

Summer Seafood Celebration



We are thrilled to host our much-anticipated Summer Seafood Celebration, a festive gathering that captures the spirit of the season and the heart of our coastal community. Residents and guests will come together under sunny skies to enjoy a joyful afternoon filled with live music, refreshing summer sips, and a bounty of fresh seafood.

The aroma of delicious seafood along with sounds of favorite summertime tunes performed live will set the perfect backdrop

for laughter, connection, and memories made. Our talented Restaurant team will carefully craft a coastal menu that honors local traditions while delighting every palate.

With the community gathered together, this event will reflect everything we love about summer at Cedar Dell: great food, great company, and a celebration of life's simple pleasures. We can't wait to share it with you! Please join us on July 11th at 12:30pm.

Timeless Enrichment: Arts and Culture

Arts and culture programming is essential for people of all ages, especially older adults by enriching lives through meaningful connection, creativity, and joy. This month we will be exploring fashion through the decades which will evoke powerful memories and spark conversation. We will also explore music and inspiring live performances to stimulate the senses and uplift the spirit. Celebrating great poets will invite thoughtful reflection, and learning about actors who defined an era will rekindle a love for storytelling and film. These programs offer more than entertainment—they nourish identity, encourage expression, and promote cognitive wellness. By engaging with art and history, individuals remain intellectually curious, emotionally fulfilled, and socially connected. Arts and culture are timeless tools that affirm purpose, invite nostalgia, and inspire older adults to continue learning, sharing, and celebrating the beauty of life. We invite you to join the many Arts & Culture engagement offerings this month!



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

Elvira Fernandes
Resident Engagement Director

Amanda Ponichtera
Reflections Director

Eric Hyson
Maintenance Director

Anthony Deltano
Restaurant Operations



The Art Glass

On July 23rd, we will be visiting the Glass Museum at the Arnold House in New Bedford, a unique treasure celebrating the city's 19th-century glassmaking heritage. Housed in a charming historic home, the museum features stunning examples of pressed, cut, and blown glass—crafted by local artisans who once helped shape New Bedford's industrial and cultural landscape.



We will learn how glass production flourished alongside the whaling industry, reminding us that the artistry and legacy of New Bedford's glassmakers continue to shine today. Sign up at the Reception desk!

Master Class Workshop



This month, residents from Cedar Dell are invited to take part in a truly special experience — the Signature Series art workshop, "My Authentic Colors," held right here at Cedar Dell. This creative program was designed to celebrate self-expression, identity, and emotional wellness through the power of art.

This program reminds us that creativity has no age limit, and that every voice, every story, and every color matters. At Cedar Dell, we are proud to support experiences like this that nurture the heart, mind, and soul.

Please join us on July 11th at 2PM in the Engagement Room.

Good Times. Good Friends. *Great Care!*

SundayMondayTuesdayWednesdayThursdayFridaySaturday



6
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

7
9:15 Ted Talk & Discussion
9:30 Shield Visits
10:00 Low Intensity Aerobics
11:00 Rebus Challenge
1:00 Strength Training
2:00 New York Times Bee
3:15 Nail Spa, Hand Massage
4:30 Cedar Dell Pub Hour
6:15 Crafting For Charity

13
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14
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20
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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

21
9:15 Ted Talk & Discussion
9:30 Shield Visits
10:00 Low Intensity Aerobics
11:00 Rebus Challenge
1:00 Blood Pressure Clinic
1:00 Strength Training
2:00 New York Times Bee
3:15 Nail Spa, Hand Massage
4:30 Cedar Dell Pub Hour
6:15 Crafting For Charity

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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

28
9:15 Ted Talk & Discussion
9:30 Shield Visits
10:00 Low Intensity Aerobics
11:00 Rebus Challenge
1:00 Strength Training
2:00 New York Times Bee
3:15 Nail Spa, Hand Massage
4:30 Cedar Dell Pub Hour
6:15 Crafting For Charity

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

8
9:15 Nail Spa & Aromatherapy
10:00 Tai Chi & Mindfulness
11:00 Article Discussion
1:00 Weights- Bone Density
2:00 Cornhole Competition
2:00 Golf Tournament
3:00 Afternoon Tea Social
3:45 Wonders Of Europe Doc.
6:00 Musical Hour

15 Eileen/Karen B-Day
9:15 Nail Spa & Aromatherapy
10:00 Tai Chi & Mindfulness
11:00 Article Discussion
1:00 Weights- Bone Density
2:00 Food for Thought
3:00 Afternoon Tea Social
3:45 Wonders Of Europe Doc.
6:00 Musical Hour

22
9:15 Nail Spa & Aromatherapy
10:00 Tai Chi & Mindfulness
11:00 Article Discussion
1:00 Weights- Bone Density
2:00 Cornhole Competition
2:00 Golf Tournament
3:00 Afternoon Tea Social
3:45 Wonders Of Europe Doc.
6:00 Musical Hour

29
9:15 Nail Spa & Aromatherapy
10:00 Tai Chi & Mindfulness
11:00 Article Discussion
1:00 Weights- Bone Density
2:00 Golf Tournament
3:00 Afternoon Tea Social
3:45 Wonders Of Europe Doc.
6:00 Musical Hour

2
9:15 Shield Visits
10:00 Barre & Balance
11:00 Cornhole Club
11:00 Trip-Handy Hill Ice Cream
1:15 Stretch & Strengthen
2:00 Button Art Workshop
3:00 Court Case Roundtable
4:00 Pub Hour, Sig Cocktail
6:00 Fireside Gathering-Smores

9
9:15 Shield Visits
10:00 Barre & Balance
11:00 Cornhole Club
11:00 Outing-Dartmouth Library
1:15 Stretch & Strengthen
2:00 Jackie Marishio Soloist
3:00 Current Events Roundtable
4:00 Pub Hour, Sig Cocktail
6:00 Fireside Gathering-Smores

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9:15 Shield Visits
10:00 Barre & Balance
11:00 Cornhole Club
11:00 Outing-Portuguese Market
1:15 Stretch & Strengthen
2:00 Catholic Mass
3:00 Court Case Roundtable
4:00 Pub Hour, Sig Cocktail
6:00 Fireside Gathering-Smores

23
9:15 Shield Visits
10:00 Barre & Balance
11:00 Cornhole Club
11:00 Outing-Glass Art Museum
1:15 Stretch & Strengthen
2:00 Stretch and Strengthen
3:00 Current Events Roundtable
4:00 Pub Hour, Sig Cocktail
6:00 Fireside Gathering-Smores

30 William B. B-Day
9:15 Shield Visits
10:00 Barre & Balance
11:00 Cornhole Club
11:00 Trip-Waterfront Creamery
1:15 Stretch & Strengthen
2:00 Stretch and Strengthen
3:00 Court Case Roundtable
4:00 Pub Hour, Sig Cocktail
6:00 Fireside Gathering-Smores

3 Joseph H B-Day
9:30 Nature Walk & Discover
10:00 Lower Body Strength
10:30 Rosary Group
11:00 Fashion Through the Years
1:15 Resistance Bands
2:00 Candida Rose-4th July
3:00 Pub Trivia w/ Nicole
3:30 Historical Documentary
3:30 Rummy/ Card Club

10
9:30 Nature Walk & Discover
10:00 Lower Body Strength
10:30 Rosary Group
11:00 Spirit & Faith-Pastor Al
1:00 REACT
1:00 Inspiring Performances
2:00 Yoga with Karen Flynn
3:30 Historical Documentary
3:30 Rummy/ Card Club
6:00 Romance Classics.

17
9:30 Nature Walk & Discover
10:00 Lower Body Strength
10:30 Rosary Group
11:00 Actors Who Defined An Era
12:30 Sig. Series Seafood
1:15 Resistance Bands
3:00 Pub Trivia w/ Nicole
3:30 Historical Documentary
3:30 Rummy/ Card Club
6:00 Romance Classics.

24
9:30 Nature Walk & Discover
10:00 Lower Body Strength
10:30 Rosary Group
11:00 Resident Council
11:00 Evolution of Photography
1:00 REACT
1:15 Resistance Bands
3:30 Historical Documentary
3:30 Rummy/ Card Club
6:00 Romance Classics.

31
9:30 Nature Walk & Discover
10:00 Lower Body Strength
10:30 Rosary Group
11:00 Arts & Culture-Poets
2:30 Yoga with Karen Flynn
3:00 Pub Trivia w/ Nicole
3:30 Historical Documentary
3:30 Rummy/ Card Club
6:00 Romance Classics.

4 Independence Day
9:15 Nail Spa
10:00 Barre & Balance
10:45 Scenic Journey
11:00 Literature Learning
1:00 Tai-Chi & Mindfulness
2:00 Watercolor Greeting Cards
3:15 Res Happy Hour & Convo
6:00 Robin's Choice Film Hour

11
9:15 Nail Spa
10:00 Barre & Balance
10:45 Scenic Journey
11:00 Literature Learning
1:00 Tai-Chi & Mindfulness
2:00 My Color Workshop
3:15 Res Happy Hour & Convo
4:00 Evening Embers Social
6:00 Robin's Choice Film Hour

18 Bastille Day
9:15 Nail Spa
10:00 Barre & Balance
10:45 Scenic Journey
11:00 Literature Learning
1:00 Tai-Chi & Mindfulness
2:00 Books in Bloom Workshop
3:15 Res Happy Hour & Convo
4:00 Evening Embers Social
6:00 Robin's Choice Film Hour

25
9:15 Nail Spa
10:00 Barre & Balance
10:45 Scenic Journey
11:00 Literature Learning
1:00 Tai-Chi & Mindfulness
2:00 Tony & Pat Duo
3:15 Res Happy Hour & Convo
4:00 Evening Embers Social
6:00 Robin's Choice Film Hour



5
9:15 Dartmouth News Recap
10:00 Communion Service
10:30 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 Dartmouth News Recap
10:00 Communion Service
10:30 Strength Training/ Goals
11:00 Intellectual Puzzles
1:15 DCOA Zumba Class
2:00 Bingo Club
3:15 Nature Documentary
6:00 Comedy Classics

19 Barbara B. B-Day
9:15 Dartmouth News Recap
10:00 Communion Service
10:30 Strength Training/ Goals
11:00 Intellectual Puzzles
1:15 DCOA Zumba Class
2:00 Bingo Club
3:15 Nature Documentary
6:00 Comedy Classics

26
9:15 Dartmouth News Recap
10:00 Communion Service
10:30 Strength Training/ Goals
11:00 Intellectual Puzzles
1:15 DCOA Zumba Class
2:00 Bingo Club
3:15 Nature Documentary
6:00 Comedy Classics

Highlights

Discussion Groups
Interactive Outings
Fitness Classes
Art Workshops
Cocktail Hour
Music Performances
Shopping Trips
Film Series
Mindfulness
Spiritual Programs
Live Lecture Series

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