

Can You Help?

This month as part of our Community Service we are making dog and cat beds made of fleece to donate a local animal shelters. We will provide all the materials needed and our goal is to make 25 beds. Animals in shelters often end up sleeping on concrete floors. The beds will ensure they have a cozy bed. We will also be making dog biscuits as well.



Guest Speakers

Joe Malone Presents - 3/12

Irish History Songs, and a Wee Bit of Blarney, just in time for St. Patrick's Day.

Michael Perry Presents - 3/27

Beautiful slideshow of Southern Maine Road Trips.



Did You Know?

March 31, 1889, the Eiffel Tower was ascended for the first time. The journey took 1 hour, no elevators at that time.

March 1, 1961, President John F. Kennedy founded the successful nonprofit volunteer organization known as The Peace Corps.

Coca-Cola was invented by John Pemberton in March of 1886.



THE RESIDENCE at Pearl Street

THE RESIDENCE AT PEARL STREET *Associates*

Charlene Keough
Executive Director

Miriam Nabbosa
Resident Care Director

Esther Medeiros
Business Office Director

Beverly Curry
Resident Engagement Director

Austin Marks
Maintenance Director

Molly Hollis
Reflections Director

Adam Stanley
Sales and Marketing Director

Mary Zalanskas
Director of Restaurant Ops.



Make the Most of March

Signature Series Events for March

Charcuterie Workshop

March 7, 2:30 - 3:30

An educational workshop for residents and guests. You will learn the Art of Charcuterie, and the many ways to create special displays.



Community Chopped Challenge

Friday, March 22, 2:30-4:00

We are quite excited about this community event that engages residents, associates, prospective residents through friendly competition while focusing on food and fun!



Special Programs this month

3/7 Linda Chase - Vocalist


3/14 Joe Leary - Guitarist & Vocals

3/21 North Reading Community Band

3/28 Ray Novack - Pianist & Vocals



Good Times. Good Friends. *Great Care!*

MARCH	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	Easter 9:30 Stretch and Flex 10:00 Spiritual Services 10:30 Greeting Card Workshop 1:30 Board Game Club 2:30 Diane Dexter-Piano&Vocals 3:00 Build Your Own Ice Cream Sundae 3:00 Rosary and Communion 3:30 Barre and Balance Class					1 9:30 Tai Chi For Arthritis 10:15 Positive News Discussion 10:30 Jeopardy Trivia Game 10:30 Play Script Reading 11:15 SHIELD Check In 1:30 For The Love of Books 2:30 Popcorn Tasting: Maine Popcorn Co. 3:30 Barre and Balance Class 6:30 Guided Meditation	2 9:30 Yoga With Marianne 10:30 Knitting for Charity 10:30 Music And Memories 12:30 Card Sharks Club 1:30 History Buffs Discuss 1:45 Crossword Puzzle 3:30 Heartbeat of the Drums 7:00 Feature Film-Fiddler on the Roof
3	9:30 Stretch and Flex 10:00 Spiritual Services 10:30 Greeting Card Workshop 1:30 Board Game Club 1:30 Short Story Hour 1:30 Wreath Workshop 3:00 Build Your Own Ice Cream Sundae 3:00 Rosary and Communion 3:30 Barre and Balance Class	4 8:30 Mass at St. Agnes 9:30 Tai Chi for Arthritis 10:15 A Game of Chance 10:15 Welcome Committee 1:30 Virtual Crossword Puzzle 1:30 Faith and Fellowship 2:00 Knit One Pearl Two 3:30 Heartbeat of the Drums 6:30 Puzzlers Challenge	5 9:30 Pilates with Virginia 10:00 Cooking Club-Chicken Soup 10:15 History Buffs Discuss 10:30 Trivia Challenge 1:30 Rummikub Club 2:00 React Neuro 2:00 Music and Memories 3:00 Afternoon High Tea 3:00 Aromatherapy&Hand Massage 3:30 Cardio Circuits	6 9:30 Pilates Class 10:15 Watercolors Workshop 10:30 Timeless Learners 11:00 Life Story Session 11:00 Hand Massages 1:15 Chorus Practice 2:00 Derby Competition 3:30 Strength Training 6:15 Guided Meditation	7 Maureen K Birthday 9:30 The Heartbeat of Drums 10:15 Short Stories 10:30 Quotation Discovery 1:00 Tai Chi for beginners 1:30 History Tellers Podcast 2:30 Pearl Street Pub 2:30 Charcuterie Workshop 3:00 Linda Chase - Vocalist 6:30 Rosary	8 9:30 Tai Chi For Arthritis 10:15 Positive News Discussion 10:30 Ultimate Word Workout 10:30 Play Script Reading 11:15 SHIELD Check In 1:30 Crafting Corner-Stain Glass 2:30 Tasting: Coffee Flights 3:00 Rosary and Communion 3:30 Barre and Balance Class	9 9:30 Yoga With Marianne 10:30 Knitting for Charity 10:30 Music And Memories 12:30 Card Sharks Club 1:30 History Buffs Discuss 1:45 Crossword Puzzle 3:30 Volleyball 7:00 Feature Film-Pocketful of Miracles
10	Daylight Savings 9:30 Stretch and Flex 10:00 Spiritual Services 10:30 Music Trivia Challenge 1:30 Board Game Club 1:30 Community Service-Dog Bed 1:30 Jewelry Design Workshop 3:00 Build Your Own Ice Cream Sundae 3:00 Rosary and Communion 3:30 Barre and Balance Class	11 8:30 Mass at St. Agnes 9:30 Tai Chi for Arthritis 10:15 A Game of Chance 10:15 Welcome Committee 1:30 Faith and Fellowship 1:30 History Story Tellers 2:00 Knit One Pearl Two 2:45 Ice Cream Social 3:30 Heartbeat of the Drums 6:30 Puzzlers Challenge	12 9:30 Pilates with Virginia 10:15 History Buffs Discuss 10:30 Trivia Challenge 1:15 Chorus Practice 1:30 Rummikub Club 2:00 React Neuro 2:00 Blood Pressure Clinic 3:00 Afternoon High Tea 3:30 Cardio Circuits 3:30 Joe Malone-Irish Theme	13 9:30 Pilates Class 10:15 Watercolors Workshop 10:30 Timeless Learners 11:00 Life Story Session 11:00 Hand Massages 1:15 Chorus Practice 2:00 Derby Competition 3:30 Strength Training 6:15 Guided Meditation	14 Thelma & Carol S Bday 9:30 The Heartbeat of Drums 10:15 Short Stories 10:30 Quotation Discovery 1:00 Tai Chi for beginners 1:30 History Tellers Podcast 1:30 Bible Study with Jan 2:30 Pearl Street Pub 3:00 Joe Leary - Guitarist 6:30 Rosary	15 9:30 Tai Chi For Arthritis 10:15 Jeopardy Trivia 10:30 Play Script Reading 11:15 SHIELD Check In 1:15 Baking Club-Irish Soda Bread 1:30 Board Game Club 2:30 Tasting: Irish Beer & Whiskey 3:30 Barre and Balance Class	16 9:30 Yoga With Marianne 10:00 Sweet Treat Cart 10:30 Knitting for Charity 10:30 Music And Memories 12:30 Card Sharks Club 1:30 History Buffs Discuss 1:45 Crossword Puzzle 3:30 Heartbeat of the Drums
17	St. Patrick's Day 9:30 Stretch and Flex 10:00 Spiritual Services 10:30 Greeting Card Workshop 11:30 DJ George Landers 12:00 Pearl Street Pub 1:30 Short Story Hour 3:00 Build Your Own Ice Cream Sundae 3:00 Rosary and Communion 3:30 Barre and Balance Class	18 8:30 Mass at St. Agnes 9:30 Tai Chi for Arthritis 10:15 A Game of Chance 10:15 Welcome Committee 1:30 Virtual Crossword Puzzle 1:30 Faith and Fellowship 2:00 Protestant Service 2:00 Knit One Pearl Two 3:30 Heartbeat of the Drums 6:30 Puzzlers Challenge	19 1st Day of Spring 9:30 Pilates with Virginia 10:15 History Buffs Discuss 10:30 Trivia Challenge 12:00 Enrica Entertains 1:30 Rummikub Club 2:00 React Neuro 2:00 Music and Memories 3:00 Afternoon High Tea 3:00 Aromatherapy&Hand Massage 3:30 Cardio Circuits	20 9:30 Pilates Class 10:15 Watercolors Workshop 10:30 Veteran's Cafe 10:30 Timeless Learners 11:00 Life Story Session 11:00 Hand Massages 1:15 Chorus Practice 2:00 Derby Competition 3:30 Strength Training 6:15 Guided Meditation	21 9:30 The Heartbeat of Drums 10:00 Resident Council 10:15 Short Stories 10:30 Quotation Discovery 12:00 Birthday Luncheon 1:00 Tai Chi for beginners 1:30 Community Showdown 3:30 History Tellers Podcast 5:00 Pearl Street Pub 6:30 N. R. Community Band	22 9:30 Tai Chi For Arthritis 10:15 Positive News Discussion 10:30 Jeopardy 10:30 Play Script Reading 11:15 SHIELD Check In 2:30 Community Chopped Challenge 3:00 Rosary and Communion 3:30 Barre and Balance Class 6:30 Guided Meditation	23 9:30 Yoga With Marianne 10:30 Knitting for Charity 10:30 Music And Memories 12:30 Card Sharks Club 1:30 History Buffs Discuss 1:45 Crossword Puzzle 2:30 Neck & Shoulder Massages 3:30 Pilates Class
24	Palm Sunday 9:30 Stretch and Flex 10:00 Spiritual Services 10:30 Greeting Card Workshop 1:30 Board Game Club 1:30 Community Service - Dog Treats 3:00 Build Your Own Ice Cream Sundae 3:00 Rosary and Communion 3:30 Barre and Balance Class	25 8:30 Mass at St. Agnes 9:30 Tai Chi for Arthritis 10:15 A Game of Chance 10:15 Welcome Committee 1:30 Virtual Crossword Puzzle 1:30 Faith and Fellowship 2:00 Koffee Klatch 2:00 Knit One Pearl Two 3:30 Heartbeat of the Drums 6:30 Puzzlers Challenge	26 9:30 Pilates with Virginia 10:15 History Buffs Discuss 10:30 Trivia Challenge 1:15 Chorus Practice 1:30 Men's Group 1:30 Rummikub Club 2:00 React Neuro 3:00 Afternoon High Tea 3:00 Aromatherapy&Hand Massage 3:30 Cardio Circuits	27 Alice F Birthday 9:30 Pilates Class 10:15 Watercolors Workshop 10:30 Timeless Learners 10:30 Michael Perry Presents 11:00 Life Story Session 11:00 Hand Massages 1:15 Chorus Practice 2:00 Derby Competition 3:30 Strength Training 6:15 Guided Meditation	28 9:30 The Heartbeat of Drums 10:15 Short Stories 10:30 Quotation Discovery 1:00 Tai Chi for beginners 1:30 History Tellers Podcast 2:30 Pearl Street Pub 3:00 Ray Novack Pianist 6:30 Rosary	29 9:30 Tai Chi For Arthritis 10:15 Positive News Discussion 10:15 Bingo 10:30 Play Script Reading 11:15 SHIELD Check In 2:30 Tasting: Local Wine & Charcuterie 3:30 Barre and Balance Class 6:30 Guided Meditation	30 9:30 Yoga With Marianne 10:30 Knitting for Charity 10:30 Music And Memories 12:30 Card Sharks Club 1:30 History Buffs Discuss 1:45 Crossword Puzzle 3:30 Heartbeat of the Drums 7:00 Feature Film - Carousels

Outings

3/5 Richardson Ice Cream
3/12 Public Kitchen Restaurant
3/19 Scenic Journey-Gloucester Coast
3/26 AMC Theater - Arthur the King
Shopping
Kohls
DSW Shoe Store
Walmart
Calareso's Farm Stand & Garden

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