

Wellness Sessions That Inspire

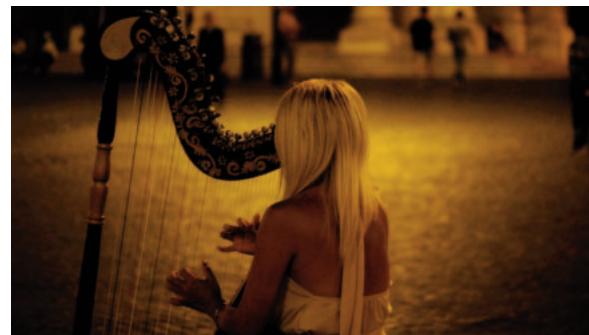


Singing Bowl Meditation

Come enjoy an afternoon with Priscilla Gale and her Crystal Sound Healing Bowls on May 14th at 2pm. There are numerous studies and findings about the positive healing effects of sound vibrations for body, mind, emotions and spirit. Sound therapy can be beneficial for seniors boosting their physical as well as mental well-being. Priscilla has acquired several master/teacher certifications in healing modalities.

Music That Moves The Spirit

Laura Cole with Cloud Nine Harp has extensive experience creating serenity with her harp music. She will join us in the evening on May 13th in The Main Hall of Cedar Dell. Laura's harp performance is tranquil and relaxing and has such a unique quality. Don't miss this immersive experience as we listen to her harp by candle light. Light refreshments to be served.



Evening Harp Performance

Have you heard about REACT.



Brain Health. Reimagined.

REACT is a virtual reality program that is underway at Cedar Dell. Residents are able to experience virtual reality programs for relaxation and to strengthening brain health through cognitive challenges/ games. REACT's assessments can identify and monitor changes in mood, cognitive function, recall, and more. Over time, patients/ families can track the way healthy lifestyle choices affect the brain.

THE RESIDENCE at Cedar Dell

THE RESIDENCE AT CEDAR DELL *Associates*

Michele Elkins
Executive Director

Rebecca Owen
Resident Care Director

Erin Larsen
Business Office Director

Eva- Marie Fay
Sales & Marketing Director

Krystina Stykowski
Reflections Director

Amanda Ponichtera
Resident Engagement Director

Eric Hyson
Maintenance Director

Anthony Deltano
Restaurant Operations



Let's Celebrate Mother's Day



Mother's Day Is May 11th

Mother's Day is May 11th and Cedar Dell will be hosting a wonderful brunch and entertainment to celebrate. Mother's Day is a day to make an extra-special effort to recognize and appreciate mothers' roles in our lives. Often this day is extended to generations of mothers-grandmothers, great-grandmothers. Great ways to celebrate mom are to give flowers, help with yard work,

take her for a special meal, watch a movie together or put some time aside for a nice conversation. We hope Mother's Day is a wonderful experience for all. Wishing you much sunshine and special moments.

Horticultural Themed Engagement

On May 6th, Cedar Dell will be hosting a horticultural program titled "The Benefits of Indoor Plants." During this session we will learn the health benefits of indoor plants, potting pointers and info about some of our favorite house plants. We will have our guests choose a favorite pot to add soil and fertilizer, then you can select your favorite live plant to pot. We will also enjoy fruited wine and charcuterie. On May 30th Cedar Dell hosts a lovely garden themed tea party. Enjoy a table with friends as we serve a variety of botanical teas and tiny finger sandwiches and pastry. Entertainment with Tony & Pat to follow at 2pm.



Cultivate A Beneficial Houseplant

Good Times. Good Friends. *Great Care!*

SundayMondayTuesdayWednesdayThursdayFridaySaturday



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9:15 Coffee Connoisseurs
10:00 Catholic Mass/ Communion
10:30 Weights & Bone Density
11:30 Interactive Word Games
1:00 Cardio Walk
2:00 Core Strengthening & Meditation
3:00 Art Session, Spring Insp.
4:00 Historical Documentary

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9:15 Ted Talk & Discussion
9:30 Shield Visits
10:00 Low Intensity Aerobics
11:00 Classification Challenge
1:00 Strength Training
2:00 Cinco de Mayo Social
3:15 Nail Spa, Hand Massage
3:15 Arts & Culture-Napoleon
4:30 Cedar Dell Pub Hour
6:15 Crafting For Charity

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9:15 Nail Spa & Aromatherapy
10:00 Tai Chi & Mindfulness
11:00 Article Discussion
1:00 Weights- Bone Density
2:00 Horticultural Program
3:15 Afternoon Tea Social
3:45 Wonders Of France Doc.
6:00 Musical Hour

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9:15 Shield Visits
10:00 Barre & Balance
11:00 Bowling Club
11:00 Com Outing- Cape Quality
1:15 Stretch & Strengthen
2:00 Food For Thought Meeting
3:00 Domino Group
4:00 Pub Hour, Sig Cocktail

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9:30 Nature Walk & Plant ID
10:00 Tai-Chi & Mindfulness
10:30 Rosary Group
11:00 Pastor Al's Service
1:15 Resident Council
2:00 Yoga For Vitality
3:30 Historical Documentary
3:30 Rummy/ Card Club
6:00 Romance Classics.

9

9:15 Nail Spa
10:00 Barre & Balance
10:45 Scenic Journey
11:00 Great Poets Hour
1:00 Weights-Bone Density
2:00 Art Skills, May Doorhanger
3:15 Res Happy Hour & Convo
4:00 Scrabble Club
6:00 Robin's Choice Film Hour

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9:15 Dartmouth News Recap
10:00 Communion Service
10:00 Strength Training/ Goals
11:00 Intellectual Puzzles
1:15 DCOA Zumba Class
2:00 Bingo Club
3:15 Nature Documentary
6:00 Comedy Classics

11 Mother's Day

9:00 Mother's Day Brunch
9:15 Coffee Connoisseurs
10:00 Catholic Mass/ Communion
10:30 Weights & Bone Density
11:30 Interactive Word Games
1:00 Cardio Walk
2:00 Vocalist Jeff Dunn
3:00 Art Session, Spring Insp.
4:00 Historical Documentary

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9:15 Ted Talk & Discussion
9:30 Shield Visits
10:00 Low Intensity Aerobics
11:00 Classification Challenge
1:00 Strength Training
1:30 Blood Pressure Check
2:00 New York Times Bee
3:15 Nail Spa, Hand Massage
3:15 Arts & Culture Pope Paul
4:30 Cedar Dell Pub Hour

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9:15 Nail Spa & Aromatherapy
10:00 Tai Chi & Mindfulness
11:00 Article Discussion
1:00 Weights- Bone Density
2:00 Root beer Floats/Cornhole
3:00 Afternoon Tea Social
3:45 Wonders Of Poland Doc.
6:00 Musical Hour
6:00 Harpist By Candlelight

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9:15 Shield Visits
10:00 Barre & Balance
11:00 Bowling Club
11:00 Outing-Buttonwood Park
1:15 Stretch & Strengthen
2:00 Singing Bowl Meditation
3:00 Card Groups
4:00 Pub Hour, Sig Cocktail

15 Eileen/ Jean B-Day!

9:30 Nature Walk & Plant ID
10:00 Tai-Chi & Mindfulness
10:30 Rosary Group
11:00 Phrase Completion
1:00 REACT
1:15 Cardio Drumming
2:00 Engagement Planning
3:30 Historical Documentary
3:30 Rummy/ Card Club
6:00 Romance Classics.

16 Pat T. B Day!

9:15 Nail Spa
10:00 Barre & Balance
10:45 Scenic Journey
11:00 Edu Session: Fatigue
1:00 Weights-Bone Density
2:00 Bell Ringers Performance
3:15 Res Happy Hour & Convo
4:00 Scrabble Club
6:00 Robin's Choice Film Hour

17 Gertrude B. B-Day!

9:15 Dartmouth News Recap
10:00 Communion Service
10:00 Strength Training/ Goals
11:00 Intellectual Puzzles
1:15 DCOA Zumba Class
2:00 Bingo Club
3:15 Nature Documentary
6:00 Comedy Classics

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9:15 Coffee Connoisseurs
10:00 Catholic Mass/ Communion
10:30 Weights & Bone Density
11:30 Interactive Word Games
1:00 Cardio Walk
2:00 Core Strengthening & Meditation
3:00 Art Session, Spring Insp.
4:00 Historical Documentary

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9:15 Ted Talk & Discussion
9:30 Shield Visits
10:00 Low Intensity Aerobics
11:00 Classification Challenge
1:00 Strength Training
2:00 Leave A Legacy Life Story
3:15 Nail Spa, Hand Massage
3:15 Arts & Culture-Putin
4:30 Cedar Dell Pub Hour

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9:15 Nail Spa & Aromatherapy
10:00 Tai Chi & Mindfulness
11:00 Article Discussion
1:00 Weights- Bone Density
2:00 Prize Bingo, Guest Caller
3:00 Afternoon Tea Social
3:45 Wonders Of Russia Doc.
6:00 Musical Hour

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9:15 Shield Visits
10:00 Barre & Balance
11:00 Bowling Club
11:00 Outing-Bally's Casino
1:15 Stretch & Strengthen
2:00 Catholic Mass
3:00 Domino Group
4:00 Pub Hour, Sig Cocktail

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9:30 Nature Walk & Plant ID
10:00 Tai-Chi & Mindfulness
10:30 Rosary Group
11:00 Phrase Completion
1:15 Resistance Bands
2:00 Yoga For Vitality
3:30 Historical Documentary
3:30 Rummy/ Card Club
6:00 Romance Classics.

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9:15 Nail Spa
10:00 Barre & Balance
10:45 Scenic Journey
11:00 Intergenerational Visit
1:00 Weights-Bone Density
2:00 Jazz w/ Frank Noonan
3:15 Res Happy Hour & Convo
4:00 Scrabble Club
6:00 Robin's Choice Film Hour

24 Sister B. B-Day!

9:15 Dartmouth News Recap
10:00 Communion Service
10:00 Strength Training/ Goals
11:00 Intellectual Puzzles
1:15 DCOA Zumba Class
2:00 Bingo Club
3:15 Nature Documentary
6:00 Comedy Classics

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9:15 Coffee Connoisseurs
10:00 Catholic Mass/ Communion
10:30 Weights & Bone Density
11:30 Interactive Word Games
1:00 Cardio Walk
2:00 Core Strengthening & Meditation
3:00 Art Session, Spring Insp.
4:00 Historical Documentary

26 Memorial Day

9:15 Ted Talk & Discussion
9:30 Shield Visits
10:00 Low Intensity Aerobics
11:00 Classification Challenge
1:00 Strength Training
2:00 New York Times Bee
3:15 Nail Spa, Hand Massage
3:15 Arts & Culture-Celine D.
4:30 Cedar Dell Pub Hour
6:15 Crafting For Charity

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9:15 Nail Spa & Aromatherapy
10:00 Tai Chi & Mindfulness
11:00 Article Discussion
1:00 Weights- Bone Density
2:00 Cornhole Competition
3:00 Afternoon Tea Social
3:45 Wonders Of Canada Doc.
6:00 Musical Hour

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9:15 Shield Visits
10:00 Barre & Balance
11:00 Bowling Club
11:00 Com Outing- Aldi's Market
1:15 Stretch & Strengthen
2:00 Jeoprody Challenge
3:00 Card Groups
4:00 Pub Hour, Sig Cocktail

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9:30 Nature Walk & Plant ID
10:00 Tai-Chi & Mindfulness
10:30 Rosary Group
11:00 Phrase Completion
1:00 REACT
1:15 Cardio Drumming
2:00 Disk Golf Competition
3:30 Historical Documentary
3:30 Rummy/ Card Club
6:00 Romance Classics.

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9:15 Nail Spa
10:00 Barre & Balance
10:45 Scenic Journey
11:00 Visual Art Review
1:30 Spring Fling Garden Party
2:00 Tony & Pat Duo
3:15 Res Happy Hour & Convo
4:00 Scrabble Club
6:00 Robin's Choice Film Hour

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9:15 Dartmouth News Recap
10:00 Communion Service
10:00 Strength Training/ Goals
11:00 Intellectual Puzzles
1:15 DCOA Zumba Class
2:00 Bingo Club
3:15 Nature Documentary
6:00 Comedy Classics

Special Events

5/1 Candida Rose, 2pm.
5/11 Jeff Dunn, 2pm
5/13 Harpist Laura C. 6pm.
5/14 Singing Bowl Meditation 2pm.
5/16 Bell Ringing Performance
5/23 Frank Noonan Performance
5/30 Tony &Pat Duo

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