

Healthy Living for your Brain and Body

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age.

Join us, **Wednesday, May 21, 4pm - 5pm** to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Please **RSVP to Reception** at 978-356-1300 or rbreception@residenceriverbend.com

Refreshments will be served. Hope to see you there.



Signature Series Events

High Tea

Wear your fancy florals or pastels and join us, **Tuesday, May 20, 2pm - 3:30pm** for a delicious afternoon. Our palates will be delighted with small plate creations from our Riverbend Chefs. Enjoy these tasty treats paired with a variety of flavored teas!

Please **RSVP to Reception** at 978-356-1300 or rbreception@residenceriverbend.com by Thursday, May 15.

Mixology Event

Join us, **Wednesday, May 28, 2:30pm - 3:30pm** for an afternoon of mixology, where guests will enjoy a presentation and can sip and savor handcrafted cocktails prepared by Total Wine associates.

Light snacks will be served. Enter our raffle, for a chance to win a gift basket.

Please **RSVP to Reception** at 978-356-1300 or rbreception@residenceriverbend.com by Thursday, May 22.



Letter From Our Executive Director

The month of May was named for the Roman goddess Maia. It was believed that she oversaw the fertility of the land and plants and the blossoming of new life. To celebrate the first day of May, it is believed that is how the Pagan holiday "May Day" was invented over two thousand years ago.

It began as dancing around a pole with rope or fabric tethered to the pole for participants to hold onto as they danced in a circle. It is not certain when the pole was identified as the "May Pole, but it is known that the dance symbolized the intertwining between masculine and feminine energy.

Let us not forget Mother's Day. There is conflicting information regarding the origin of this holiday. It might have been in honor of Ann Jarvis who raised awareness and focused much of her life on improving infant mortality rates in the late nineteenth century or Julia Ward Howe author of The Battle Hymn of the Republic. In my mind all our mothers are heroes. We should always honor and celebrate the incredible contribution of all mothers around the world. After all the flowers and cards, the one thing that made my mother the happiest is when I would spend time with her. Happy Mother's Day Mom, I miss you.

Sincerely,

Anthony Fucaloro



Good Times. Good Friends. *Great Care!*

THE RESIDENCE AT RIVERBEND *Associates*

Anthony Fucaloro
Senior Executive Director

Kristin Quarrell
Business Office Director

Tara Jalbert
Senior Sales/Marketing Director

Rachel DeCicco
Resident Care Director

Michelle Gagnon
Reflections Director

Jennifer Grimes
Resident Engagement Director

Megan Pied
*Senior Director of Restaurant
Operations*

David Miller
Senior Maintenance Director



Sunday



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10:00 Catholic Mass
10:00 Hand Massage
11:00 Mindful Movement
11:30 Tai Chi for Arthritis
1:15 Sundae Gathering
1:30 Red Sox vs Twins
2:00 Matinee Showing
2:00 Scenic Ride
3:45 Pub Social
6:30 Evening Showing

11

Mother's Day
10:00 Catholic Mass
10:00 Hand Massage
11:00 Mindful Movement
11:30 Tai Chi for Arthritis
1:15 Sundae Gathering
2:00 Matinee Showing
2:00 Scenic Ride
2:00 Red Sox vs Royals
3:45 Pub Social
6:30 Evening Showing

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10:00 Catholic Mass
10:00 Hand Massage
11:00 Mindful Movement
11:30 Tai Chi for Arthritis
1:15 Sundae Gathering
1:30 Red Sox vs Braves
2:00 Matinee Showing
2:00 Scenic Ride
3:45 Pub Social
6:30 Evening Showing

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10:00 Catholic Mass
10:00 Hand Massage
11:00 Mindful Movement
11:30 Tai Chi for Arthritis
1:15 Sundae Gathering
1:30 Red Sox vs Orioles
2:00 Matinee Showing
2:00 Scenic Ride
3:45 Pub Social
6:30 Evening Showing

Monday

5

Cinco de Mayo
10:00 Community Meditation & Reiki Healing
10:30 Total Body Fitness
11:00 Spa Session - Manicures
1:00 Word Extraction
2:15 Bingo
3:15 Tai Chi for Arthritis
3:30 Cinco de Mayo Happy Hour
6:30 Rummikub Club

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10:00 Total Body Fitness
10:30 Resistance Band Training
11:00 Word Extraction
11:00 Spa Session - Manicures
1:00 Bingo
2:00 Live Presentation: PEM
3:00 Riverbend Book Club
3:15 Tai Chi for Arthritis
3:45 Happy Hour
6:30 Rummikub Club

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10:00 Community Meditation & Reiki Healing
10:30 Resistance Band Training
11:00 Word Extraction
11:00 Spa Session - Manicures
1:15 Bingo
2:30 Guitarist - MaryBeth Maes
3:45 Happy Hour
6:30 Rummikub Club

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Memorial Day
10:00 Total Body Fitness
10:30 Resistance Band Training
11:00 Word Extraction
11:00 Spa Session - Manicures
1:00 Memorial Day Trivia
1:00 Memorial Day Documentary
2:00 Red Sox vs Brewers
2:15 Bingo
3:45 Happy Hour
6:30 Rummikub Club

Tuesday



6

9:15 Coffee Social Hour
10:00 Holy Communion Offering
10:15 Strength & Balance
11:00 Guided Painting Workshop
1:00 Barre & Balance Class
1:15 8-Ball Pool Group
2:30 Concert - The Journeymen
3:45 Happy Hour

13

Happy BDay Marilyn N.
9:15 Coffee Social Hour
10:00 Holy Communion Offering
10:15 Strength & Balance
11:00 Speaker - Margie Connect with Art
1:00 Barre & Balance Class
1:00 8-Ball Pool Group
2:00 Pianist - John D'Ambrosio
3:45 Happy Hour

20

Happy BDay Howard
9:15 Coffee and Donut Bar
10:00 Holy Communion Offering
10:15 Strength & Balance
11:00 Resident Council Meeting
1:00 Barre & Balance Class
2:00 High Tea
3:45 Happy Hour

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9:15 Coffee Social Hour
10:00 Holy Communion Offering
10:15 Strength & Balance
11:15 Knowledge Challenge
1:00 Barre & Balance Class
1:00 8-Ball Pool Group
2:00 Live-Stream Virtual Tour
3:15 Tai Chi for Arthritis
3:45 Happy Hour

Wednesday

7

10:00 Mindful Movement
10:15 Van Trip: MB/ CVS
10:30 Weightlift Bone Density
11:15 Knowledge Challenge
1:15 Bingo
2:30 Guitarist - Liam Foley
3:45 Happy Hour
6:30 Feature Film

14

10:00 Mindful Movement
10:15 Van Trip: MB/ CVS
10:30 Weightlift Bone Density
11:15 Word Game Challenge
12:00 Community Outing Causeway Restaurant
1:15 Scrabble
2:30 Bingo
3:45 Happy Hour
6:30 Feature Film

21

Happy Birthday Gerry
10:00 Mindful Movement
10:15 Van Trip: MB/ CVS
10:30 Weightlift Bone Density
11:00 Robin Shelgren Presents Memorial Day
1:15 Bingo
2:30 Guitarist - Josef Nocera
3:45 Happy Hour
4:00 Healthy Living Education Program

28

10:00 BP Clinic
10:15 Van Trip: MB/ CVS
10:15 Mindful Movement
10:45 Weightlift Bone Density
11:15 Word Game Challenge
1:00 Red Sox vs Brewers
1:15 Scrabble
2:30 Mixology Event
3:45 Happy Hour
6:30 Feature Film

Thursday

1

May Day
10:00 Barre & Balance Class
11:00 Card Players Group
11:15 THYNK Movement-Neuro.
1:00 Chair Volleyball
2:00 Worship Service w/ Rev. Clark
2:15 Court Case Discussion
3:45 Cocktail Hour
6:30 Tonight's Flick

8

10:00 Barre & Balance Class
11:00 Card Players Group
11:15 THYNK Movement-Neuro.
1:00 React Neuro Session
1:30 Red Sox vs Rangers
2:15 Jeopardy
3:45 Cocktail Hour
6:30 Tonight's Flick

15

Happy BDay Elizabeth
10:00 Barre & Balance Class
11:00 Card Players Group
11:15 THYNK Movement-Neuro.
1:15 Jeopardy
2:15 Court Case Discussion
3:45 Cocktail Hour
6:30 Tonight's Flick

22

10:00 Barre & Balance Class
11:00 Card Players Group
11:15 THYNK Movement-Neuro.
1:00 React Neuro Session
1:15 Jeopardy
2:15 Court Case Discussion
3:45 Cocktail Hour
6:30 Tonight's Flick

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10:00 Barre & Balance Class
11:00 Card Players Group
11:15 THYNK Movement-Neuro.
1:00 Court Case Discussion
2:00 Anthony Fucaloro Presents The Elms
3:45 Cocktail Hour
6:30 Tonight's Flick

Friday

2

Happy Birthday Ruth
9:15 Coffee Social Hour
9:45 Riverbend Ambassador Committee Check-In
10:15 Community Dance & Movement
11:00 Wheel of Fortune
1:15 Spa Session - Manicures
1:15 Jeopardy
2:15 General Store
2:30 Bingo
3:45 Cocktail Hour

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9:15 Coffee Social Hour
9:45 Riverbend Ambassador Committee Check-In
10:15 Community Dance & Movement
11:00 Spring Craft Workshop
1:15 Spa Session - Manicures
1:15 Bingo
2:30 Vocalist - Steve O'Connell
3:45 Cocktail Hour
6:30 Rummikub Club

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9:15 Coffee Social Hour
10:15 Community Dance & Movement
11:00 Wheel of Fortune
1:00 Community Outing - Cherry Farm Creamery
1:15 Spa Session - Manicures
2:15 General Store
2:30 Bingo
3:45 Cocktail Hour
6:30 Rummikub Club

23

9:15 Coffee Social Hour
9:45 Riverbend Ambassador Committee Check-In
10:15 Community Dance & Movement
11:00 Wheel of Fortune
1:00 Bingo
1:15 Spa Session - Manicures
2:00 Jazz Musician - Brian Kane
3:45 Cocktail Hour
6:30 Rummikub Club

30

9:15 Coffee Social Hour
10:15 Community Dance & Movement
11:00 Wheel of Fortune
12:00 Pizza Luncheon
1:00 Culinary Group
2:15 General Store
2:30 Pianist - Nancy Day
3:45 Cocktail Hour
6:00 Evening Bingo

Saturday

3

10:00 Low Intensity Cardio
10:30 Weightlift Bone Density
11:00 Family Feud
1:00 Dominoes
2:00 Rummikub Club
2:15 Bingo
3:45 Hors D'Oeuvres & Refreshments
4:00 Red Sox vs Twins

10

10:00 Low Intensity Cardio
10:30 Weightlift Bone Density
11:00 Family Feud
1:00 Dominoes
2:00 Rummikub Club
2:15 Bingo
3:45 Hors D'Oeuvres & Refreshments

17

10:00 Low Intensity Cardio
10:30 Weightlift Bone Density
11:00 Family Feud
1:00 Dominoes
2:00 Rummikub Club
2:15 Bingo
3:45 Hors D'Oeuvres & Refreshments

24

10:00 Low Intensity Cardio
10:30 Weightlift Bone Density
11:00 Family Feud
1:00 Dominoes
2:00 Rummikub Club
2:15 Bingo
3:45 Hors D'Oeuvres & Refreshments
4:00 Red Sox vs Orioles

31

10:00 Low Intensity Cardio
10:30 Weightlift Bone Density
11:00 Family Feud
1:00 Dominoes
2:00 Rummikub Club
2:15 Bingo
3:45 Hors D'Oeuvres & Refreshments
4:00 Red Sox vs Braves

Riverbend Reminders

Medical

Transportation

Tues & Thurs 10-2

Salon Hours

Mon & Thurs 9-3

Manicures - No Sat.

Mon 11am

Fri 1:15pm

Podiatry on Site

Date: 5/16

10:30-4

Sign up for the above
at the Reception
Desk

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