

Parkinson's Support Group



3rd Tuesday of every month @ 4pm

If you have or are caring for a loved one with Parkinson's Disease. Join us at our monthly support group. Connect and share stories with people who understand the challenges you face, in a safe supportive environment.

Please contact Tanya Whiterock.

twhiterock@residencebrookside.com

Mother's Day Celebration



Friday May 9th, 3pm-5pm

Celebrate with us, May 9th 3pm-5pm

Help us honor our mothers with a lovely garden party! Our culinary team will create delicious appetizers and desserts that Mom would approve. Enjoy buesitfu; Piano music throughout the afternoon.

Please RSVP by April 28th to reception, 860-284-5000.

Eyeglass & Hearing Aid Drive



Collecting now through May 30th.

Help our local Seniors!

Do you have glasses or hearing aids that you no longer use? Consider donating these items to be distributed to local people in need.

Please drop off your donations in the bin located in our front lobby.

For questions please call 860-284-5000

THE RESIDENCE at Brookside

THE RESIDENCE AT BROOKSIDE *Associates*

Stacey Tucci

Executive Director

Tanya Whiterock

Resident Engagement Director

Agnes Ostrowski

Resident Care Director

Brandy Fronzaglio-Dillon

Business Office Director

Joe Morgan

Restaurant Operations Director

Jason Neizgorski

Maintenance Director

Jenny Cazares

Sales & Marketing Director

Kevin Baird

Reflections Director

Honoring Our Mothers



Honoring our Mothers: A Timeless Tribute

Mothers are the heart of every family—their love, strength, and unwavering support shape our lives from the very beginning. Honoring our mothers is not just about celebrating them on one day each year; it's about recognizing their daily sacrifices, unconditional love, and the values they instill in us.

From sleepless nights to endless encouragement, mothers play countless roles: nurturer, teacher, protector, and friend. They cheer us on when we succeed and lift us up when we fall. Their lessons often become the foundation of our character, guiding us long after we've grown.

To honor our mothers, we can express gratitude through simple, meaningful acts—spending quality time, writing heartfelt notes, or simply saying "thank you." These gestures remind them how deeply appreciated they are.

Whether biological, adoptive, or maternal figures who've stepped into that role, every mother deserves to be cherished. Let us carry their love forward by living with kindness, patience, and compassion—reflecting the very qualities they've given so freely. Honoring our mothers is truly a lifelong celebration.



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Reminders

Salon Hours
Wednesday 9-3
Transportation
Tuesday 12:30 Local Shopping
Thursdays – Excursions Only
Medical Appointment Days
Mondays & Fridays 9-3 & Wednesday Mornings only

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



4
9:45 Church Transportation Begins
10:30 Cardio Blast
11:15 Spring Poems & Lemonade
11:30 Dine w/ The Maintenance Director
12:00 Sunday’s Mass
1:15 Mimosas & Hand Massage
2:00 TheraBand Class
2:30 Book Reading & Discussion
4:00 Wine Social

5 Cinco De Mayo
10:30 Strengthen & Condition
11:15 Craft Club: String Art
1:00 A Touch of Bliss-Nail Spa
2:00 Matt, The Pianist
3:30 Docuseries: Planet Earth
4:00 Happy Hour: Cinco De Mayo
6:00 After Dinner Card Club

6
10:00 Coffee & Chatter
10:30 TheraBand Strengthening
12:30 Outing: Local Errands
1:30 Hand Rejuvenation
2:00 Culinary Chat
2:30 Resident Meeting
3:15 Weight Training
3:30 Trivia Challenge
4:00 Happy Hour

7
10:30 TheraBand Strengthening
10:30 Veterans Coffee & Chat w/ Stacey
11:15 Learn to Play Dominos
1:30 Fireside Chats
2:00 Tai-Chi for Arthritis
2:30 Roger, Pianist
4:00 Sangria Social Hour
6:00 Spiritual Reflections Group

8
10:00 Coffee & Chatter
10:30 Strengthen & Condition
11:00 Flower Arranging
11:15 Pet Therapy Visits w/ Diana
12:30 Wii Digital Bowling
1:00 Mile Makers Walking Club
2:00 Simsbury History Lecture
3:00 Balance Class
4:00 Happy Hour

9 Nell's Birthday!
10:30 Weight Strengthening
11:00 Engagement Planning Meeting
1:30 S.H.I.E.L.D Check In
2:00 History of Mother’s Day Documentary
3:00 Signature Event: Mothers Day Celebration

10
10:30 Stretch & Flexibility
11:00 Docuseries: America National Parks
11:15 Game Hour: Corn Hole
1:30 Reiki Sessions
2:00 Weight Strengthening
3:00 Bingo Tournament
4:00 Pub Social

11 Mother's Day
9:45 Church Transportation Begins
10:30 Cardio Blast
11:15 Music Listening Hour: 1950’s
12:00 Sunday’s Mass
2:00 Mother’s Day Tea Party
4:00 Wine Social
6:00 Threads of Memory: Quilting for a Cause

12 George's Birthday
10:30 Strengthen & Condition
11:00 Culinary Creations
1:00 A Touch of Bliss-Nail Spa
2:00 Barre & Balance
2:30 Actors Guild
3:30 Docuseries: Planet Earth
4:00 Musical Happy Hour w/ Richard Mount
6:00 After Dinner Card Club

13
10:00 Coffee & Chatter
10:30 TheraBand Strengthening
11:00 Horticultural Workshop
12:30 Outing: Local Errands
1:30 Hand Rejuvenation
2:00 Weight Training
2:30 Precision Putting
4:00 Happy Hour

14
10:00 Coffee & Chatter
10:30 TheraBand Strengthening
11:00 Enliven Presents: Hydration
11:30 Excursion: Lunch at Chili’s
1:30 Fireside Chats
2:00 Tai-Chi for Arthritis
2:00 Jimmy Mazz, LIVE!!
4:00 Sangria Social Hour
6:00 Spiritual Reflections Group

15
9:00 Garden Club Planning Discussion
10:00 Coffee & Chatter
10:30 Strengthen & Condition
11:00 Floral Design Class w/ Agnes
12:30 Wii Digital Bowling
1:00 Mile Makers Walking Club
1:45 Old Fashioned Picture Show
3:00 Balance Class
4:00 Karaoke Happy Hour w/ Brandy

16
10:00 Coffee & Chatter
10:30 Tai-Chi for Arthritis
11:00 REACT Sessions
11:15 Court Discussion
1:30 15 Minute Meditation
2:00 Weight Strengthening
2:45 Anagrams Challenge
4:00 Pizza Social Hour

17 Shirley's 104th Birthday
10:30 Stretch & Flexibility
11:00 Docuseries: America National Parks
11:15 Game Hour: Pictionary
1:30 Reiki Sessions
2:00 Weight Strengthening
2:30 Tony, The Singer
3:00 Bingo Tournament
4:00 Pub Social

18
9:45 Church Transportation Begins
10:30 Cardio Blast
11:15 Rejuvenating Facials
12:00 Sunday’s Mass
1:15 TheraBand Class
2:30 Art Class: Hydrangea Hues
4:00 Wine Social
6:00 Book Reading & Discussion: Pt 2- Tuesday with Morrie

19
10:30 Strengthen & Condition
11:15 CraftersClub: Rock Art
1:00 A Touch of Bliss-Nail Spa
2:30 Actor’s Guild
3:00 Balance Class
3:30 Docuseries: Planet Earth
4:00 Happy Hour
6:00 After Dinner Card Club

20
10:00 Coffee & Chatter
10:30 TheraBand Strengthening
12:30 Outing: Local Errands
1:30 Hand Rejuvenation
2:00 Weight Training
2:00 Decorative Storage Class w/ Jenny
4:00 Parkinson Disease Support Group
4:00 Happy Hour

21
10:00 Coffee & Chatter
10:30 TheraBand Strengthening
11:15 Learn to Play Dominos
1:30 Fireside Chats
2:00 Tai-Chi for Arthritis
3:00 Louis D Jazz Band
4:00 Sangria Social Hour
4:00 Memory Care Support Group
6:00 Spiritual Reflections Group

22
10:00 Coffee & Chatter
10:30 Strengthen & Condition
11:00 Flower Arranging
11:15 Pet Therapy Visits w/ Diana
12:30 Wii Digital Bowling
1:00 Mile Makers Walking Club
2:00 Coffee Cafe’
3:00 Balance Class
4:00 Happy Hour

23
10:00 Coffee & Chatter
10:30 Tai-Chi for Arthritis
11:00 Weight Strengthening
11:00 Garden Keepers: Planting
1:30 Hand Massages
2:00 Mocktail Mixology w/ Kevin
3:00 Anagrams Challenge
4:00 Pizza Social Hour

24
10:30 Stretch & Flexibility
11:00 Docuseries: America National Parks
11:15 Game Hour: Pictionary
1:30 Reiki Sessions
2:00 Weight Strengthening
3:00 Bingo Tournament
4:00 Pub Social

25
9:45 Church Transportation Begins
10:30 Cardio Blast
11:15 Music Appreciation: Italian Songs
12:00 Sunday’s Mass
1:15 TheraBand Class
2:30 World Cultural Experience: Italian Cafe’
4:00 Wine Social
6:00 - Threads of Memory Quilting

26 Memorial Day
10:30 Strengthen & Condition
11:00 Culinary Creations: Cookies
1:00 A Touch of Bliss-Nail Spa
2:00 Barre & Balance
3:30 Docuseries: Planet Earth
4:00 Musical Memorial Day Social w/ Richard Mount
6:00 After Dinner Card Club

27
10:00 Coffee & Chatter
10:30 TheraBand Strengthening
12:30 Outing: Local Errands
1:30 Hand Rejuvenation
2:00 Weight Training
2:00 Card Group: UNO
4:00 Welcome Neighbor Social

28
10:00 Coffee & Chatter
10:30 TheraBand Strengthening
10:30 Excursion: Clock Museum
11:15 Learn to Play Dominos
1:30 Fireside Chats
2:00 Tai-Chi for Arthritis
2:00 Signature Event: Teacup Succulent Workshop
4:00 Sangria Social Hour

29
10:00 Coffee & Chatter
10:30 Strengthen & Condition
11:00 Flower Arranging
12:30 Wii Digital Bowling
1:00 Mile Makers Walking Club
2:00 Susan , The Guitarist
3:00 Balance Class
4:00 Happy Hour
6:00 Spiritual Reflections Group

30
10:00 Coffee & Chatter
10:30 Tai-Chi for Arthritis
11:00 REACT Sessions
11:00 Weight Strengthening
1:30 S.H.I.E.L.D Check In
2:00 Garden Keepers: Planting
2:00 Precision Putting
3:00 Anagrams Challenge
4:00 Pizza Social Hour

31
10:30 Stretch & Flexibility
11:00 Docuseries: America National Parks
11:15 Game Hour: Pictionary
1:30 Reiki Sessions
2:00 Weight Strengthening
3:00 Bingo Tournament
4:00 Pub Social