

## Open Campus Experience

We are one Open Campus. Through creating an Open Campus between Reflections and Traditions, we strengthen our Engagement Offerings to residents, while providing a sense of “one big community”.

In our planning we’ve strived to: Think as a team, overcome barriers, sharing successes, communicating a great deal, and implementing Engagement offerings to see what works best. In our calendar we highlight daily events on Traditions that Reflections Residents can



join in on, and vice versa. The benefits have been astounding!

The Five Principles of Vitality that are experienced in our Open Campus Engagement Opportunities are: Community Connectedness, Continued Learning, Arts & Culture, Physical Fitness, and Wellness and Self-Care.

## Let’s Get Green!

On Monday May 5th from 10-12, we will be holding our Internal Signature Series Event-- Let’s Get Green! During this Horticulture Event we will celebrate Arbor Day and Earth Day all in one!

Directors and Associates will unveil their plans to keep going green. We will also regalanize our Garden Club. We will rededicate our raised flower beds, and plant/transplant seedlings. Last year we enjoyed fresh tomatoes and parsely from our garden all summer long.



This is a wonderful opportunity to usher in the warm weather. It’s also a good chance to become connected to our natural environment.

# THE RESIDENCE at South Windsor Farms

## 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*



## Eyeglasses & Hearing Aid Drive

For this Quarter, our Charitable Initiative is Eyeglasses and Hearing Aids. We will gladly accept your used prescription eyeglasses to donate to the less fortunate. WHY DONATE USED GLASSES? Each year, we collect used eyeglasses and deliver them to the regional Lions Eyeglass Recycling Centers

(LERCs). These volunteers will give the glasses new life by cleaning, sorting by prescription strength, and then packaging the glasses. Recycled glasses are then distributed to people in need in low- and middle-income communities where they will have the greatest impact.



## Creative Writing

We’ve begun creative writing sessions in our Community through a range of writing projects. Clear and effective communication is vital in bth personal and professional realms.



Creative writing hones many essential skills by nurturing the ability to convey ideas, thoughts and emotions in a coherent and compelling manner.

The process of creative formulation and physical writing lights up a whole lot of the human brain.

SundayMondayTuesdayWednesdayThursdayFridaySaturday



Welcome May!

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

<p><b>4</b></p> <p>9:30 Church Transportation</p> <p>10:00 Resident-led Exercise</p> <p>10:30 Televised Mass</p> <p>1:30 Mindful Movement</p> <p>2:00 Creative Chromaticity</p> <p>2:00 Outing-Holyoke Symphony</p> <p>3:00 Bingo!</p> <p>4:30 Guided Meditation</p> <p>6:30 Evening Movie</p>	<p><b>5</b> Cinco de Mayo</p> <p>Signature Series</p> <p>10:30 Horticulture Event</p> <p>1:30 Mindful Movement</p> <p>1:30 Mindful Nature Stroll-OC</p> <p>2:00 Tech Session</p> <p>2:00 Historical Profiles</p> <p>3:00 Cinco de Mayo Party</p> <p>4:30 Poetry Read</p> <p>6:00 Evening Arts &amp; Travel</p>	<p><b>6</b> Nurse Appreciation</p> <p>10:00 Mass and Communion</p> <p>10:00 Daily Inspiration</p> <p>11:00 Tai Chi for Arthritis</p> <p>12:00 Welcome Committee</p> <p>1:30 Barre Class (in Refl.)</p> <p>2:00 Book Club</p> <p>3:00 Signature Cocktail Social</p> <p>3:00 Concert-Mike Armentano</p> <p>4:15 Funny Trivia</p> <p>6:30 DocuSeries</p>	<p><b>7</b></p> <p>10:00 Yoga Flow</p> <p>10:00 Local Shopping Trip</p> <p>11:00 Coffee &amp; Baking Demo</p> <p>1:30 Beginner Aerobics</p> <p>2:00 Lecture-Cinco de Mayo</p> <p>3:00 Bingo!</p> <p>4:15 Tea &amp; Reminisce (O.C.)</p> <p>6:00 Evening Word Extraction!</p>	<p><b>1</b> May Day</p> <p>10:00 Barre and Balance</p> <p>10:00 Shield 1:1 Check-ins</p> <p>11:00 Anagrams</p> <p>1:30 Cardio Drumming</p> <p>2:00 Lecture-Kentucky Derby</p> <p>3:00 Art Studio Class (OC)</p> <p>4:15 Vocal Participation</p> <p>6:30 DocuSeries</p>	<p><b>2</b></p> <p>10:00 Tai Chi For Arthritis</p> <p>10:45 Classification Challenge</p> <p>11:15 Interactive Court Cases</p> <p>11:30 Lunch Outing-Buckland Grill</p> <p>2:00 Weighted Chair Zumba</p> <p>3:00 Happy Hour</p> <p>4:15 Funny Trivia</p> <p>6:00 Evening Intellect!</p>	<p><b>3</b> Kentucky Derby Day</p> <p>10:00 Resistance Band Exercise</p> <p>11:15 Cozy Knitting</p> <p>1:15 Cardio Drumming</p> <p>2:00 Matinee With Popcorn</p> <p>2:30 Baking with Sylwia</p> <p>3:00 Sweet Treats</p> <p>4:30 Guided Meditation</p> <p>6:00 Johnny Carson</p>
<p><b>11</b> Happy Mother's Day</p> <p>Happy Mother's Day!</p> <p>9:30 Church Transportation</p> <p>10:00 Resident-led Exercise</p> <p>10:30 Televised Mass</p> <p>1:30 Mindful Movement</p> <p>2:00 Creative Chromaticity</p> <p>3:00 Mother's Day Tea!</p> <p>4:30 Guided Meditation</p> <p>6:30 Evening Movie</p>	<p><b>12</b></p> <p>10:00 Light Weights</p> <p>10:45 Week In Review</p> <p>1:30 Mindful Movement</p> <p>1:30 Mindful Nature Stroll-OC</p> <p>2:00 Tech Session</p> <p>2:00 Historical Profiles</p> <p>2:30 Outing- IHOP</p> <p>4:30 Poetry Read</p> <p>6:00 Evening Arts &amp; Travel</p>	<p><b>13</b></p> <p>10:00 Mass and Communion</p> <p>10:00 Daily Inspiration</p> <p>11:00 Tai Chi for Arthritis</p> <p>12:00 Welcome Comittee</p> <p>12:00 Welcome Committee</p> <p>1:30 Barre Class (in Refl.)</p> <p>2:00 Book Club</p> <p>3:00 Signature Cocktail Social</p> <p>3:00 Concert-Louie D.</p> <p>4:15 Funny Trivia</p>	<p><b>14</b></p> <p>10:00 Cardio Circuits</p> <p>10:00 Local Shopping Trip</p> <p>10:30 Chorale w/ Richard Wang</p> <p>1:30 Beginner Aerobics</p> <p>2:00 Lecture-Florence Nightingale</p> <p>3:00 Bingo!</p> <p>4:15 Tea &amp; Reminisce (O.C.)</p> <p>6:00 Evening Word Extraction!</p>	<p><b>8</b></p> <p>10:00 Barre and Balance</p> <p>10:00 Shield 1:1 Check-ins</p> <p>11:00 Anagrams</p> <p>11:00 Independent Rummikub</p> <p>11:00 React Neuro</p> <p>12:00 Men's Group-Pizza &amp; Beer</p> <p>1:30 Cardio Drumming</p> <p>2:00 American Legion Visit</p> <p>2:00 Lecture-May Day</p> <p>3:00 Art Studio</p>	<p><b>9</b></p> <p>10:00 Tai Chi For Arthritis</p> <p>10:45 Classification Challenge</p> <p>11:15 Interactive Court Cases</p> <p>11:30 Lunch Outing-Mexicali</p> <p>2:00 Weighted Chair Zumba</p> <p>3:00 Happy Hour</p> <p>3:00 Concert-Jim Moore</p> <p>4:15 Funny Trivia</p> <p>6:00 Evening Intellect!</p>	<p><b>10</b></p> <p>10:00 Yoga for Stress Relief</p> <p>11:15 Cozy Knitting</p> <p>1:15 Cardio Drumming</p> <p>2:00 Matinee With Popcorn</p> <p>2:30 Baking with Sylwia</p> <p>3:00 Sweet Treats</p> <p>4:30 Guided Meditation</p> <p>6:00 Johnny Carson</p>
<p><b>18</b></p> <p>9:30 Church Transportation</p> <p>10:00 Resident-led Exercise</p> <p>10:30 Televised Mass</p> <p>1:30 Mindful Movement</p> <p>2:00 Creative Chromaticity</p> <p>3:00 Bingo!</p> <p>4:30 Guided Meditation</p> <p>6:30 Evening Movie</p>	<p><b>19</b></p> <p>10:00 Resistance Band Training</p> <p>10:45 Week In Review</p> <p>11:00 Learn Rummikub</p> <p>1:30 Mindful Movement</p> <p>1:30 Mindful Nature Stroll-OC</p> <p>2:00 Tech Session</p> <p>2:00 Historical Profiles</p> <p>2:30 Outing- Never's Park</p> <p>4:30 Poetry Read</p> <p>6:00 Evening Arts &amp; Travel</p>	<p><b>20</b></p> <p>10:00 Mass and Communion</p> <p>10:00 Daily Inspiration</p> <p>11:00 Tai Chi for Arthritis</p> <p>12:00 Welcome Committee</p> <p>1:30 Barre Class (in Refl.)</p> <p>2:00 Book Club</p> <p>3:00 Signature Cocktail Social</p> <p>3:00 Concert- Blaise Tramazzo</p> <p>4:15 Funny Trivia</p> <p>6:30 DocuSeries</p>	<p><b>21</b></p> <p>10:00 Yoga Flow</p> <p>10:00 Local Shopping Trip</p> <p>10:30 Jeff The Plant Guy</p> <p>11:00 Coffee &amp; Baking Demo</p> <p>1:30 Beginner Aerobics</p> <p>2:00 Lecture-Armed Forces</p> <p>3:00 Bingo!</p> <p>4:15 Tea &amp; Reminisce (O.C.)</p> <p>6:00 Evening Word Extraction!</p>	<p><b>15</b> HBD Phyllis!</p> <p>10:00 Barre and Balance</p> <p>10:00 Shield 1:1 Check-ins</p> <p>11:00 Enliven Lecture (Hydration)</p> <p>1:30 Cardio Drumming</p> <p>2:00 Lecture- Destination Mexico</p> <p>3:00 Art Studio Class (OC)</p> <p>4:15 Vocal Participation</p> <p>6:30 DocuSeries</p>	<p><b>16</b></p> <p>10:00 Tai Chi For Arthritis</p> <p>10:45 Classification Challenge</p> <p>11:15 Interactive Court Cases</p> <p>11:30 Lunch Outing-Wicked Tulips</p> <p>2:00 Weighted Chair Zumba</p> <p>3:00 Happy Hour</p> <p>3:00 Concert- Larry Batter</p> <p>4:15 Funny Trivia</p> <p>6:00 Evening Intellect!</p>	<p><b>17</b> Armed Forces Day</p> <p>10:00 Resistance Band Exercise</p> <p>11:15 Cozy Knitting</p> <p>1:15 Cardio Drumming</p> <p>2:00 Matinee With Popcorn</p> <p>2:30 Baking with Sylwia</p> <p>3:00 Sweet Treats</p> <p>4:30 Guided Meditation</p> <p>6:00 Johnny Carson</p>
<p><b>25</b></p> <p>9:30 Church Transportation</p> <p>10:00 Resident-led Exercise</p> <p>10:30 Televised Mass</p> <p>1:30 Mindful Movement</p> <p>2:00 Creative Chromaticity</p> <p>3:00 Bingo!</p> <p>4:30 Guided Meditation</p> <p>6:30 Evening Movie</p>	<p><b>26</b> Memorial Day</p> <p>10:00 Light Weights</p> <p>10:45 Week In Review</p> <p>1:30 Mindful Movement</p> <p>1:30 Mindful Nature Stroll-OC</p> <p>2:00 Tech Session</p> <p>2:00 Historical Profiles</p> <p>2:30 Outing- Birdhouse Coffee</p> <p>4:30 Poetry Read</p> <p>6:00 Evening Arts &amp; Travel</p>	<p><b>27</b></p> <p>10:00 Mass and Communion</p> <p>10:00 Daily Inspiration</p> <p>11:00 Tai Chi for Arthritis</p> <p>12:00 Welcome Comittee</p> <p>12:00 Welcome Committee</p> <p>1:30 Barre Class (in Refl.)</p> <p>2:00 Book Club</p> <p>3:00 Signature Cocktail Social</p> <p>4:15 Funny Trivia</p> <p>6:30 DocuSeries</p>	<p><b>28</b></p> <p>10:00 Cardio Circuits</p> <p>10:00 Local Shopping Trip</p> <p>11:00 Chorale w/ Richard Wang</p> <p>1:30 Beginner Aerobics</p> <p>2:00 Lecture-Memorial Day</p> <p>3:00 Bingo!</p> <p>4:15 Tea &amp; Reminisce (O.C.)</p> <p>6:00 Evening Word Extraction!</p>	<p><b>22</b> HBD Barbara!</p> <p>Signature Series</p> <p>10:00 Barre and Balance</p> <p>10:00 Shield 1:1 Check-ins</p> <p>11:00 Anagrams</p> <p>11:00 Independent Rummikub</p> <p>11:00 React Neuro</p> <p>1:30 Cardio Drumming</p> <p>2:00 Lecture</p> <p>3:00 Signature Series</p> <p>3:00 Garden Party</p>	<p><b>23</b></p> <p>10:45 Memorial Day Salute</p> <p>11:15 Interactive Court Cases</p> <p>11:30 Lunch Outing</p> <p>2:00 Weighted Chair Zumba</p> <p>3:00 Happy Hour</p> <p>3:00 Concert-Red &amp; Yellow</p> <p>4:15 Funny Trivia</p> <p>6:00 Evening Intellect!</p>	<p><b>24</b></p> <p>10:00 Yoga for Stress Relief</p> <p>11:15 Cozy Knitting</p> <p>1:15 Cardio Drumming</p> <p>2:00 Matinee With Popcorn</p> <p>2:30 Baking with Sylwia</p> <p>3:00 Sweet Treats</p> <p>4:30 Guided Meditation</p> <p>6:00 Johnny Carson</p>
	<p><b>29</b></p> <p>10:00 Barre and Balance</p> <p>10:00 Shield 1:1 Check-ins</p> <p>11:00 Anagrams</p> <p>1:30 Cardio Drumming</p> <p>2:00 Lecture</p> <p>3:00 Art Studio Class (OC)</p> <p>4:15 Vocal Participation</p> <p>6:30 DocuSeries</p>	<p><b>31</b></p> <p>10:00 Resistance Band Exercise</p> <p>11:15 Cozy Knitting</p> <p>1:15 Cardio Drumming</p> <p>2:00 Matinee With Popcorn</p> <p>2:30 Baking with Sylwia</p> <p>3:00 Sweet Treats</p> <p>4:30 Guided Meditation</p> <p>6:00 Johnny Carson</p>				