

Benefits of Guided Meditation

Guided Morning Meditation: The Precious Life

In many spiritual traditions, the early morning hours just before sunrise are often seen as an ideal time for meditation. The mind fresh from sleep, is naturally quiet and receptive, making it easier to settle into a reflective state.

However, if getting up early doesn't fit your lifestyle or leaves you groggy, you won't get much out of it. After breakfast is just fine, there is really no objective 'best time to meditate.' Consistency is key, so create the habit of a daily meditation, even if for only five minutes. Over time, this morning meditation practice will become a touchstone for inner peace, helping you navigate your day with a little more positive energy, self-love, and clarity. Think of it as training for your mind, just like exercise is for your body.

What are the benefits of morning meditation?

Morning meditation offers a host of benefits that go far beyond a few minutes of quiet relaxation. Taking deep breaths first thing in the morning helps center your mind and body, laying the groundwork for better mental health throughout the day. It's a moment of self-care that prioritizes your well-being before the demands of the world kick in. Meditation is an act of self-love...a chance to connect with yourself, calm your thoughts, and set a positive tone that ripples through every interaction and decision you make.

Here at Pearl Street, we offer Guided Meditation on Monday, Wednesdays and Fridays.



Ambassador to Peace Award

Recently, with the help Veterans Officer Will Valliere and Resident Bill Brown, they brought attention to Resident Dot Daniels husband, Ken who served in the Korean War. The Consulate General of the Republic of Korea in Boston, awarded the Medal of Peace to Dot for Ken's service for helping Korea. It was an emotional and impressive ceremony.



Ready to Spring Forward!



THE RESIDENCE AT PEARL STREET *Associates*

Charlene Keough
Executive Director

Esther Medeiros
Business Office Director

Beverly Curry
Resident Engagement Director

Austin Marks
Maintenance Director

Molly Hollis
Reflections Director

Neil Scibelli
Director Restaurant Operations

Brenda Simblaris
Sales and Marketing Director

Lorraine Noonan
Resident Care Director



5/1 Renee Brunelle RD

Nutrition & Immunity

5/10 Signature Series

Garden Tea Party

5/13 Reading Community Singers

5/16 Mary O'Leary's 103 Birthday

5/30 Signature Series

Horticulture Event - Flower Beds



Good Times. Good Friends. *Great Care!*

SundayMondayTuesdayWednesdayThursdayFridaySaturday



OUTINGS

Monday AM

Shopping & Errands

Friday PM

Store Specific

Check daily

Tuesdays

St. Athanasius

TBA Tulip Mania

5/6 Good Thymes

Restaurant

5/13 Ice Cream Trip

5/27 Street Car

Museum

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 9:30 Stretch and Flex 10:00 Spiritual Services 10:30 Greeting Card Workshop 10:30 Music Trivia 1:30 Board Game Club 1:30 Bake and Take 1:30 Technology Workshop 1:30 Red Sox Game 3:00 Build Your Own Sundae 3:30 Barre and Balance Class	5 9:45 Cardio Circuits 10:15 A Game of Chance 10:15 Welcome Committee 10:30 Local Shopping & Library 10:45 Learn to Play Cribbage 11:15 Continued Learning: French for Beginners 1:30 Virtual Crossword Puzzle 2:00 Knit One Pearl Two 3:30 Tai Chi for Arthritis	6 9:00 Mass at St. Athanasius 9:30 Strength Training 10:15 Court Case Discussion 10:30 Trivia Challenge 1:15 Young at Heart Voices 1:30 Rummikub Club 3:00 Afternoon High Tea 3:30 Heartbeat of the Drums 6:30 Serenity Sundown Session 6:45 Red Sox Game	7 9:45 Barre and Balance Class 10:30 Timeless Learners 1:00 Library Support Session 1:30 Derby Competition 3:00 Aromatherapy & Hand Massages 3:30 Cardio Circuits 4:00 Movie Committee 6:15 Guided Meditation 6:45 Red Sox Game	8 9:30 The Heartbeat of Drums 10:15 Court Case Discussion 10:30 Quotation Discovery 1:00 Store Open 1:00 Tai Chi for Beginners 1:30 Red Sox Game 2:30 Pearl Street Pub 3:00 Mark Tavenner; Pianist 6:30 Rosary	9 9:00 Guided Meditation 9:30 Strength Training 10:15 Positive News Discussion 10:30 Play Script Reading 10:30 Crossword Puzzle 1:30 Craft Workshop 3:00 Rosary and Communion 3:30 Upbeat Stretch and Flex 6:30 Guided Meditation 7:30 Red Sox Game	10 9:30 Yoga With Marianne 10:30 Knitting for Charity 10:30 Music And Memories 12:30 Card Sharks Club 1:45 Trivia Challenge 2:30 Spring Garden Tea Party 3:00 Karen Burciaga-Violinist 4:00 Rosary with CCD Students 7:00 Red Sox Game
11 Helen's Birthday 9:30 Stretch and Flex 10:00 Spiritual Services 10:30 Greeting Card Workshop 1:30 Board Game Club 1:30 Bake and Take 1:30 Technology Workshop 2:00 Red Sox Game 3:00 Rosary and Communion 3:00 Build Your Own Sundae 3:30 Barre and Balance Class	12 9:45 Cardio Circuits 10:15 A Game of Chance 10:15 Welcome Committee 10:30 Local Shopping & Library 10:45 Learn to Play Cribbage 11:15 Continued Learning: French for Beginners 1:30 Virtual Crossword Puzzle 3:30 Tai Chi for Arthritis 6:45 Red Sox Game	13 9:00 Mass at St. Athanasius 9:30 Strength Training 10:15 Court Case Discussion 10:30 Trivia Challenge 1:15 Young at Heart Voices 1:30 Rummikub Club 2:00 Blood Pressure Clinic 3:00 Afternoon High Tea 3:30 Heartbeat of the Drums 6:30 Reading Community Singers	14 9:45 Barre and Balance Class 10:30 Timeless Learners 1:00 Food for Thought Meeting 1:30 Bayda Presents; Fall Prevention 2:30 Derby Competition 3:00 Aromatherapy & Hand Massages 3:30 Cardio Circuits 6:15 Guided Meditation	15 9:30 The Heartbeat of Drums 10:00 Resident Council 10:30 Quotation Discovery 12:00 Birthday Luncheon 1:00 Store Open 1:00 Tai Chi for Beginners 1:30 Bible Study with Jan 2:30 Pearl Street Pub 3:00 Singo Challenge 6:30 Rosary	16 Mary's 103 Birthday 9:00 Guided Meditation 9:30 Strength Training 10:15 Positive News Discussion 10:30 Play Script Reading 11:45 Brian Corcoran; Guitarist 12:00 Mary's 103 Celebration 1:30 Music and Memories 3:30 Upbeat Stretch and Flex 6:30 Guided Meditation 7:00 Red Sox Game	17 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 Court Case Discussion 1:45 Trivia Challenge 3:30 Strength, Mobility & Meditation 4:00 Rosary with CCD Students
18 9:30 Stretch and Flex 10:00 Spiritual Services 10:30 Greeting Card Workshop 1:30 Board Game Club 1:30 Bake and Take 1:30 Technology Workshop 1:30 Red Sox Game 3:00 Rosary and Communion 3:00 Build Your Own Sundae 3:30 Barre and Balance Class	19 9:45 Cardio Circuits 10:15 A Game of Chance 10:15 Welcome Committee 10:30 Local Shopping & Library 11:15 Continued Learning: French for Beginners 2:00 Protestant Service 2:00 Knit One Pearl Two 3:30 Tai Chi for Arthritis 6:45 Red Sox Game	20 9:00 Mass at St. Athanasius 9:30 Strength Training 10:15 Court Case Discussion 10:30 Trivia Challenge 1:15 Young at Heart Voices 1:30 Rummikub Club 3:00 Afternoon High Tea 3:30 Heartbeat of the Drums 6:30 Serenity Sundown Session 6:45 Red Sox Game	21 9:45 Barre and Balance Class 10:30 Veteran's Cafe 10:30 Timeless Learners 1:00 Library Support Session 1:30 Derby Competition 3:00 Aromatherapy & Hand Massages 3:30 Cardio Circuits 6:15 Guided Meditation 6:45 Red Sox Game	22 Gretchen's Birthday 9:30 The Heartbeat of Drums 10:15 Court Case Discussion 10:30 Quotation Discovery 1:00 Store Open 1:00 Tai Chi for Beginners 1:30 Gratitude Session 2:30 Pearl Street Pub 3:00 Steve Hershman; Pianist 6:30 Rosary 6:45 Red Sox Game	23 9:00 Guided Meditation 9:30 Strength Training 10:15 Positive News Discussion 10:30 Jeopardy 10:30 Play Script Reading 1:30 Music and Memories 3:00 Rosary and Communion 3:30 Upbeat Stretch and Flex 6:30 Guided Meditation 7:00 Red Sox Game	24 9:30 Yoga With Marianne 10:30 Knitting for Charity 10:30 Music And Memories 12:30 Card Sharks Club 1:30 Court Case Discussion 1:30 Neck & Shoulder Massages 1:45 Trivia Challenge 3:30 Strength, Mobility & Meditation 4:00 Rosary with CCD Students
25 9:30 Stretch and Flex 10:00 Spiritual Services 10:30 Greeting Card Workshop 1:30 Board Game Club 1:30 Bake and Take 1:30 Technology Workshop 1:30 Red Sox Game 3:00 Rosary and Communion 3:00 Build Your Own Sundae 3:30 Barre and Balance Class	26 Memorial Day 9:45 Cardio Circuits 10:15 A Game of Chance 10:15 Welcome Committee 10:30 Local Shopping & Library 10:45 Learn to Play Cribbage 11:15 Continued Learning: French for Beginners 1:30 Virtual Crossword Puzzle 2:00 Koffee Klatch 2:00 Knit One Pearl Two	27 9:00 Mass at St. Athanasius 9:30 Strength Training 10:15 Court Case Discussion 10:30 Trivia Challenge 1:15 Young at Heart Voices 1:30 Men's Group 1:30 Rummikub Club 3:00 Afternoon High Tea 3:30 Heartbeat of the Drums 7:30 Red Sox Game	28 9:45 Barre and Balance Class 10:30 Timeless Learners 1:00 Library Support Session 1:00 Red Sox Game 1:30 Derby Competition 3:00 Aromatherapy & Hand Massages 3:30 Cardio Circuits 6:15 Guided Meditation	29 9:30 The Heartbeat of Drums 10:15 Court Case Discussion 10:30 Quotation Discovery 1:00 Store Open 1:00 Tai Chi for Beginners 1:30 Gratitude Session 2:30 Pearl Street Pub 3:00 Steve Heck; Pianist 6:30 Rosary	30 9:00 Guided Meditation 9:30 Strength Training 10:15 Positive News Discussion 10:30 Play Script Reading 11:15 SHIELD Check In 1:30 Horticulture Event; Flower Beds 3:30 Upbeat Stretch and Flex 6:30 Guided Meditation 7:15 Red Sox Game	31 9:30 Yoga With Marianne 10:30 Knitting for Charity 10:30 Music And Memories 12:30 Card Sharks Club 1:30 Court Case Discussion 1:45 Trivia Challenge 3:30 Strength, Mobility & Meditation 4:00 Rosary with CCD Students 4:00 Red Sox Game