes

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10:00 Morning Movement
10:30 Guided Meditation for Positive Energy, Peace & Light
11:00 Garden Club
1:30 Weekend Matinee: Resident Choice
2:30 Cafe Connections
2:30 Lexington Chamber Music
3:30 Tabletop Triumphs

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Mother's Day
10:00 Catholic Mass
10:00 Gentle Energize
10:30 Singing Bowl Sound Bath
11:00 MandalArt & Jigsaw Puzzles
11:00 Mother's Day Mimosas
1:30 BINGO
2:30 Mother's Day Social
3:30 Air Bounce Volleyball
6:00 Aromatherapy & Hand Massages

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10:00 Range of Motion Exercise
10:30 Guided Meditation: For Gratitude
10:30 Scenic Tour
11:00 Workshop: Floral Centerpieces
1:30 Community Tai Chi
2:15 Catholic Mass Service
2:30 Nutrition Refresh
3:30 Word Unscramble

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10:00 Mindful Movement & Meditation
10:30 Poetry and Interpretation
1:30 Barre & Balance
2:00 Historic Art and Artist-Louis Wain
2:30 Refreshment Break
3:30 Table Tennis
4:00 Landscapes Photography
6:00 Music Listening Hour: Folk

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10:00 Core Strengthening
10:30 Guided Meditation: For Focus & Concentration
11:00 Nail Boutique
12:00 The Bistro Bites Club
1:30 Community Tai Chi
2:30 Chill, Chat & Cheers
3:30 Engagement Committee: Art & Culture Calendar Building

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10:00 Yoga for Vitality
10:30 Guided Meditation: For Positive Energy
11:00 Knowledge Bout Challenge
11:00 Outing- Hibachi
11:30 BullzEye
1:30 Barre & Balance
2:00 Guitarist Jan Marie Performs
2:30 Refresh & Refuel

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10:00 Visual-Motor Skill Builders
10:30 Guided Meditation: Body Scan
11:00 Family Feud
1:30 Jewelry Design Workshop
2:30 Bites & Banter
3:30 Gentle Chair Pilates
4:00 Flashback Chronicles
4:15 Vinyl Vibes

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10:00 Morning Movement
10:30 Guided Meditation for Positive Energy, Peace & Light
11:00 Garden Club
1:30 Weekend Matinee: Resident Choice
2:15 Lecture to Learn
2:30 Cafe Connections
3:00 Tabletop Triumphs

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10:00 Catholic Mass
10:00 Gentle Energize
10:30 Singing Bowl Sound Bath
11:00 MandalArt & Jigsaw Puzzles
1:30 BINGO
2:30 Sundae Funday
3:30 Discussion: The Storymatic
4:30 Golden Hoops for Movement
6:00 Aromatherapy & Hand Massages

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10:00 Cardio Dance with Susan
10:30 Guided Meditation: For Gratitude
10:30 Scenic Tour
11:00 Workshop: Floral Centerpieces
1:30 Community Tai Chi
2:30 Nutrition Refresh
3:30 Phrase Completion
4:00 Songs We Sing

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10:00 Mindful Movement & Meditation
10:30 Poetry and Interpretation
1:15 Pianist: Michael L.
1:30 Barre & Balance
2:30 Refreshment Break
2:45 Historic Art and Artist- Richard Dadd
3:30 Table Tennis
4:00 Landscapes Photography

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10:00 Core Strengthening
10:30 Guided Meditation: For Focus & Concentration
11:00 Violine Performance: Vio-Lynne
12:00 The Bistro Bites Club
1:30 Community Tai Chi
2:30 Chill, Chat & Cheers
3:30 Engagement Committee: Garden Club Calendar

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10:00 Daily Chronicle
11:00 Music & Movement- Steve Gintz
11:00 Outing-Lars Anderson Auto Museum
1:30 Barre & Balance
2:15 Choir Practice
2:30 Refresh & Refuel
3:00 Knowledge Bout Challenge
4:30 Short Stories: Chicken

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10:00 Visual-Motor Skill Builders
10:30 Guided Meditation: Body Scan
11:00 Family Feud
1:30 Jewelry Design Workshop
2:30 May Birthday Celebration
3:30 Flashback Chronicles
3:30 Gentle Chair Pilates
4:15 Vinyl Vibes

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10:00 Morning Movement
10:30 Guided Meditation for Positive Energy, Peace & Light
11:00 Garden Club
1:30 Weekend Matinee: Resident Choice
2:00 Bingo
2:30 Cafe Connections
3:00 Tabletop Triumphs

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10:00 Catholic Mass
10:00 Gentle Energize
10:30 Singing Bowl Sound Bath
11:00 Pop Art: Poppy Field
1:30 BINGO
2:30 Sundaes & Smiles
3:30 Air Bounce Volleyball
6:00 Aromatherapy & Hand Massages
7:00 Moonlight Movie: Comedy

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Memorial Day
10:00 Bone Builders
10:30 Guided Meditation: For Gratitude
10:30 Scenic Tour
11:00 Workshop: Floral Centerpieces
11:30 Memorial Day Cookout
1:30 Community Tai Chi
2:30 Nutrition Refresh
3:30 Celebrating Memorial Day

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10:00 Mindful Movement & Meditation
10:30 Poetry and Interpretation
1:30 Barre & Balance
2:00 "Flying High Dog" Garden Party
2:30 Refreshment Break
4:00 Mystery Unveiled: Person, Place or Thing?
6:00 Music Listening Hour: Folk

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10:00 Core Strengthening
10:30 Guided Meditation: For Focus & Concentration
11:00 Nail Boutique
12:00 The Bistro Bites Club
1:30 Community Tai Chi
2:30 Chill, Chat & Cheers
3:30 Engagement Committee: Calendar Building
6:00 BINGO

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10:00 Yoga for Vitality
10:30 Guided Meditation: For Positive Energy
11:00 Knowledge Bout Challenge
11:00 Outing-Dollar Store
11:30 BullzEye
1:30 Barre & Balance
2:00 Deb Block Presents
2:30 Refresh & Refuel
4:30 Short Stories: Chicken

30

10:00 Visual-Motor Skill Builders
10:30 Guided Meditation: Body Scan
11:00 Family Feud
1:30 Jewelry Design Workshop
2:30 Bites & Banter
3:30 Flashback Chronicles
3:30 Gentle Chair Pilates
4:15 Vinyl Vibes

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10:00 Morning Movement
10:30 Guided Meditation for Positive Energy, Peace & Light
11:00 Garden Club
1:30 Weekend Matinee: Resident Choice
2:00 Pianist Bill S Performs
2:30 Cafe Connections
3:00 Tabletop Triumphs

Reflections

Happy Birthday!
5/9 Shirley
5/12 Deborah & Louis
5/27 Joanne

To become a mother is the choice to become one of the greatest spiritual teachers there is ... I know for sure that few callings are more honorable. -Oprah Winfrey

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