

# REFLECTIONS - MARCH 2024

March  
31

## Sunday

Easter Sunday

9:45 Catholic Mass  
10:00 Silver Sneakers  
11:30 Finish the Phrase  
1:15 Mindful Meditation & Yoga  
2:00 Musical Memories  
3:00 Build Your Own Ice Cream Sundae  
3:45 Trivia of the Season  
6:00 Residents Choice Movie Night

## Monday



## Tuesday

## Wednesday

## Thursday



## Friday

## Saturday

## March Highlights

Tour & Tasting of Taza Chocolate Factory in Somerville, MA on 3/11.

Tour of Hopothecary Ales in North Reading, MA on 3/18.

Bowling League Meets 3/25 at Sunnyside Bowladrome in Danvers, MA.

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

3

9:45 Catholic Mass  
10:00 Silver Sneakers  
11:30 Finish the Phrase  
1:15 Mindful Meditation & Yoga  
2:00 Musical Memories  
3:00 Build Your Own Ice Cream Sundae  
3:45 Trivia of the Season  
6:00 Residents Choice Movie Night

4

8:45 Mass at Saint Agnes Church  
9:45 Weight Training for Bone Density  
10:30 Cardio Drumming  
11:00 Lunch Outing: Texas Roadhouse  
1:15 Reading and Reminiscing  
2:00 Tai Chi for Arthritis  
2:45 Jeopardy Teams  
3:00 Coffee Social

5

9:45 Zumba  
10:15 Today in History  
11:00 Resident Council  
11:00 History Buffs Discuss: Declaration of Independence  
1:30 Barre and Balance  
2:00 Community Engagement  
3:00 Afternoon High Tea  
3:30 Open Art Studio

6

9:45 Weight Training for Bone Density  
10:15 Watercolors Workshop  
11:00 Flower Arranging Workshop  
1:30 Behind the Lyrics  
2:00 Volleyball Tournament  
3:00 Coffee Social  
4:00 Finish the Phrase  
6:00 Netflix Documentary Series: Our Universe

7

9:45 Zumba  
10:30 Cognitive Challenge  
11:00 Continued Learning: French for Beginners  
1:30 Guided Meditation  
2:00 Tai Chi for Arthritis  
2:30 Pearl Street Pub  
3:00 Linda Chase - Vocalist  
3:15 Famous Faces  
4:00 Happy Hour

8

9:45 Barre and Balance  
10:00 Expressive Art Workshop: Pressed Flower Glass Frame  
10:30 Word Game Challenge  
11:00 Name that Tune  
1:15 Mindful Meditation & Yoga  
1:30 Virtual Tour: Istanbul  
2:30 Tasting: Coffee Flights  
3:00 Rosary and Communion  
6:00 Traveler's Club

9

9:30 Yoga With Marianne  
9:45 Beginner Resistance Band Training  
10:30 Wheel of Fortune Teams  
11:00 Manicures and Hand Spa  
1:00 Strength Builders  
1:30 Open Art Studio  
3:00 Coffee Social  
3:45 Finish the Phrase  
6:00 Hollywood Blockbusters

10

9:45 Catholic Mass  
10:00 Silver Sneakers  
10:30 Bobby Kerrigan: Vocalist  
11:30 Finish the Phrase  
1:15 Mindful Meditation & Yoga  
2:00 Musical Memories  
3:00 Build Your Own Ice Cream Sundae  
3:45 Trivia of the Season  
6:00 Residents Choice Movie

11

8:45 Mass at Saint Agnes Church  
9:45 Weight Training for Bone Density  
10:30 Neighborhood Walk  
11:00 Taza Chocolate Factory Tour & Tasting: Somerville, MA  
1:15 Reading and Reminiscing  
2:00 Tai Chi for Arthritis  
2:45 Jeopardy Teams

12

9:45 Zumba  
10:15 Today in History  
11:00 History Buffs Discuss: Louisiana Purchase  
1:30 Barre and Balance  
3:00 Afternoon High Tea  
3:30 Open Art Studio  
4:00 Word in a Word  
6:00 Game Show Night

13

9:45 Weight Training for Bone Density  
10:15 Watercolors Workshop  
11:00 Flower Arranging Workshop  
1:30 Behind the Lyrics  
2:00 Cornhole Tournament  
3:00 Coffee Social  
4:00 Finish the Phrase  
6:00 Netflix Documentary Series: Our Universe

14 Happy Birthday Joan N!

9:45 Zumba  
10:30 Cognitive Challenge  
11:00 Baking Irish Soda Bread  
1:30 Guided Meditation  
2:00 Tai Chi for Arthritis  
2:00 MaryBeth Maes: Guitar & Vocals  
2:30 Pearl Street Pub  
3:15 Famous Faces  
4:00 Signature Sip Social:

15

9:45 Barre and Balance  
10:00 Expressive Art Workshop: Guided Poetry  
10:30 Word Game Challenge  
11:00 Name that Tune  
1:15 Mindful Meditation & Yoga  
1:30 Virtual Tour: Ireland  
2:30 Tasting: Irish Beer & Whiskey  
6:00 Traveler's Club

16

9:30 Yoga With Marianne  
9:45 Low-Intensity Cardio Circuit  
10:30 Wheel of Fortune Teams  
11:00 Manicures and Hand Spa  
1:00 Strength Builders  
1:30 Open Art Studio  
3:00 Coffee Social  
3:45 Finish the Phrase  
6:00 Hollywood Blockbusters

17

St. Patrick's Day

9:45 Catholic Mass  
10:00 Silver Sneakers  
11:30 Finish the Phrase  
11:30 DJ George Landers  
1:15 Mindful Meditation & Yoga  
2:00 Musical Memories  
3:00 Build Your Own Ice Cream Sundae  
3:45 Trivia of the Season  
6:00 Residents Choice Movie

18

Happy Birthday Janel!

8:45 Mass at Saint Agnes Church  
9:45 Weight Training for Bone Density  
10:30 Cardio Drumming  
11:00 Hopothecary Ales Brewery Tour: N. Reading, MA  
1:15 Reading and Reminiscing  
2:00 Protestant Service  
2:00 Tai Chi for Arthritis  
2:45 Jeopardy Teams

19

9:45 Zumba  
10:15 Today in History  
11:00 History Buffs Discuss: Colonial America  
1:30 Barre and Balance  
2:00 Community Engagement  
3:00 Afternoon High Tea  
3:30 Open Art Studio  
4:00 Word in a Word  
6:00 Game Show Night

20

9:45 Weight Training for Bone Density  
10:15 Watercolors Workshop  
10:30 Veteran's Cafe  
11:00 Flower Arranging Workshop  
1:30 Behind the Lyrics  
2:00 Volleyball Tournament  
3:00 Coffee Social  
4:00 Finish the Phrase  
6:00 Netflix Documentary

21

9:45 Zumba  
10:30 Cognitive Challenge  
11:00 Continued Learning: French for Beginners  
1:30 Guided Meditation  
2:00 Tai Chi for Arthritis  
2:30 Pearl Street Pub  
3:15 Famous Faces  
4:00 Happy Hour  
6:00 Hand Spa

22

9:45 Barre and Balance  
10:00 Expressive Art Workshop: Exploring Essential Oils  
10:30 Word Game Challenge  
11:00 Name that Tune  
1:15 Mindful Meditation & Yoga  
1:30 Virtual Tour: Netherlands  
2:30 Tasting: Girl Scout Cookies  
3:00 Rosary and Communion

23

9:30 Yoga With Marianne  
9:45 Beginner Resistance Band Training  
10:30 Wheel of Fortune Teams  
11:00 Manicures and Hand Spa  
1:00 Strength Builders  
1:30 Open Art Studio  
3:00 Coffee Social  
3:45 Finish the Phrase  
6:00 Hollywood Blockbusters

24

Palm Sunday

9:45 Catholic Mass  
10:00 Silver Sneakers  
10:30 Bobby Kerrigan: Vocalist  
11:30 Finish the Phrase  
1:15 Mindful Meditation & Yoga  
2:00 Musical Memories  
3:00 Build Your Own Ice Cream Sundae  
3:45 Trivia of the Season  
6:00 Residents Choice Movie

25

8:45 Mass at Saint Agnes Church  
9:45 Weight Training for Bone Density  
10:30 Neighborhood Walk  
11:00 Reading and Reminiscing  
1:00 Bowling League: Sunnyside Bowladrome, Danvers, MA  
2:00 Tai Chi for Arthritis  
2:45 Jeopardy Teams  
3:00 Coffee Social

26

9:45 Zumba  
10:15 Today in History  
11:00 History Buffs Discuss: The Dust Bowl  
1:30 Barre and Balance  
3:00 Afternoon High Tea  
3:30 Open Art Studio  
4:00 Word in a Word  
6:00 Game Show Night

27

9:45 Weight Training for Bone Density  
10:15 Watercolors Workshop  
10:30 Michael Perry Presents  
11:00 Flower Arranging Workshop  
1:30 Behind the Lyrics  
2:00 Cornhole Tournament  
3:00 Coffee Social  
4:00 Finish the Phrase  
6:00 Netflix Documentary

28

9:45 Zumba  
10:30 Cognitive Challenge  
11:00 Baking Chocolate Chip Cookies  
1:30 Guided Meditation  
2:00 Tai Chi for Arthritis  
2:30 Pearl Street Pub  
3:00 Ray Novack Pianist  
3:15 Famous Faces  
4:00 Signature Sip Social:

29

Good Friday

9:45 Barre and Balance  
10:00 Expressive Art Workshop: Beaded Jewelry Making  
10:30 Word Game Challenge  
11:00 Name that Tune  
1:15 Mindful Meditation & Yoga  
1:30 Virtual Tour: Azores  
2:30 Tasting: Local Wine & Charcuterie  
6:00 Traveler's Club

30

9:30 Yoga With Marianne  
9:45 Low-Intensity Cardio Circuit  
10:30 Wheel of Fortune Teams  
11:00 Manicures and Hand Spa  
1:00 Strength Builders  
1:30 Open Art Studio  
3:00 Coffee Social  
3:45 Finish the Phrase  
6:00 Hollywood Blockbusters