

Spellman Stamp & Postage Museum

The Spellman Museum is a private, secular non-profit educational institution located on the Regis College campus. It features exhibition galleries, a philatelic library, activity rooms, and a retail store stocked with stamps, collecting supplies, books, and souvenirs. Known for its dynamic exhibits and programs that bring history, current affairs, pioneers, and exotic places to life through stamps, the Spellman is one of only two philatelic museums in the United States. The only other Stamp Museum in the country is located in Washington D.C. In addition to vast collections of U.S. and international stamps, the Spellman is home to philatelic exhibits on a broad range of subjects including the 1773 Boston Tea Party, the 1937 Hindenburg disaster, Supreme Court Justice Ruth Bader Ginsburg, and breast cancer awareness. How did it all start? Cardinal Spellman traveled Europe extensively and loved to use stamps as souvenirs, having stamps signed to commemorate events in the church and in the world. Over his years spent in Europe, he shipped packages of stamps he collected to Sister Fidelma Conway, CSJ, his Regis College colleague, to keep them safe. With the size of his collection larger than could easily be housed at Regis, ground was broken for a new building on the campus on March 14, 1962, for the museum. The Cardinal Spellman Philatelic Museum officially opened in 1963, with Sister Fidelma continuing to act as caretaker for the collection. The Residence at Valley Farm will be going to the Museum on May 28th. We are looking forward to everyone joining us in this adventure.

Uhlman's Ice Cream Truck

It's that time of year again! Summer is starting and the best way to kick it off is with ice cream on the front porch. In 1967 Uhlman's Ice Cream started. George Smith grew up in Westboro and was a friend of Howard Uhlman, who owned the farm. Howard began Uhlman's Ice Cream in 1967 as a farm stand. A few years later George converted the little farm stand into an ice cream stand. George ran Uhlman's Ice Cream until about 1987. At that point, his son Richard took over the management of Uhlman's Farms. Fast forward to 2010 and Richard's step-daughter, Kelley Marston, steps in as store manager. Eventually taking over the role of owner, Uhlman's gets a website, and with Covid starts accepting credit cards in the e-commerce world. Back in the early days there were no yogurt or sugar-free ice cream flavors. There were about 30 flavors of hard ice cream. Now, Uhlman's Ice Cream Stand serves soft-serve ice cream, fat-free soft and hard yogurts as well as at least 70 different flavors of hard ice cream. The Uhlman's ice cream truck will be pulling up on May 29th at 2pm, at the conclusion of the Upscale Picnic.



THE RESIDENCE at Valley Farm

Christina's Curiosity Corner



Welcome to the Month of May! The fresh cold winds are gone, as are the rains of early spring, the spring flowers are blooming, the birds are chirping, and life is starting to seem a little more joyful day by day! Personally, May is one of my favorite months of the year.

Now for the Fun Part – May Did You Know Fun Facts.

The name May is the modern-day English adaption of the Latin word Maius, which has origins going back to the time of the ancient Greeks. They named the month of May (or Maius) after the Greek goddess of growth. The word May wasn't used until the Middle Ages were on their way out, around the 15th Century AD. Up until then, the Roman word Maius was still used.

May was once considered an incredibly ill-omened time to get married. There's an adage for it, which goes: "Marry in May and you'll rue the day." It's not clear where exactly the saying comes from, but there must have been a pretty good reason not to get married in one of the most beautiful months of the year!

On May 14, 1804, the great American explorers Lewis and Clark explorers began their trip up the Missouri River. The expedition began in St. Louis, Missouri, and traveled west up the Missouri River, crossed the Continental Divide, and reached the Pacific Ocean in 1805. They then returned to St. Louis via the Columbia, Yellowstone, and Missouri Rivers in 1806.

The Empire State Building opened its doors on May 1, 1931. At the point of its construction, it held the record for being the tallest building in the world. Many other sky-high constructions have since dwarfed it, but it's still an awe-inspiring feature of the New York cityscape!

May is a pretty good month for US presidents. Every other month of the year, at least one US president has died, but never in May!

Good Times. Good Friends. *Great Care!*

THE RESIDENCE AT VALLEY FARMS *Associates*

Christina Ohlson
Executive Director

Tiffany Souza
Resident Care Director

Jennifer Luna
Sales & Marketing Director

Samantha DeMar
Senior Reflections Director

Nicholas Jenkins
Business Office Director

Katie Connors
Restaurant Operations Director

Gustavo Sique
Maintenance Director

Kalen Tuohy
Resident Engagement Director

Reception Desk
(508)532-3197



SundayMondayTuesdayWednesdayThursdayFridaySaturday



4 Janet C's Birthday
9:45 Virtual Catholic Mass
10:00 Strength & Conditioning
10:30 Virtual Protestant Service
10:45 Knowledge Bout Challenge
1:15 Lengthen & Strengthen
3:30 Watercolor Basics
3:30 Goodnews Discussion
4:00 Biography: Hebert Hoover
6:30 Feature Film

5 Howard Birthday
Happy Birthday Mary W
10:00 Resistance Band Training
10:30 ShoppingTrip:MarketBasket
10:45 Poetry Hour
10:45 Documentary: The Universe
1:30 Barre & Balance
2:00 Jewelry Design Workshop
2:00 Music Listening Hour
3:00 Cinco de Mayo Happy Hour
6:15 Poker Club

6
10:00 Communion Service
10:00 Cardio Aerobics
10:45 Boxing RX
10:45 Live Lecture: Wild West
1:30 Tai Chi
3:00 Cocktail Hour
3:30 Theater Group
4:15 New England Discussion
6:15 Watercolor Session
6:30 Feature Film

7
10:00 Strength Training
10:30 Outing: Ashland Library
10:45 Exploring Cities: Nashville
11:00 Resident Council Meeting
1:00 Bridge Club
1:30 Barre & Balance
1:30 Drawing Session
2:00 May Door Decor Workshop
3:00 Countries & Cocktails:

1
10:00 Thera Band Training
10:45 Table Games: Scrabble
11:00 Literature Discussion
1:00 All Climate QA
2:00 A Touch of Bliss Nail Spa
2:00 Mindful Movements
3:00 Signature Series: Dance Experience
3:15 Travels with a Curator
3:30 Chorus Group

2
10:00 Light Weight Training
10:45 Jeopardy Challenge
10:45 Renowned Profiles: Ruth Bader Ginsberg
11:00 Knit & Crochet Group
1:30 Barre & Balance
3:00 Rosary
3:00 Pizza & Pub Social
6:30 Cribbage Club
6:30 Feature Film

3
9:45 Virtual Shabbat Service
10:00 Weightlifting for Density
10:45 Current Events Discussion
10:45 DocuSeries: Moonlight Plains
1:30 Tai Chi
2:00 Great Poets of Europe
2:30 Guided Meditation Session
3:00 Table Games: Scrabble
4:15 Musical Moments

11 Mother's Day
Sarah D Birthday
9:45 Virtual Catholic Mass
10:00 Strength & Conditioning
10:30 Virtual Protestant Service
10:45 Knowledge Bout Challenge
1:15 Lengthen & Strengthen
3:30 Watercolor Basics
3:30 Goodnews Discussion
4:00 Biography:ThomasJefferson
6:30 Feature Film

12
10:00 Resistance Band Training
10:30 Shopping Trip: Trader Joe's
10:45 Poetry Hour
10:45 Documentary: Suffragettes
11:00 Engagement Planning Meeting
1:30 Barre & Balance
2:00 Jewelry Design Workshop
2:00 Music Listening Hour

13
10:00 Communion Service
10:00 Cardio Aerobics
10:45 Live Lecture:Guys & Dolls
1:30 Tai Chi
3:00 Cocktail Hour
3:30 Theater Group
4:15 New England Discussion
6:15 Watercolor Session
6:30 Feature Film

14
10:00 Strength Training
10:45 Exploring Cities: Maui
11:00 Lunch Outing: Los Cabos
1:00 Bridge Club
1:30 Barre & Balance
1:30 Drawing Session
2:00 Hot Glue, High Flow Acrylic Art Workshop
3:00 Countries & Cocktails: Thailand

8
10:00 Thera Band Training
10:45 Table Games: Scrabble
11:00 Literature Discussion
1:30 Mindful Movements
2:00 A Touch of Bliss Nail Spa
3:00 Pianist: Joan Sherlock
3:15 Cocktails with a Curator
3:30 Chorus Group
6:15 Poker Club
6:30 Feature Film

9
10:00 Light Weight Training
10:45 Jeopardy Challenge
10:45 Renowned Profiles: Theodore Roosevelt
11:00 Knit & Crochet Group
1:30 Barre & Balance
3:00 Rosary
3:00 Pizza & Pub Social
6:30 Cribbage Club
6:30 Feature Film

10
9:45 Virtual Shabbat Service
10:00 Weightlifting for Density
10:45 DocuSeries: Frozen Nights
1:30 Tai Chi
2:00 Great Poets of Europe
2:30 Guided Meditation Session
3:00 Table Games: Scrabble
4:15 Musical Moments
6:30 Feature Film

18
9:45 Virtual Catholic Mass
10:00 Strength & Conditioning
10:30 Virtual Protestant Service
10:45 Knowledge Bout Challenge
10:45 Boxing RX
1:15 Lengthen & Strengthen
3:00 Vocalist: Bill McCarthy
3:30 Watercolor Basics
3:30 Goodnews Discussion
4:00 Biography: Napoleon

19 Sarah S Birthday
10:00 Resistance Band Training
10:30 ShoppingTrip:MarketBasket
10:45 Poetry Hour
10:45 Documentary: Start of WWI
1:30 Barre & Balance
1:30 Jazz Band Duo
2:00 Jewelry Design Workshop
2:00 Music Listening Hour
3:00 Afternoon Tea
6:15 Poker Club

20
10:00 Communion Service
10:00 Cardio Aerobics
10:45 Boxing RX
10:45 Live Lecture: Grand Ole Opry
1:30 Tai Chi
3:00 Cocktail Hour
3:30 Theater Group
4:15 New England Discussion
6:15 Watercolor Session

21
10:00 Strength Training
10:00 Outing: Coffee Haven
10:45 Exploring Cities: Austin
1:00 Bridge Club
1:30 Barre & Balance
1:30 Drawing Session
2:00 Craft Workshop: Bird Feeders
3:00 Countries & Cocktails:Panama

15
10:00 Thera Band Training
10:45 Table Games: Scrabble
11:00 Literature Discussion
1:30 Mindful Movements
2:00 A Touch of Bliss Nail Spa
3:15 Cocktails with a Curator
3:30 Chorus Group
6:15 Poker Club
6:30 Feature Film

16
10:00 Light Weight Training
10:45 Jeopardy Challenge
10:45 Renowned Profiles: Amelia Earhart
11:00 Knit & Crochet Group
1:30 Barre & Balance
3:00 Rosary
3:00 Pizza & Pub Social
6:30 Cribbage Club
6:30 Feature Film

17
9:45 Virtual Shabbat Service
10:00 Weightlifting for Density
10:45 DocuSeries: Jungle Nights
1:30 Tai Chi
2:00 Great Poets of Europe
2:30 Guided Meditation Session
3:00 Table Games: Scrabble
4:15 Musical Moments
6:30 Feature Film

25 Anne G Birthday
Connie M Birthday
9:45 Virtual Catholic Mass
10:00 Strength & Conditioning
10:30 Virtual Protestant Service
10:45 Knowledge Bout Challenge
1:15 Lengthen & Strengthen
3:30 Watercolor Basics
3:30 Goodnews Discussion
4:00 Biography: Elizabeth I
6:30 Feature Film

26 Memorial Day
10:00 Resistance Band Training
10:30 Shopping Trip: Savers
10:45 Poetry Hour
10:45 Documentary: WWII Pacific
1:30 Barre & Balance
2:00 Jewelry Design Workshop
2:00 Music Listening Hour
3:00 Afternoon Tea
6:15 Poker Club
6:30 Feature Film

27
10:00 Communion Service
10:00 Cardio Aerobics
10:45 Live Lecture:1950s tv Shows
1:30 Tai Chi
3:00 Cocktail Hour
3:30 Theater Group
4:15 New England Discussion
6:15 Watercolor Session
6:30 Feature Film

28
10:00 Strength Training
10:45 Exploring Cities: Aspen
11:00 Outing: Spellman Musuem
1:00 Bridge Club
1:30 Barre & Balance
1:30 Drawing Session
2:00 Picasso Inspired Portrait Workshop
3:00 Countries & Cocktails: Puerto Rico

22
10:00 Thera Band Training
10:45 Table Games: Scrabble
11:00 Literature Discussion
1:30 Mindful Movements
2:00 A Touch of Bliss Nail Spa
2:00 Guest Lecture: Russel Phippins
3:15 Cocktails with a Curator
3:30 Chorus Group
6:15 Poker Club

23
10:00 Light Weight Training
10:45 Jeopardy Challenge
10:45 Renowned Profiles: Lucillie Ball
11:00 Knit & Crochet Group
1:30 Barre & Balance
3:00 Rosary
3:00 Pizza & Pub Social
6:30 Cribbage Club
6:30 Feature Film

24
9:45 Virtual Shabbat Service
10:00 Weightlifting for Density
10:45 DocuSeries: Dark Seas
1:30 Tai Chi
2:00 Great Poets of Europe
2:30 Guided Meditation Session
3:00 Table Games: Scrabble
4:15 Musical Moments
6:30 Feature Film

29
10:00 Thera Band Training
10:45 Table Games: Scrabble
11:00 Literature Discussion
12:00 Signature Series: Upscale Picnic
1:30 Mindful Movements
2:00 A Touch of Bliss Nail Spa
2:00 Uhlman's Ice Cream Truck
3:15 Cocktails with a Curator
3:30 Chorus Group

30 Roger D Birthday
10:00 Light Weight Training
10:45 Jeopardy Challenge
10:45 Renowned Profiles: Carole Burnette
11:00 Knit & Crochet Group
1:30 Barre & Balance
3:00 Rosary
3:00 Pizza & Pub Social
6:30 Cribbage Club
6:30 Feature Film

31
9:45 Virtual Shabbat Service
10:00 Weightlifting for Density
10:45 DocuSeries: Sleepless Cities
1:30 Tai Chi
2:00 Great Poets of Europe
2:30 Guided Meditation Session
3:00 Table Games: Scrabble
4:15 Musical Moments
6:30 Feature Film

Upcoming Events

Signature Series
Dance Experience 5/1
Upscale Picnic 5/39

Uhlman's Ice Cream Truck
5/29

Outings
Ashland Library 5/7
Los Cabos 5/14
Coffee Haven 5/21
Spellman Musuem 5/28

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