

# REFLECTIONS - MAY 2025

## Sunday



## Monday

## Tuesday

## Wednesday



## Thursday

## Friday

## Saturday

## Quotable Quotes/Info.

“May is the month of  
expectation, the  
month of wishes, the  
month of hope.”

“All things seem  
possible in May.”

### Dementia/Caregiver Support Group

5/27 @2pm in VT  
Room

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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10:00 Congregational - Virtual  
10:00 Mindful Movement  
10:30 Paint & Pour: Acrylics  
11:30 Yahtzee Challenge  
1:15 Bone Builders  
2:00 Sunday Music:Mark Harding  
3:30 Mandala Art Workshop  
6:30 Broadway Musical

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Cinco de Mayo

10:00 Bon Appetit: Vegetable  
Soup  
11:00 Paint & Sip  
11:15 Barre Dance Exercise  
11:30 Bistro Lunch Social  
1:15 Outing: Bristol Falls  
2:00 Seated Tai Chi  
2:30 Mocktails & Jazz  
3:30 Art of Zen  
6:30 Golden Singers

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Mother's Day

10:00 Congregational - Virtual  
10:00 Resistance Band Training  
10:30 Ceramic Workshop  
11:30 UNO Challenge  
1:30 Upper Body Stretches  
2:00 Sunday Music:Cooie  
DeFrancesco  
3:30 Open Art Studio  
6:30 Broadway Musical

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10:00 Bon Appetit: Homemade  
Bread  
11:00 Glitter Art Workshop  
11:15 Barre Dance Exercise  
11:30 Bistro Lunch Social  
1:15 Outing: Christmas Loft  
2:00 Seated Tai Chi  
2:30 Mocktails & Jazz  
3:30 Art Expressions  
6:30 Golden Singers

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10:00 Congregational - Virtual  
10:00 Chair Yoga  
10:30 Pom Pom Art  
11:30 Yahtzee Challenge  
1:00 Movement & Dance  
2:00 Sunday Music: Dan Levine  
3:30 Card Making Workshop  
6:30 Broadway Musical

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10:00 Bon Appetit: Chili Soup  
11:00 Paint & Sip  
11:15 Barre Dance Exercise  
11:30 Bistro Lunch Social  
1:15 Outing: Happy Valley  
Orchid  
2:00 Seated Tai Chi  
2:30 Mocktails & Jazz  
3:30 Zen Art  
6:30 Golden Singers

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10:00 Congregational - Virtual  
10:00 Beginners Aerobics  
10:30 Paint & Pour: Acrylics  
11:30 Sequence Challenge  
1:00 Lower Body Conditioning  
2:00 Sunday Music:BlueBrass!  
3:30 Still Life Workshop  
6:30 Broadway Musical

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Memorial Day

10:00 Bon Appetit: Brownies  
11:00 Sketch Art Workshop  
11:15 Barre Dance Exercise  
11:30 Bistro Lunch Social  
1:15 Outing: Bartlett Falls  
2:00 Episcopal Communion  
2:00 Seated Tai Chi  
2:30 Mocktails & Jazz  
3:30 Art Expressions  
6:30 Golden Singers

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10:00 Bone Builders  
10:30 Aromatherapy Workshop  
11:30 Family Feud  
1:15 Low Intensity Cardio  
2:00 Reflections Tea Social  
3:00 Aqua Painting  
4:00 Creative Writing  
4:30 National Geographic  
6:30 Comedy Central

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10:00 Wildflower Walking Club  
10:30 Resident Council  
11:15 Barre Dance Exercise  
11:30 Gardening Club  
1:30 Water Color Basics  
2:00 Seated Tai Chi  
2:30 Cornhole Tournament  
3:00 Bingo & Brews  
4:30 Manicures & Foot Spa  
6:30 Gone with the Wind Movie

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10:00 Cardio Stretch  
10:30 Gratitude Journaling  
11:30 Wheel a Fortune  
1:15 Music & Movement  
2:00 Chip & Dip Trivia  
3:00 Floral Design Workshop  
4:00 Blackjack Tournament  
4:30 National Geographic  
6:30 Life on Our Planet

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10:00 Wildflower Walking Club  
11:00 Creative Writing  
11:15 Barre Dance Exercise  
1:30 Book Mark Art Workshop  
2:00 Seated Tai Chi  
2:00 Badminton Tournament  
3:00 Bingo & Brews  
4:00 Manicures & Foot Spa  
6:30 Wizard of Oz

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10:00 Core Endurance Class  
10:30 Aromatherapy Workshop  
11:30 Jeopardy  
1:15 Floral Design Workshop  
2:00 Chips & Dip Trivia  
2:30 Signature Series :  
Mixology  
3:30 Art of Zen  
4:00 Low Intensity Cardio  
4:30 National Geographic

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10:00 Wildflower Walking Club  
11:00 Grow Your Own Plants  
11:15 Barre Dance Exercise  
1:30 Wood Art Workshop  
2:00 Seated Tai Chi  
2:00 Bowling Tournament  
3:00 Bingo & Brews  
4:00 Manicures & Foot Spa  
4:30 Family Fued  
6:30 The Best Years of Our

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10:00 Dance Movement  
10:30 Gratitude Journaling  
11:30 Family Feud  
1:15 Floral Design Workshop  
2:30 Meadow's Tea Social W/Harp  
Music  
3:30 Low Intensity Cardio  
4:30 National Geographic  
6:30 Our Planet II

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10:00 Wildflower Walking Club  
11:15 Barre Dance Exercise  
1:00 Water Color Basics  
2:00 Seated Tai Chi  
2:00 Music: Wellsprings  
3:00 Bingo & Brews  
4:00 Manicures & Foot Spa  
6:30 A Life of Music

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10:00 Resistance Stretches  
10:30 Bird house Workshop  
11:30 Bistro Lunch Social  
1:15 Outing: Teddy Bear Factory  
1:30 Top Chef Club  
2:30 Mocktails & Jazz  
3:30 Hand Rejuvenate: Massages  
4:00 Let's Tour Germany  
6:30 Puzzle Mindfulness

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10:00 Gentle Yoga  
10:30 Uplifting Short Stories  
11:00 Wind Chime Crafts  
11:30 Bistro Lunch Social  
1:15 Outing: Birds of VT Museum  
1:30 Top Chef Club  
2:30 Mocktails & Jazz  
3:30 Hand Rejuvenate: Massages  
4:00 Let's Tour Canada  
6:30 Puzzle Mindfulness

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10:00 Mindful Movements  
10:30 Uplifting Short Stories  
11:00 Pottery Workshop  
11:30 Bistro Lunch Social  
1:15 Outing: Shelburne Country  
Store  
1:30 Top Chef Club  
2:30 Mocktails & Jazz  
3:30 Hand Rejuvenate: Massages  
4:00 Let's Tour Europe

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10:00 Resistance Stretches  
10:30 Uplifting Short Stories  
11:00 Button Felt Bouquets  
11:30 Bistro Lunch Social  
1:15 Outing: Art Museum  
1:30 Top Chef Club  
2:30 Mocktails & Jazz  
3:30 Hand Rejuvenate: Massages  
4:00 Let's Tour Switzerland  
6:30 Puzzle Mindfulness

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Happy Birthday Alice

10:00 Zumba Dance  
10:30 Open Art Studio  
11:30 Bistro Lunch Social  
1:15 Outing: Lake Champlain  
Maritime Museum  
1:30 Top Chef Club  
2:30 Mocktails & Jazz  
3:30 Hand Rejuvenate: Massages  
4:00 Let's Tour Spain  
6:30 Puzzle Mindfulness

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10:00 Bone Builders  
10:30 RummiKub Club  
11:00 Engagement Meeting Club  
11:30 Music: Bongo Drums  
1:15 Chair Yoga  
2:00 Chorus w/Jack & Jeanette  
3:00 Scratch Art  
3:30 Mindful Meditation  
4:00 Rijksmuseum Virtual  
6:30 Spirit & Wine Social

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10:00 Bone Builders  
10:30 Shut the Box Challenge  
11:30 Music: Piano  
1:15 Chair Yoga  
2:00 Mosaic Art  
3:00 Chorus w/Jack & Jeanette  
3:30 Mindful Meditation  
4:00 Musée d'Orsay Museum  
Virtual  
6:30 Spirit & Wine Social

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10:00 Bone Builders  
10:30 Qwirkle Challenge  
11:30 Music: Hand bells  
1:15 Chair Yoga  
2:00 Chorus w/Jack & Jeanette  
3:00 Clay Workshop  
4:00 Mindful Meditation  
4:30 Louvre Museum Virtual  
6:30 Spirit & Wine Social

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10:00 Bone Builders  
10:30 RummiKub Club  
11:30 Music: Tamborines  
1:15 Chair Yoga  
3:00 Chorus w/Jack & Jeanette  
3:00 Mosaic Art  
4:00 Mindful Meditation  
4:30 Museum Tours  
6:30 Spirit & Wine Social

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10:00 Bone Builders  
10:30 RummiKub Club  
11:30 Music:  
1:15 Chair Yoga  
3:00 Mosaic Art  
4:00 Mindful Meditation  
4:30 Museum Tours  
6:30 Spirit & Wine Social

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10:00 Strength Training  
10:30 History Trivia  
11:30 Founders Library Club  
1:30 Movement & Dance  
2:15 Arts & Culture Social  
3:15 Jewelry Making Workshop  
4:30 Catholic Mass  
6:00 Spa Sessions- Manicures

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Happy B-day Annette

10:00 Beginners Aerobics  
10:30 History Trivia  
11:30 Founders Library Club  
1:30 Mindful Movement  
2:00 Music: Bob Recupero  
3:00 Spring Craft Workshop  
4:00 Garden Social  
4:30 Catholic Mass  
6:00 Spa Sessions- Manicures

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10:00 Pilates Stretch  
10:30 History Trivia  
11:30 Founders Library Club  
1:30 Movement & Dance  
2:15 Arts & Culture Social  
3:15 Marble Water Painting  
4:00 Crossword Puzzles  
4:30 Catholic Mass  
6:00 Spa Sessions- Manicures

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10:00 Beginner Aerobics  
10:30 History Trivia  
11:30 Founders Library Club  
1:30 Bone Builders  
2:15 Arts & Culture Social  
3:30 Greeting Card Workshop  
4:30 Catholic Mass  
6:00 Spa Sessions- Manicures

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10:00 Mindful Movement  
10:30 History Trivia  
11:30 Founders Library Club  
1:30 Movement & Dance  
2:15 Arts & Culture Social  
3:15 Make Your Own Clay  
Luminaries  
4:30 Catholic Mass  
6:00 Spa Sessions- Manicures