

REFLECTIONS - MAY 2025

Sunday



Monday



Tuesday



Wednesday

Thursday

Friday

Saturday

Notes

Mon. & Fri.
Med Appts.
Tues. Scenic Ride
Thurs.

Lunch Outing
*Schedule is
subject to change
based on availability.
Please make all
transportation
requests with a
memeber of our
conceirge team.

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

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9:45 Virtual Faith Services
10:00 Fitness Fusion
10:00 Notre Dame Mass
10:30 Great Poets of America &
Word Extractions
10:45 Fellowship Worship Service
11:30 Hymnal Harmonies
11:30 Communion Service
1:30 Soleful Strutters
2:30 Orange-creamsicle & Trivia

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9:45 Agility Training
10:30 Getting to Know You
10:45 OC:Barre and Balance Class
11:00 Nostalgic Reads
1:30 Harmonious Yoga & Healing
Diffusion
1:30 Beachball Volley
2:00 Let's Fiesta w/ Vocalist
Mike Dardis
3:00 Mid-Day Soiree with Cards

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9:45 Historical Figure Highlight
10:00 Falls & Balance
10:30 Musical Discussion
11:30 Rosary Corner
1:30 Scenic Excursion
1:30 Stretch & Flexibility with
Mindful Meditation
2:30 Tasty Tidbits
3:00 Community Chorus &
Reflective Journaling

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9:45 Historical Moments Unfolded
10:00 Strength Training
10:30 Travel & Discuss:
10:45 OC:Barre and Balance Class
11:00 Brain Busters
1:30 Steps In Time Ballroom
Dancers
2:30 Book Club
3:00 Tai Chi for Vitality &
Reflective Review

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9:45 Cardio Drum Circle
10:30 Wordsmith Word Mining
11:00 Lunch Outing: Johnny
Macaroni
1:30 Destination Fit
2:30 Mocktail Social
3:00 Floristry Designs
4:00 Relax & Unwind
4:15 Person of Interest
6:00 Big Pin Bowling

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9:45 Morning Movement
10:00 Word Extraction
10:45 OC:Barre and Balance Class
11:00 Rosary Service
11:00 Read and Discuss
1:30 Water Color Workshop
1:30 Weightlifting for Density
2:00 Mother's Day Soiree
3:00 Reminisce with Me
4:00 Karaoke Crooners Club

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9:45 Cardio Circuits &
Consciousness Cool Down
11:00 Category Challenge
11:00 OC: Musical Memories
1:15 Tai Chi for Arthritis w/
Guided Breathing
2:00 The Art of Drawing
2:30 Afternoon Bites and Banter
3:00 Laughter Lounge
3:30 Hand Messages and Manicures

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9:45 Virtual Faith Services
10:00 Rhythmic Movement
10:00 Notre Dame Mass
10:30 DynamicDiscussions&
WordExtractions
10:45 Fellowship Worship Service
11:30 Hymnal Harmonies
1:30 Soleful Strutters
2:30 Orange-creamsicle & Trivia
Social

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9:45 Agility Training
10:30 Neighborhood Ice Breakers
10:45 OC:Barre and Balance Class
11:00 Nostalgic Reads
1:30 Namaste Fit Yoga & Zen Fit
1:30 Beachball Volley
2:00 OC: Court Discussion
3:00 R,L,C Mid-Day Soiree
3:30 OC: Gentlemen's Gathering
4:00 Short Story Inspirations

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9:45 Historical Figure Highlight
10:00 Falls & Balance
10:30 Musical Discussion
11:30 Rosary Corner
1:30 Scenic Excursion
2:30 Tasty Tidbits
3:00 Community Chorus &
Reflective Journaling
4:00 OC: Karaoke with Friends
6:00 Horseshoe Competitors

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9:45 Historical Moments Unfolded
10:00 Strength Training
10:30 Travel & Discuss:
10:45 OC:Barre and Balance Class
11:00 Brain Busters
1:30 *OC: Culinary Club
2:00 Bible Study with Geoff
2:30 Taste Tester Committee
2:30 OC: Chat and Chew
3:00 Tai Chi for Vitality &

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9:45 Cardio Drum Circle
10:30 Court Case Discussion
11:00 Lunch Outing: Langwater
Farm
1:30 Destination Fit
2:00 Craft Workshop: Sassy Pots
2:30 Mocktail Social
4:00 Relax & Unwind
4:15 Person of Interest
6:00 Big Pin Bowling

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9:45 Morning Movement
10:00 Word Extraction
10:45 OC:Barre and Balance Class
11:00 Read and Discuss
1:30 Water Color Workshop
1:30 Weightlifting for Density
2:30 Horticulturist Designs
3:30 OC: Soda Float Social
4:00 Karaoke Crooners Club
6:00 Ring Toss Ringers

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9:45 Cardio Circuits &
Consciousness Cool Down
11:00 Category Challenge
11:00 OC: Musical Memories
1:15 Tai Chi for Arthritis w/
Guided Breathing
2:00 The Art of Drawing
2:30 Afternoon Bites and Banter
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2:30 Orange-creamsicle & Trivia
Social

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9:45 Agility Training
10:30 Getting to Know You
10:45 OC:Barre and Balance Class
11:00 Nostalgic Reads
1:30 Harmonious Yoga & Healing
Diffusion
1:30 Beachball Volley
2:00 OC: Court Discussion
3:00 Mid-Day Soiree with Cards
Diane

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9:45 Historical Figure Highlight
10:00 Falls & Balance
10:30 Musical Discussion
11:30 Rosary Corner
1:30 Scenic Excursion
1:30 Stretch & Flexibility with
Mindful Meditation
2:00 Vocalist: Nicole & Suki
2:30 Tasty Tidbits
3:00 Community Chorus &

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9:45 Historical Moments Unfolded
10:00 Strength Training
10:30 Travel & Discuss:
10:45 OC:Barre and Balance Class
11:00 Brain Busters
1:15 Resident Council
2:00 Bible Study with Geoff
3:00 Tai Chi for Vitality &
Reflective Review
4:00 Manicure&Hand Massage

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9:45 Cardio Drum Circle
10:30 Wordsmith Word Mining
11:00 Lunch Outing: Maguire's Pub
1:30 Destination Fit
2:00 Sig Series:Horticultural
Insights w/ Michael Scutari
2:30 Mocktail Social
3:00 Terrarium Workshop
4:00 Relax & Unwind
4:15 Person of Interest

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10:00 Word Extraction
10:45 OC:Barre and Balance Class
11:00 Read and Discuss
1:30 Water Color Workshop
1:30 Weightlifting for Density
2:30 Horticulturist Designs
3:30 OC: Tea & Trivia
4:00 Karaoke Crooners Club
6:00 Ring Toss Ringers

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9:45 Agility Training
10:30 Neighborhood Ice Breakers
10:45 OC:Barre and Balance Class
11:00 Nostalgic Reads
11:30 Memorial Day Cookout
1:30 Namaste Fit Yoga & Zen Fit
1:30 Beachball Volley
2:00 Pianist: Richard Amir
3:00 R,L,C Mid-Day Soiree
4:00 Short Story Inspirations

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10:00 Falls & Balance
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2:30 Tasty Tidbits
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4:00 OC: Karaoke with Friends
6:00 Horseshoe Competitors

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10:00 Strength Training
10:30 Travel & Discuss:
10:45 OC:Barre and Balance Class
11:00 Brain Busters
2:30 Taste Tester Committee
2:30 Sig Series: Comedic Magic
with Malik
3:00 Tai Chi for Vitality &
Reflective Review

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9:45 Cardio Drum Circle
10:30 Court Case Discussion
11:00 Lunch Outing: Doyle's Pub
1:30 Destination Fit
1:30 Craft Workshop: Floral
Wreaths
2:30 Mocktail Social
4:00 Relax & Unwind
4:15 Person of Interest
6:00 Big Pin Bowling

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