# REFLECTIONS - MAY 2025

THE RESIDENCE at Valley Farm

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | | | **1**<br>**10:00** Resistance Band Training<br>**10:45** Court Case Round Table<br>**11:30** Drawing Session:Zentangles<br>**1:30** Pilates<br>**2:00** A Touch of Bliss Nail Spa<br>**2:45** Happy Hour<br>**3:00** Signature Series: Dance Experience<br>**3:30** Chorus Group<br>**4:15** Travel & Discuss: Holy | **2**<br>**10:00** Light Weight Training<br>**10:45** Scenic Journey<br>**10:45** Renowned Profiles: Ruth Bader Ginsberg<br>**11:30** Positive Affirmations<br>**1:30** Barre & Balance<br>**2:00** Open Art Studio<br>**3:30** Cultural Review<br>**4:15** Life Story Session<br>**6:00** Scrabble Group | **3**<br>**10:00** Cardio Aerobics<br>**10:45** DocuSeries: Moonlight Plains<br>**11:30** The Art of Zen<br>**1:30** Tai Chi<br>**2:00** Great Poets of Europe<br>**2:45** Social Hour<br>**3:30** Art Skills-Pastels<br>**4:15** Musical Moments<br>**6:00** Rummikub Club |
| **4**<br>**10:00** Bone Builders<br>**10:45** Spiritual Service<br>**11:30** Mindful Breathwork<br>**1:30** Yoga for Vitality<br>**2:00** Captivating Narrative Session<br>**2:45** Sundae Bar Social<br>**3:30** Watercolor Basics<br>**4:00** Biography: Hebert Hoover<br>**6:00** Game Night: LCR | **5** Cinco de Mayo<br>**10:00** Low Intensity Cardio<br>**10:45** Poetry Hour<br>**11:30** Knowledge Bout Challenge<br>**1:30** Barre & Balance<br>**2:00** Jewelry Design Workshop<br>**2:45** Wine & Cheese Social<br>**3:30** Abstract Artistry<br>**4:15** Guided Meditation<br>**6:00** Color Therapy | **6**<br>**10:45** Boxing RX<br>**10:45** Live Lecture: Wild West<br>**11:30** Progressive Relaxation<br>**1:30** Tai Chi<br>**2:00** Intro to Still Life Art<br>**2:45** Mocktail Hour<br>**3:30** Theater Group<br>**4:15** New England Discussion<br>**6:00** Inspirational Readings | **7**<br>**10:00** Lengthen & Strengthen<br>**10:30** Outing: Ashland Library<br>**10:45** Exploring Cities: Nashville<br>**11:00** Resident Council Meeting<br>**11:30** Guided Imagery<br>**1:30** Barre & Balance<br>**2:00** May Door Decor Workshop<br>**3:30** Cornhole Competition<br>**4:15** Music Listening Hour | **8**<br>**10:00** Resistance Band Training<br>**10:45** Court Case Round Table<br>**11:30** Drawing Session:Zentangles<br>**1:30** Pilates<br>**2:00** A Touch of Bliss Nail Spa<br>**2:45** Happy Hour<br>**3:00** Pianist: Joan Sherlock<br>**3:30** Chorus Group<br>**4:15** Travel & Discuss: Iran<br>**6:00** Gratitude Journaling | **9**<br>**10:00** Light Weight Training<br>**10:45** Scenic Journey<br>**10:45** Renowned Profiles: Theodore Roosevelt<br>**11:30** Positive Affirmations<br>**1:30** Barre & Balance<br>**2:00** Open Art Studio<br>**3:30** Cultural Review<br>**4:15** Life Story Session<br>**6:00** Scrabble Group | **10**<br>**10:00** Cardio Aerobics<br>**10:45** DocuSeries: Frozen Nights<br>**11:30** The Art of Zen<br>**1:30** Tai Chi<br>**2:00** Great Poets of Europe<br>**2:45** Social Hour<br>**3:30** Art Skills-Pastels<br>**4:15** Musical Moments<br>**6:00** Rummikub Club |
| **11** Mother's Day<br>**10:00** Bone Builders<br>**10:45** Spiritual Service<br>**11:30** Mindful Breathwork<br>**1:30** Yoga for Vitality<br>**2:00** Captivating Narrative Session<br>**2:45** Sundae Bar Social<br>**3:30** Watercolor Basics<br>**4:00** Biography:ThomasJefferson<br>**6:00** Game Night: LCR | **12**<br>**10:00** Low Intensity Cardio<br>**10:45** Poetry Hour<br>**11:30** Knowledge Bout Challenge<br>**1:30** Barre & Balance<br>**2:00** Jewelry Design Workshop<br>**2:45** Wine & Cheese Social<br>**3:00** Vocalist: Robert Black<br>**3:30** Abstract Artistry<br>**4:15** Guided Meditation<br>**6:00** Color Therapy | **13**<br>**10:00** Upper Body Strengthening<br>**10:45** Live Lecture:Guys & Dolls<br>**11:30** Progressive Relaxation<br>**1:30** Tai Chi<br>**2:00** Intro to Still Life Art<br>**2:45** Mocktail Hour<br>**3:30** Theater Group<br>**4:15** New England Discussion<br>**6:00** Inspirational Readings | **14**<br>**10:00** Lengthen & Strengthen<br>**10:45** Exploring Cities: Maui<br>**11:00** Lunch Outing: Los Cabos<br>**11:30** Guided Imagery<br>**1:30** Barre & Balance<br>**2:00** Hot Glue, High Flow Acrylic Art Workshop<br>**3:30** Cornhole Competition<br>**4:15** Music Listening Hour<br>**6:00** Drawing Session | **15**<br>**10:00** Resistance Band Training<br>**10:45** Court Case Round Table<br>**11:30** Drawing Session:Zentangles<br>**1:30** Pilates<br>**2:00** A Touch of Bliss Nail Spa<br>**2:45** Happy Hour<br>**3:30** Chorus Group<br>**4:15** Travel & Discuss: Turkey<br>**6:00** Gratitude Journaling | **16**<br>**10:00** Light Weight Training<br>**10:45** Scenic Journey<br>**10:45** Renowned Profiles: Amelia Earhart<br>**11:30** Positive Affirmations<br>**1:30** Barre & Balance<br>**2:00** Open Art Studio<br>**3:30** Cultural Review<br>**4:15** Life Story Session<br>**6:00** Scrabble Group | **17**<br>**10:00** Cardio Aerobics<br>**10:45** DocuSeries: Jungle Nights<br>**11:30** The Art of Zen<br>**1:30** Tai Chi<br>**2:00** Great Poets of Europe<br>**2:45** Social Hour<br>**3:30** Art Skills-Pastels<br>**4:15** Musical Moments<br>**6:00** Rummikub Club |
| **18**<br>**10:00** Bone Builders<br>**10:45** Boxing RX<br>**10:45** Spiritual Service<br>**11:30** Mindful Breathwork<br>**1:30** Yoga for Vitality<br>**2:00** Captivating Narrative Session<br>**2:45** Sundae Bar Social<br>**3:00** Vocalist: Bill McCarthy<br>**3:30** Watercolor Basics | **19**<br>**10:00** Low Intensity Cardio<br>**10:45** Poetry Hour<br>**11:30** Knowledge Bout Challenge<br>**1:30** Barre & Balance<br>**1:30** Jazz Band Duo<br>**2:00** Jewelry Design Workshop<br>**2:45** Wine & Cheese Social<br>**3:30** Abstract Artistry<br>**4:15** Guided Meditation<br>**6:00** Color Therapy | **20**<br>**10:45** Boxing RX<br>**10:45** Live Lecture: Grand Ole Opry<br>**11:30** Progressive Relaxation<br>**1:30** Tai Chi<br>**2:00** Intro to Still Life Art<br>**2:45** Mocktail Hour<br>**3:30** Theater Group<br>**4:15** New England Discussion<br>**6:00** Inspirational Readings | **21**<br>**10:00** Lengthen & Strengthen<br>**10:00** Outing: Coffee Haven<br>**10:45** Exploring Cities: Austin<br>**11:30** Guided Imagery<br>**1:30** Barre & Balance<br>**2:00** Craft Workshop: Bird Feeders<br>**3:30** Cornhole Competition<br>**4:15** Music Listening Hour<br>**6:00** Drawing Session | **22**<br>**10:00** Resistance Band Training<br>**10:45** Court Case Round Table<br>**11:30** Drawing Session:Zentangles<br>**1:30** Pilates<br>**2:00** A Touch of Bliss Nail Spa<br>**2:00** Guest Lecture: Russel Phippins<br>**2:45** Happy Hour<br>**3:30** Chorus Group<br>**4:15** Travel & Discuss:Salzburg | **23**<br>**10:00** Light Weight Training<br>**10:45** Scenic Journey<br>**10:45** Renowned Profiles: Lucillie Ball<br>**11:30** Positive Affirmations<br>**1:30** Barre & Balance<br>**2:00** Open Art Studio<br>**3:30** Cultural Review<br>**4:15** Life Story Session<br>**6:00** Scrabble Group | **24**<br>**10:00** Cardio Aerobics<br>**10:45** DocuSeries: Dark Seas<br>**11:30** The Art of Zen<br>**1:30** Tai Chi<br>**2:00** Great Poets of Europe<br>**2:45** Social Hour<br>**3:30** Art Skills-Pastels<br>**4:15** Musical Moments<br>**6:00** Rummikub Club |
| **25**<br>**10:00** Bone Builders<br>**10:45** Spiritual Service<br>**11:30** Mindful Breathwork<br>**1:30** Yoga for Vitality<br>**2:00** Captivating Narrative Session<br>**2:45** Sundae Bar Social<br>**3:30** Watercolor Basics<br>**4:00** Biography: Elizabeth I<br>**6:00** Game Night: LCR | **26** Memorial Day<br>**10:00** Low Intensity Cardio<br>**10:45** Poetry Hour<br>**11:30** Knowledge Bout Challenge<br>**1:30** Barre & Balance<br>**2:00** Jewelry Design Workshop<br>**2:45** Wine & Cheese Social<br>**3:30** Abstract Artistry<br>**4:15** Guided Meditation<br>**6:00** Color Therapy | **27**<br>**10:00** Upper Body Strengthening<br>**10:45** Live Lecture:1950s tv Shows<br>**11:30** Progressive Relaxation<br>**1:30** Tai Chi<br>**2:00** Intro to Still Life Art<br>**2:45** Mocktail Hour<br>**3:30** Theater Group<br>**4:15** New England Discussion<br>**6:00** Inspirational Readings | **28**<br>**10:00** Lengthen & Strengthen<br>**10:45** Exploring Cities: Aspen<br>**11:00** Outing: Spellman Musuem<br>**11:30** Guided Imagery<br>**1:30** Barre & Balance<br>**2:00** Picasso Inspired Portrait Workshop<br>**3:30** Cornhole Competition<br>**4:15** Music Listening Hour<br>**6:00** Drawing Session | **29**<br>**10:00** Resistance Band Training<br>**10:45** Court Case Round Table<br>**11:30** Drawing Session:Zentangles<br>**12:00** Signature Series: Upscale Picnic<br>**1:30** Pilates<br>**2:00** A Touch of Bliss Nail Spa<br>**2:00** Uhlman's Ice Cream Truck<br>**2:45** Happy Hour<br>**3:30** Chorus Group | **30**<br>**10:00** Light Weight Training<br>**10:45** Scenic Journey<br>**10:45** Renowned Profiles: Carole Burnette<br>**11:30** Positive Affirmations<br>**1:30** Barre & Balance<br>**2:00** Open Art Studio<br>**3:30** Cultural Review<br>**4:15** Life Story Session<br>**6:00** Scrabble Group | **31**<br>**10:00** Cardio Aerobics<br>**10:45** DocuSeries: Sleepless Cities<br>**11:30** The Art of Zen<br>**1:30** Tai Chi<br>**2:00** Great Poets of Europe<br>**2:45** Social Hour<br>**3:30** Art Skills-Pastels<br>**4:15** Musical Moments<br>**6:00** Rummikub Club |

## Upcoming Events

**Signature Series**

Dance Experience 5/1

Upscale Picnic 5/29

**May Birthdays**

Bridget 5/31

Sid 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

Events are subject to change.