

# Cruise the Lady Bea

On Monday July 14th we will be traveling to South Hadley Massachusetts. We'll be cruising the Connecticut River from a new vantage point aboard the Lady Bea. The 75-minute cruise meanders up the Connecticut River from Brunelle's Marina to Northampton. The pristine water, unspoiled views, sandy beaches, and unmatched history will make a truly memorable experience for all.

The Connecticut River watershed encompasses 11,260 square miles, connecting 148 tributaries, including 38 major rivers and numerous lakes and ponds. It is home to many wildlife species, including bear, moose, bobcat, wild turkey, bald eagle, trout, and shad.



# Backpack & School Supply Drive

The Residence at South Windsor Farms is having a backpacks and school supply drive this quarter to benefit area children. By August we'll have donations in stock that we can give to kids in need for the start of school.

Items needed: backpacks, planners, notebooks, binders, pens, pencils, highlighters, USB chargers, TI-83 Plus graphing calculators, pocket folders, hand sanitizer, hand lotion, gift cards.

As we all continue to try to make a difference, please consider dropping off supplies at our community vestibule. The Residence at South Windsor Farms: 200 Deming St. South Windsor CT 06074



# THE RESIDENCE at South Windsor Farms

## Seafood Celebration

Join us on Thursday July 24th as we celebrate the season with fresh, delicious seafood samplings, signature cocktails and summer sunshine. Enjoy the weather and festivities at our beautiful community! We hold two Signature Series Events each month, 1 internal and 1 external. Our residents are always at the forefront of both. For our external series we try to show



prospective residents the types of events they might expect to experience as residents of the community. We take pride in these celebrations which really help our community come alive!

## THE RESIDENCE AT SOUTH WINDSOR FARMS Associates

Adnan Tahirovic  
Executive Director

Amy Lombardi  
Resident Care Director

Debbie Battista  
Sales & Marketing Director

Courtney Sylvain  
Business Office Director

Rick Cramer  
Maintenance Director

Troy Sterling  
Culinary Service Director

Nancy Nguyen  
Reflections Director

Luke Baillargeon  
Resident Engagement Director

Jillann Cofrancesco  
Business Development



## Singing Bowls

We are beginning a Singing Bowl Program! Often associated with Tibetan and Himalayan cultures, these instruments produce deeply resonant sounds through vibration. When struck or played with a mallet, they create harmonious tones and vibrations believed to promote relaxation, reduce



stress, and improve overall well-being. The vibrations from singing bowls can resonate with the body's energy centers, potentially aiding in healing and promoting a sense of balance. Many people find these sound experiences calming and beneficial for deepening meditation and reducing anxiety.

SundayMondayTuesdayWednesdayThursdayFridaySaturday



**6**

9:30 Church Transportation  
10:00 Resident-led Exercise  
10:30 Televised Mass  
1:30 Mindful Movement  
2:00 Creative Chromaticity  
3:00 Bingo!  
4:30 Guided Meditation  
6:30 Evening Movie

**7** HBD Dortha!

10:00 Light Weights  
10:45 Week In Review  
11:00 Singing Bowls  
1:30 Mindful Nature Stroll-OC  
2:00 Tech Session  
2:00 Historical Profiles  
2:00 Poker Club  
2:30 Outing- Forest Park Zoo  
4:30 Poetry Read  
6:00 Evening Arts & Travel

**13**

9:30 Church Transportation  
10:00 Resident-led Exercise  
10:30 Televised Mass  
1:30 Mindful Movement  
2:00 Creative Chromaticity  
3:00 Bingo!  
4:30 Guided Meditation  
6:30 Evening Movie

**14**

10:00 Resistance Band Training  
10:45 Week In Review  
11:00 Singing Bowls  
1:30 Mindful Nature Stroll-OC  
2:00 Tech Session  
2:00 Historical Profiles  
2:00 Poker Club  
2:30 Outing- Connecticut River Cruise  
4:30 Poetry Read  
6:00 Evening Arts & Travel

**20**

9:30 Church Transportation  
10:00 Resident-led Exercise  
10:30 Televised Mass  
1:30 Mindful Movement  
2:00 Creative Chromaticity  
3:00 Bingo!  
4:30 Guided Meditation  
6:30 Evening Movie

**21** Signature Series!

10:00 Light Weights  
10:45 Week In Review  
11:00 Singing Bowls  
1:30 Mindful Nature Stroll-OC  
2:00 Tech Session  
2:00 Historical Profiles  
2:00 Poker Club  
3:00 Academic Masterclass- Jim Harkins  
4:30 Poetry Read

**27** HBD Dorothy P!

9:30 Church Transportation  
10:00 Resident-led Exercise  
10:30 Televised Mass  
1:30 Mindful Movement  
2:00 Creative Chromaticity  
3:00 Bingo!  
4:30 Guided Meditation  
6:30 Evening Movie

**28**

10:00 Resistance Band Training  
10:45 Week In Review  
11:00 Singing Bowls  
1:30 Mindful Nature Stroll-OC  
2:00 Tech Session  
2:00 Historical Profiles  
2:00 Poker Club  
2:30 Outing- Fairways Mini Golf  
4:30 Poetry Read  
6:00 Evening Arts & Travel

**1** HBD Richard Wexler!

10:00 Mass and Communion  
10:00 Daily Inspiration  
11:00 Tai Chi for Arthritis  
12:00 Kindness Committee  
1:30 Barre Class (in Refl.)  
2:00 Book Club  
3:00 Signature Cocktail Social  
4:15 Funny Trivia  
6:30 DocuSeries

**8**

10:00 Mass and Communion  
10:00 Daily Inspiration  
11:00 Tai Chi for Arthritis  
12:00 Welcome Committee  
12:00 Kindness Committee  
1:30 Barre Class (in Refl.)  
2:00 Book Club  
3:00 Signature Cocktail Social  
4:15 Funny Trivia  
6:30 DocuSeries

**15**

10:00 Mass and Communion  
10:00 Daily Inspiration  
11:00 Tai Chi for Arthritis  
12:00 Kindness Committee  
1:30 Barre Class (in Refl.)  
2:00 Book Club  
3:00 Signature Cocktail Social  
3:00 Louie D. Trio  
4:15 Funny Trivia  
6:30 DocuSeries

**22**

10:00 Mass and Communion  
10:00 Daily Inspiration  
11:00 Tai Chi for Arthritis  
12:00 Welcome Committee  
12:00 Kindness Committee  
1:30 Barre Class (in Refl.)  
2:00 Book Club  
3:00 Signature Cocktail Social  
4:15 Funny Trivia  
6:30 DocuSeries

**29**

10:00 Mass and Communion  
10:00 Daily Inspiration  
11:00 Tai Chi for Arthritis  
12:00 Kindness Committee  
1:30 Barre Class (in Refl.)  
2:00 Book Club  
3:00 Signature Cocktail Social  
4:15 Funny Trivia  
6:30 DocuSeries

**2**

10:00 Yoga Flow  
10:00 Local Shopping Trip  
11:00 Coffee & Baking Demo  
1:30 Beginner Aerobics  
2:00 Lecture-Independence Day  
3:00 Bingo!  
4:15 Tea & Reminisce (O.C.)  
6:00 Evening Word Extraction!

**9**

10:00 Cardio Circuits  
10:00 Local Shopping Trip  
11:00 Coffee & Baking Demo  
11:00 Chorale w/ Richard Wang  
1:30 Beginner Aerobics  
2:00 Lecture  
3:00 Bingo!  
4:15 Tea & Reminisce (O.C.)  
6:00 Evening Word Extraction!

**16**

10:00 Yoga Flow  
10:00 Local Shopping Trip  
10:30 Jeff The Plant Guy  
11:00 Coffee & Baking Demo  
1:30 Beginner Aerobics  
2:00 Lecture  
3:00 Bingo!  
4:15 Tea & Reminisce (O.C.)  
6:00 Evening Word Extraction!

**23**

10:00 Cardio Circuits  
10:00 Local Shopping Trip  
11:00 Chorale w/ Richard Wang  
1:30 Beginner Aerobics  
2:00 Lecture- Australia Travel  
3:00 Bingo!  
4:15 Tea & Reminisce (O.C.)  
6:00 Evening Word Extraction!

**30**

10:00 Yoga Flow  
10:00 Local Shopping Trip  
11:00 Coffee & Baking Demo  
1:30 Beginner Aerobics  
2:00 Lecture-Fragrances  
3:00 Bingo!  
4:15 Tea & Reminisce (O.C.)  
6:00 Evening Word Extraction!

**3**

10:00 Barre and Balance  
10:00 Shield 1:1 Check-ins  
11:00 Anagrams  
11:00 Independent Rummikub  
11:00 React Neuro  
1:30 Cardio Drumming  
2:00 Lecture-Lucille Ball  
3:00 Art Studio  
4:15 Vocal Participation  
6:30 DocuSeries

**10** HBD Cathy Stenza!

10:00 Barre and Balance  
10:00 Shield 1:1 Check-ins  
11:00 Singing Bowls  
12:00 Men's Group-Pizza & Beer  
1:30 Cardio Drumming  
2:00 Lecture  
2:00 American Legion Visit  
3:00 Art Studio Class (OC)  
4:15 Vocal Participation  
6:30 DocuSeries

**17**

10:00 Barre and Balance  
10:00 Shield 1:1 Check-ins  
11:00 Independent Rummikub  
11:00 React Neuro  
11:00 Singing Bowls  
1:30 Cardio Drumming  
2:00 Singing Bowls  
4:00 Concert-Jeff Wieselberg  
6:30 DocuSeries

**24** Signature Series!

10:00 Barre and Balance  
10:00 Shield 1:1 Check-ins  
11:00 Singing Bowls  
1:30 Cardio Drumming  
2:00 Independent Table Games  
3:00 Seafood Celebration  
4:15 Seafood Celebration Continued  
6:30 DocuSeries

**31**

10:00 Barre and Balance  
10:00 Shield 1:1 Check-ins  
11:00 Independent Rummikub  
11:00 React Neuro  
11:00 Singing Bowls  
1:30 Cardio Drumming  
2:00 Lecture  
3:00 Art Studio  
4:15 Vocal Participation  
6:30 DocuSeries

**4** Independence Day

10:00 Tai Chi For Arthritis  
10:45 Classification Challenge  
11:15 Interactive Court Cases  
11:30 Lunch Outing- Manager's Choice  
2:00 Weighted Chair Zumba  
3:00 Happy Hour  
4:15 Funny Trivia  
6:00 Evening Intellect!

**11** HBD David L!

10:00 Tai Chi For Arthritis  
10:45 Classification Challenge  
11:15 Interactive Court Cases  
11:30 Lunch Outing- Buckland Grill  
2:00 Weighted Chair Zumba  
3:00 Happy Hour  
4:15 Funny Trivia  
6:00 Evening Intellect!

**18**

10:00 Tai Chi For Arthritis  
10:45 Classification Challenge  
11:15 Interactive Court Cases  
11:30 Lunch Outing- Mill on the River  
2:00 Weighted Chair Zumba  
3:00 Happy Hour  
3:00 Concert- Jim Harkins  
4:15 Funny Trivia  
6:00 Evening Intellect!

**25**

10:00 Tai Chi For Arthritis  
10:45 Classification Challenge  
11:15 Interactive Court Cases  
11:30 Lunch Outing- Frank Pepe  
2:00 Weighted Chair Zumba  
3:00 New Resident Cocktail Party  
4:15 Cocktail Party Continued  
6:00 Evening Intellect!

**5**

10:00 Yoga for Stress Relief  
11:15 Cozy Knitting  
1:15 Cardio Drumming  
2:00 Matinee With Popcorn  
2:30 Baking with Sylwia  
3:00 Sweet Treats  
4:30 Guided Meditation  
6:00 Johnny Carson

**12**

10:00 Resistance Band Exercise  
11:15 Cozy Knitting  
1:15 Cardio Drumming  
2:00 Matinee With Popcorn  
2:30 Baking with Sylwia  
3:00 Sweet Treats  
4:30 Guided Meditation  
6:00 Johnny Carson

**19**

10:00 Yoga for Stress Relief  
11:15 Cozy Knitting  
1:15 Cardio Drumming  
2:00 Matinee With Popcorn  
2:30 Baking with Sylwia  
3:00 Sweet Treats  
4:30 Guided Meditation  
6:00 Johnny Carson

**26**

10:00 Resistance Band Exercise  
11:15 Cozy Knitting  
1:15 Cardio Drumming  
2:00 Matinee With Popcorn  
2:30 Baking with Sylwia  
3:00 Sweet Treats  
4:30 Guided Meditation  
6:00 Johnny Carson

Welcome July!

Guest Talks

Great Films

Barre & Balance

Fitness Classes

Tai Chi Workshop

Mindfulness

Discussion Groups

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

