

REFLECTIONS - MAY 2025

Sunday



Monday

Tuesday



Wednesday

Thursday

Friday

Saturday

May Highlights

5/1- Neck & Shoulder Massages by Jennifer, LMT

5/5- Tulip Festival at Cider Hill Farm

5/10- Mother's Day Tea

5/13 & 5/30- Guitar & Vocals by Mary-Beth Maes

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**
- 9:45 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 Sundae
 - 3:45 Trivia of the Season
 - 6:00 Residents Choice Movie Night

- 11** Mother's Day
- 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 Sundae
 - 3:45 Trivia of the Season
 - 6:00 Residents Choice Movie Night

- 18**
- 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 Sundae
 - 3:45 Trivia of the Season
 - 6:00 Residents Choice Movie Night

- 25** Happy Bday Eris!
- 9:45 Catholic Mass
 - 10:00 Silver Sneakers
 - 11:00 Therapy Dogs Visit
 - 11:30 Finish the Phrase
 - 1:15 Mindful Meditation & Yoga
 - 2:00 Musical Memories
 - 3:00 Build Your Own Sundae
 - 3:45 Trivia of the Season
 - 6:00 Residents Choice Movie Night

- 5**
- 9:45 Weight Training for Bone Density
 - 10:30 Neighborhood Walk
 - 11:15 Continued Learning: French for Beginners
 - 1:15 Reading and Reminiscing
 - 1:30 Tulip Fest at Cider Hill Farm
 - 2:00 Tai Chi for Arthritis
 - 2:45 Jeopardy Teams

- 12**
- 10:30 Cardio Drumming
 - 11:15 Continued Learning: French for Beginners
 - 1:15 Reading and Reminiscing
 - 1:30 Steven's-Coolidge House & Gardens
 - 2:00 Tai Chi for Arthritis
 - 2:45 Jeopardy Teams
 - 4:00 Cognitive Challenge
 - 6:00 Spiritual Wellness

- 19**
- 10:30 Neighborhood Walk
 - 11:15 Continued Learning: French for Beginners
 - 1:15 Reading and Reminiscing
 - 1:30 Newburyport Coffee Shop & Beach Walk
 - 2:00 Protestant Service
 - 2:00 Tai Chi for Arthritis
 - 2:45 Jeopardy Teams
 - 4:00 Cognitive Challenge

- 26** Memorial Day
- 10:30 Cardio Drumming
 - 11:15 Continued Learning: French for Beginners
 - 1:15 Reading and Reminiscing
 - 1:30 Holy Cow Ice Cream
 - 2:00 Tai Chi for Arthritis
 - 2:45 Jeopardy Teams
 - 4:00 Cognitive Challenge
 - 6:00 Spiritual Wellness

- 6**
- 9:00 Mass at St. Athanasius
 - 9:45 Low Intensity Cardio Circuits
 - 10:15 Today in History
 - 11:00 Resident Council
 - 11:00 New York Times Word Challenge
 - 1:30 Barre and Balance
 - 3:00 Afternoon High Tea
 - 3:30 History Buffs Discuss: The

- 13**
- 9:00 Mass at St. Athanasius
 - 9:45 Low Intensity Cardio Circuits
 - 10:15 Today in History
 - 11:00 New York Times Word Challenge
 - 1:30 Barre and Balance
 - 2:00 MaryBeth Maes: Guitar & Vocals
 - 3:00 Afternoon High Tea

- 20**
- 9:00 Mass at St. Athanasius
 - 9:45 Low Intensity Cardio Circuits
 - 10:15 Today in History
 - 11:00 New York Times Word Challenge
 - 1:30 Barre and Balance
 - 3:00 Afternoon High Tea
 - 3:30 History Buffs Discuss: The Roman Empire

- 27**
- 9:00 Mass at St. Athanasius
 - 9:45 Low Intensity Cardio Circuits
 - 10:15 Today in History
 - 11:00 New York Times Word Challenge
 - 1:30 Barre and Balance
 - 2:00 Community Engagement: Garden Beds
 - 3:00 Afternoon High Tea

- 7**
- 9:45 Barre and Balance Class
 - 10:15 Guided Watercolors Workshop
 - 11:00 Flower Arranging Workshop
 - 1:30 Group Rhythm with Dylan
 - 2:00 Cornhole Tournament
 - 4:00 Finish the Phrase
 - 6:00 Netflix Docuseries: The Greatest Night in Pop
 - 6:15 Guided Meditation

- 14**
- 9:45 Barre and Balance Class
 - 10:15 Guided Watercolors Workshop
 - 11:00 Flower Arranging Workshop
 - 1:30 Group Rhythm with Dylan
 - 2:00 Community Engagement: Bird Houses
 - 4:00 Finish the Phrase
 - 6:00 Netflix Docuseries: The Greatest Night in Pop

- 21**
- 9:45 Barre and Balance Class
 - 10:15 Guided Watercolors Workshop
 - 10:30 Veteran's Cafe
 - 11:00 Flower Arranging Workshop
 - 1:30 Group Rhythm with Dylan
 - 2:00 Cornhole Tournament
 - 4:00 Finish the Phrase
 - 6:00 Netflix Docuseries: The Greatest Night in Pop

- 28**
- 9:45 Barre and Balance Class
 - 10:15 Guided Watercolors Workshop
 - 11:00 Flower Arranging Workshop
 - 1:30 Group Rhythm with Dylan
 - 2:00 Volleyball Tournament
 - 4:00 Finish the Phrase
 - 6:00 Netflix Docuseries: The Greatest Night in Pop
 - 6:15 Guided Meditation

- 1**
- 9:45 Low Intensity Cardio Circuits
 - 10:30 Merriam-Webster Daily Challenge
 - 11:00 Continued Learning: French for Beginners
 - 1:30 Guided Meditation
 - 2:00 Tai Chi for Arthritis
 - 2:30 Pearl Street Pub
 - 2:30 Neck & Shoulder Massages

- 8**
- 9:45 Low Intensity Cardio Circuits
 - 10:30 Merriam-Webster Daily Challenge
 - 11:00 Baking Banana Bread
 - 1:30 Guided Meditation
 - 2:00 Tai Chi for Arthritis
 - 2:30 Pearl Street Pub
 - 3:30 Famous Faces
 - 4:00 Life Legacy Discussion

- 15**
- 9:45 Low Intensity Cardio Circuits
 - 10:30 Merriam-Webster Daily Challenge
 - 11:00 Continued Learning: French for Beginners
 - 1:30 Guided Meditation
 - 2:00 Tai Chi for Arthritis
 - 2:30 Pearl Street Pub
 - 3:30 Famous Faces

- 22**
- 9:45 Low Intensity Cardio Circuits
 - 10:30 Merriam-Webster Daily Challenge
 - 11:00 Baking Peanut Butter Cookies
 - 1:30 Guided Meditation
 - 2:00 Tai Chi for Arthritis
 - 2:30 Pearl Street Pub
 - 3:30 Famous Faces

- 29**
- 9:45 Low Intensity Cardio Circuits
 - 10:30 Merriam-Webster Daily Challenge
 - 11:00 Continued Learning: French for Beginners
 - 1:30 Guided Meditation
 - 2:00 Tai Chi for Arthritis
 - 2:30 Pearl Street Pub
 - 3:30 Famous Faces

- 2**
- 9:45 Zumba
 - 10:00 Expressive Art Workshop: Beaded Jewelry
 - 10:30 Scattergories
 - 11:30 Board Game Club
 - 1:15 Mindful Meditation & Yoga
 - 1:30 Music and Memories
 - 1:30 Virtual Tour: Toyko, Japan
 - 3:30 Puzzler's Corner
 - 6:00 Traveler's Club

- 9**
- 9:45 Zumba
 - 10:00 Expressive Art Workshop: Gratitude Journaling
 - 10:30 Scattergories
 - 11:30 Board Game Club
 - 1:15 Mindful Meditation & Yoga
 - 1:30 Virtual Tour: Hawaii
 - 3:00 Rosary and Communion
 - 3:30 Puzzler's Corner
 - 6:00 Traveler's Club

- 16**
- 9:45 Zumba
 - 10:00 Expressive Art Workshop: Explore Essential Oils
 - 10:30 Scattergories
 - 11:30 Board Game Club
 - 1:15 Mindful Meditation & Yoga
 - 1:30 Music and Memories
 - 1:30 Virtual Tour: St. Thomas
 - 3:30 Puzzler's Corner
 - 6:00 Traveler's Club

- 23**
- 9:45 Zumba
 - 10:00 Expressive Art Workshop: Acrylic on Canvas
 - 10:30 Scattergories
 - 11:30 Board Game Club
 - 1:15 Mindful Meditation & Yoga
 - 1:30 Virtual Tour: Azores
 - 3:00 Rosary and Communion
 - 3:30 Puzzler's Corner
 - 6:00 Traveler's Club

- 30**
- 9:45 Zumba
 - 10:00 Expressive Art Workshop: Scrapbooking
 - 10:30 Scattergories
 - 11:30 Board Game Club
 - 1:15 Mindful Meditation & Yoga
 - 1:30 Virtual Tour: Sicily
 - 2:00 MaryBeth Maes: Guitar & Vocals
 - 3:30 Puzzler's Corner

- 3** Joan & Bobbi's Bday!
- 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
 - 3:45 Finish the Phrase
 - 6:00 Hollywood Blockbusters

- 10**
- 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
 - 2:30 Mother's Day Tea Party
 - 3:45 Finish the Phrase
 - 6:00 Hollywood Blockbusters

- 17**
- 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
 - 3:45 Finish the Phrase
 - 6:00 Hollywood Blockbusters

- 24**
- 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
 - 3:45 Finish the Phrase
 - 6:00 Hollywood Blockbusters

- 31**
- 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
 - 3:45 Finish the Phrase
 - 6:00 Hollywood Blockbusters