

Signature Series: Horticultural Insights

Join us on **Wednesday, May 21st at 2PM** for a fun and informative afternoon with Naturalist *Michael Scuatri*! He'll be sharing expert tips on interior plant care—from maintaining healthy indoor plants to troubleshooting common issues. After the talk, take part in a hands-on succulent terrarium craft workshop. Space is limited, and RSVP is required to participate in the craft. We hope to see you there!



Signature Series: Comedic Magic with Malik



Join us **Wednesday, May 28th at 2:30PM** for a hilarious and magical afternoon with *Malik the Magic Guy*! With over 20 years of experience, Malik combines quick wit and mind-blowing tricks for a show that's sure to amaze. Based in Boston, he's performed across the U.S. at countless events and will surely give you plenty of laughs. Stick around after the show for a cheerful happy hour with friends and neighbors!

Welcome, Lance!

Please join us in welcoming Lance Preston, the newest member of our Engagement Team at Five Corners! Originally from West Warwick, Rhode Island, Lance enjoys board games, video games, movies, and comic books. He also performs with local community theater groups. We're excited to have Lance on board and look forward to the energy he'll bring to the community!



Women's Health Month

May is Women's Health Month—a meaningful time to recognize the strength, resilience, and well-being of women everywhere. It's also the perfect opportunity to pause, reflect, and prioritize *your* health. We invite you to join us for a special *Health Talk with Sara* on **Monday, May 19th**.

This empowering and informative session will explore a range of essential women's health topics, including self-care practices, preventive health tips, and ways to boost energy and vitality. Whether you're navigating a new chapter in your health journey or simply looking to feel your best, this talk is designed to inspire, uplift, and support you.

Connect with other amazing women, gain practical knowledge, and walk away with tools to help you thrive. Your health is your power—and this is *your time to shine*. Let's celebrate Women's Health Month by investing in the most important person in your life: *YOU*.

Associate of the Month



Congratulations to our May Associate of the Month, Bernadette Louis! Since joining the community in September 2018, Bernadette has exemplified dedication, compassion, and excellence in all she does. She goes above and beyond for our residents, always offering a helping hand and a warm smile. Her positive attitude, reliability, and genuine care make her an

invaluable member of our community. Bernadette's presence uplifts everyone around her, and we're incredibly fortunate to have her on our team. Thank you Bernadette, you truly make Five Corners a better place!



SundayMondayTuesdayWednesdayThursdayFridaySaturday



4
10:00 Balloon Toss
10:00 Notre Dame Mass
10:30 Soleful Strutters
10:45 Fellowship Worship Service
11:30 Communion Service
1:00 *1:1 Tech Support
2:30 Bingo Bonanza
3:30 Mix & Mingle
6:30 Sunday Night Movie

5 Cinco de Mayo
10:00 Barre Exercise
10:45 Beginner Barre
1:30 Beachball Volley
2:00 Let's Fiesta w/ Vocalist Mike Dardis
3:00 Cinco de Mayo Celebrations
3:30 Quarter Left, Right, Center
6:30 Mystery Series: Good American Family

6
10:00 Low Intensity Cardio
10:30 *Hand & Nail Spa
10:30 Tai Chi for Arthritis
1:30 *Watercolors & Nature with Carolyn
3:30 Sip & Socialize
4:00 OC: Karaoke with Friends
6:00 Heads Up Game

7 Happy Bday Gerry!
10:00 Barre Exercise
10:45 Beginner Barre
1:00 Mindful Meditation
1:30 Open Art Studio
1:30 Steps In Time Ballroom Dancers
2:30 Book Club
3:30 Card Club: Kings in a Corner
6:00 Game Night Challenge

1 Happy Bday Gertrude!
10:00 Falls & Balance
10:30 Tai Chi for Arthritis
1:30 Ames Pop-Up Library
1:30 Craft Workshop: Sassy Pots
3:30 Wine & Cheese Social
6:30 Concert Series: Perry Como

2
10:00 Barre Exercise
10:45 Beginner Barre
1:00 *Outing: Market Basket
1:00 Meditative Moments
2:00 Word Extraction
3:30 OC: Soda Float Social
6:30 Movie Night: The Illusionist

3 Happy Bday Stephen!
10:00 Axe-Throwing Challenge
10:30 Ladderball Challenge
11:00 OC: Musical Memories
1:00 *Hand & Nail Spa
1:00 Travelogue: Katmai
2:30 Bingo Bonanza
3:30 Coffee & Conversations
6:30 Saturday Night Movie

11 Mother's Day
10:00 Balloon Toss
10:00 Notre Dame Mass
10:30 Soleful Strutters
10:45 Fellowship Worship Service
1:00 *1:1 Tech Support
2:30 Bingo Bonanza
3:30 Mix & Mingle
6:30 Sunday Night Movie

12
10:00 Barre Exercise
10:45 Beginner Barre
1:30 Beachball Volley
2:00 OC: Court Discussion
3:30 Quarter Left, Right, Center
3:30 OC: Gentlemen's Gathering
4:00 Dinner Outing: Giana Restaurant
6:30 Mystery Series: Good American Family

13
10:00 Low Intensity Cardio
10:30 *Hand & Nail Spa
10:30 Tai Chi for Arthritis
11:00 Holy Cross Mass
1:30 *Acrylic Painting Workshop
2:00 *REACT NEURO Session
3:30 Sip & Socialize
4:00 OC: Karaoke with Friends
6:00 Trivia Challenge

14
10:00 Barre Exercise
10:45 Beginner Barre
1:00 Mindful Meditation
1:30 *OC: Culinary Club
1:30 Open Art Studio
2:00 Bible Study with Geoff
2:30 OC: Chat and Chew
3:30 Card Club: Kings in a Corner
6:30 Movie Night: A Complete

15
10:00 Falls & Balance
10:30 Tai Chi for Arthritis
11:00 Lunch Outing: Langwater Farm
1:30 Calendar Planning Meeting
2:00 Resident Council Meeting
3:30 Wine & Cheese Social
6:30 Concert Series: Paul Anka

16
10:00 Barre Exercise
10:45 Beginner Barre
1:00 *Outing: Market Basket
1:00 Meditative Moments
2:00 Word Extraction
3:30 OC: Soda Float Social
6:30 Movie Night: The Last of The Mohicans

17
10:00 Axe-Throwing Challenge
10:30 Ladderball Challenge
11:00 OC: Musical Memories
1:00 *Hand & Nail Spa
1:00 Travelogue: Yellowstone
2:30 Bingo Bonanza
3:30 Coffee & Conversations
6:30 Saturday Night Movie

18
9:30 Communion Service
10:00 Balloon Toss
10:00 Notre Dame Mass
10:30 Soleful Strutters
10:45 Fellowship Worship Service
1:00 *1:1 Tech Support
2:30 Bingo Bonanza
3:30 Mix & Mingle
6:30 Sunday Night Movie

19
10:00 Barre Exercise
10:45 Beginner Barre
1:30 Beachball Volley
2:00 HealthTalk: Women's Health
2:00 OC: Court Discussion
3:30 Quarter Left, Right, Cente
3:30 OC: Veterans Cafe
4:00 Dinner Outing: Chateau Norton

20
10:00 Low Intensity Cardio
10:30 *Hand & Nail Spa
10:30 Tai Chi for Arthritis
1:30 *Watercolors & Nature with Carolyn
2:00 Vocalist: Nicole & Suki
3:30 Welcome Social
4:00 OC: Karaoke with Friends
6:00 Heads Up Game

21
10:00 Barre Exercise
10:45 Beginner Barre
1:00 Mindful Meditation
1:30 Open Art Studio
2:00 Sig Series: Horticultural Insights w/ Michael Scutari
3:00 Terrarium Workshop
3:30 Card Club: Kings in a Corner
6:00 Game Night Challenge

22
10:00 Falls & Balance
10:30 Tai Chi for Arthritis
11:00 Scavenger Hunt with Bethany
11:00 Lunch Outing: Maguire's Pub
2:00 Jeopardy Challenge
3:30 Wine & Cheese Social
6:30 Concert Series: Helen Reddy

23 Happy Birthday Ed!
10:00 Barre Exercise
10:45 Beginner Barre
1:00 Meditative Moments
1:00 *Outing: Dollar Tree
2:00 Word Extraction
3:30 OC: Tea & Trivia
6:30 Movie Night: Gifted

24
10:00 Cornhole Challenge
10:30 Horseshoe Challenge
11:00 OC: Musical Memories
1:00 *Hand & Nail Spa
1:00 Travelogue: Olympic
2:30 Bingo Bonanza
3:30 Coffee & Conversations
6:30 Saturday Night Movie

25 Happy Bday Gemma!
9:30 Communion Service
10:00 Balloon Toss
10:00 Notre Dame Mass
10:30 Soleful Strutters
10:45 Fellowship Worship Service
1:00 *1:1 Tech Support
2:30 Bingo Bonanza
3:30 Mix & Mingle
6:30 Sunday Night Movie

26 Memorial Day
10:00 Barre Exercise
10:45 Beginner Barre
11:30 Memorial Day Cookout
1:30 Beachball Volley
2:00 Pianist: Richard Amir
3:30 Quarter Left, Right, Center
3:30 Birthday Social
4:00 Dinner Outing: Buddy's Union Villa
6:30 Mystery Series: Good

27
10:00 Low Intensity Cardio
10:30 *Hand & Nail Spa
10:30 Tai Chi for Arthritis
1:30 *Acrylic Painting Workshop
2:00 *REACT NEURO Session
3:30 Sip & Socialize
4:00 OC: Karaoke with Friends
6:00 Trivia Challenge

28
10:00 Barre Exercise
10:45 Beginner Barre
1:00 Mindful Meditation
1:30 Open Art Studio
2:30 Sig Series: Comedic Magic with Malik
3:30 Happy Hour
6:00 Game Night Challenge

29
10:00 Falls & Balance
10:30 Tai Chi for Arthritis
11:00 Lunch Outing: Doyle's Pub
1:30 Craft Workshop: Floral Wreaths
3:30 Wine & Cheese Social
6:30 Concert Series: ABBA

30
10:00 Barre Exercise
10:45 Beginner Barre
1:00 Meditative Moments
1:00 *Outing: CVS Pharmacy
2:00 Word Extraction
3:30 OC: Soda Float Social
6:30 Movie Night: Babylon

31
10:00 Axe-Throwing Challenge
10:30 Ladderball Challenge
11:00 OC: Musical Memories
1:00 *Hand & Nail Spa
1:00 Travelogue: Zion
2:30 Bingo Bonanza
3:30 Coffee & Conversations
6:30 Saturday Night Movie

NOTICES

BISTRO HOURS
Monday-Friday
11:30am-1:00pm

SALON HOURS
Tuesday & Thursday
9am-2pm

MEDICAL APPTS.
Monday 9am-2pm
Friday 9am-12pm

*Sign-up is
Required*

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