

REFLECTIONS - JULY 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Events



- 7**
- 9:30 Guided Meditation
 - 10:00 Yoga Flow
 - 11:00 Brushstrokes
 - 1:00 Herbal Tea & Pastries
 - 2:00 Musical Cardio
 - 3:00 Bible Study
 - 4:00 Open Art
 - 6:00 Body/Mind Relaxation Hour

- 14**
- 9:30 Guided Meditation
 - 10:00 Yoga Flow
 - 11:00 Brushstrokes
 - 1:00 Herbal Tea & Pastries
 - 2:00 Musical Cardio
 - 3:00 Bible Study
 - 4:00 Open Art
 - 6:00 Body/Mind Relaxation Hour

- 21**
- 9:30 Guided Meditation
 - 10:00 Yoga Flow
 - 11:00 Brushstrokes
 - 1:00 Herbal Tea & Pastries
 - 2:00 Musical Cardio
 - 2:00 Guitarist-Mark Harding
 - 3:00 Bible Study
 - 4:00 Open Art
 - 6:00 Body/Mind Relaxation Hour

- 28**
- 9:30 Guided Meditation
 - 10:00 Yoga Flow
 - 11:00 Brushstrokes
 - 1:00 Herbal Tea & Pastries
 - 2:00 Musical Cardio
 - 3:00 Bible Study
 - 4:00 Open Art
 - 6:00 Body/Mind Relaxation Hour

- 1**
- 9:30 Guided Imagery
 - 10:00 Mindful Movement
 - 11:00 Craft: Under The Sea
 - 1:30 Tai Chi for Arthritis
 - 2:30 Intro to Scrapbooking
 - 3:30 Travel Lecture: Spain
 - 4:00 Refreshment Hour
 - 6:30 Stress Relief Workshop

- 8**
- 9:30 Guided Imagery
 - 10:00 Mindful Movement
 - 11:00 Art Skills: Color Therapy
 - 1:30 Tai Chi for Arthritis
 - 2:30 Intro to Scrapbooking
 - 3:30 Travel Lecture: France
 - 4:00 Refreshment Hour
 - 6:30 Stress Relief Workshop

- 15**
- 9:30 Guided Imagery
 - 10:00 Mindful Movement
 - 11:00 Craft: Our Galaxy
 - 1:30 Tai Chi for Arthritis
 - 2:30 Intro to Scrapbooking
 - 3:30 Travel Lecture: Bahamas
 - 4:00 Refreshment Hour
 - 6:30 Stress Relief Workshop

- 22** Happy Birthday John
- 9:30 Guided Imagery
 - 10:00 Mindful Movement
 - 11:00 Art Skills: Color Therapy
 - 1:30 Tai Chi for Arthritis
 - 2:30 Intro to Scrapbooking
 - 3:30 Travel Lecture: Italy
 - 4:00 Refreshment Hour
 - 6:30 Stress Relief Workshop

- 29**
- 9:30 Guided Imagery
 - 10:00 Mindful Movement
 - 11:00 Craft: The Night Sky
 - 1:30 Tai Chi for Arthritis
 - 2:30 Intro to Scrapbooking
 - 3:30 Travel Lecture: Africa
 - 4:00 Refreshment Hour
 - 6:30 Stress Relief Workshop

- 2**
- 9:30 FIT Walking Group
 - 10:00 Drawing Club
 - 11:00 Cardio Aerobics
 - 1:00 Arts & Culture: Albanian
 - 2:00 Pianist-Jazzou Jones
 - 2:00 Outing: Scoops
 - 3:00 Open Art
 - 4:00 Spiritual Hymns
 - 6:00 Aromatherapy Session

- 9**
- 9:30 Steps In Motion
 - 10:00 Drawing Club
 - 11:00 Cardio Aerobics
 - 1:00 Arts & Culture: The Aztecs
 - 2:00 Outing: Panera Bread
 - 3:00 Canvas Art
 - 4:00 Spiritual Hymns
 - 6:00 Aromatherapy Session

- 16**
- 9:30 FIT Walking Group
 - 10:00 Drawing Club
 - 11:00 Cardio Aerobics
 - 1:00 Arts & Culture: Japan
 - 2:00 Outing: Oakledge Park
 - 3:00 Open Art
 - 4:00 Spiritual Hymns
 - 6:00 Aromatherapy Session

- 23**
- 9:30 Steps In Motion
 - 10:00 Drawing Club
 - 11:00 Cardio Aerobics
 - 1:00 Arts & Culture: China
 - 2:00 Outing: Battery Park
 - 3:00 Canvas Art
 - 4:00 Spiritual Hymns
 - 6:00 Aromatherapy Session

- 30**
- 9:30 FIT Walking Group
 - 10:00 Drawing Club
 - 11:00 Cardio Aerobics
 - 1:00 Arts & Culture: Kenya
 - 2:00 Outing: Burlington Waterfront
 - 3:00 Open Art
 - 4:00 Spiritual Hymns
 - 6:00 Aromatherapy Session
 - 7:00 Milton Community Band

- 3**
- 9:00 Barre & Balance Class
 - 10:00 History Discussion: Major Events
 - 11:00 Acrylic Painting
 - 1:30 Cardio Drumming
 - 2:30 Short Story Hour
 - 3:30 Musical Moments
 - 4:30 Resident Council
 - 6:00 Guided Meditation

- 10**
- 9:00 Barre & Balance Class
 - 10:00 History Discussion: Inventions
 - 11:00 Greeting Cards Workshop
 - 1:30 Cardio Drumming
 - 2:30 Short Story Hour
 - 3:30 Musical Moments
 - 4:30 Resident Council
 - 6:00 Guided Meditation

- 17**
- 9:00 Barre & Balance Class
 - 10:00 History Discussion: Local History
 - 11:00 Acrylic Painting
 - 1:30 Cardio Drumming
 - 1:30 Germany with Jennifer
 - 2:30 Short Story Hour
 - 3:30 Musical Moments
 - 4:30 Resident Council
 - 6:00 Guided Meditation

- 24**
- 9:00 Barre & Balance Class
 - 10:00 History Discussion: Earth
 - 11:00 Greeting Cards Workshop
 - 1:30 Cardio Drumming
 - 2:30 Short Story Hour
 - 3:30 Musical Moments
 - 4:30 Resident Council
 - 6:00 Guided Meditation

- 31**
- 9:00 Barre & Balance Class
 - 10:00 History Discussion: Shoes
 - 11:00 Acrylic Painting
 - 1:30 Cardio Drumming
 - 2:30 Short Story Hour
 - 3:30 Musical Moments
 - 4:30 Resident Council
 - 6:00 Guided Meditation

- 4** Independence Day
- 9:30 Cardio Walking
 - 10:00 Music with Sam
 - 11:00 Gratitude Journaling
 - 1:30 Tai Chi for Arthritis
 - 2:00 Dessert Club: Brownies
 - 3:00 Historic New England: Vermont
 - 4:00 Studio Arts
 - 6:30 Nail Spa

- 11**
- 9:30 Cardio Walking
 - 10:00 Music with Sam
 - 11:00 Gratitude Journaling
 - 1:30 Tai Chi for Arthritis
 - 2:00 Dessert Club: Cookies
 - 3:00 Historic New England: Maine
 - 4:00 Studio Arts
 - 6:30 Nail Spa

- 18**
- 9:30 Cardio Walking
 - 10:00 Music with Sam
 - 11:00 Gratitude Journaling
 - 1:30 Tai Chi for Arthritis
 - 2:00 Dessert Club: Jello Cups
 - 3:00 Historic New England: Mass
 - 4:00 Studio Arts
 - 6:30 Nail Spa

- 25**
- 9:30 Cardio Walking
 - 10:00 Music with Sam
 - 11:00 Gratitude Journaling
 - 1:30 Tai Chi for Arthritis
 - 2:00 Signature Series: Sixties Fashions with Karen
 - 2:00 Dessert Club: Fruit Pastries
 - 3:00 Historic New England: New York



- 5**
- 9:30 Barre & Balance Class
 - 10:00 Book Club: Poems
 - 11:00 Bones Builders
 - 1:00 Chorus
 - 2:00 Catholic Mass
 - 2:00 Excursion- Charlotte
 - 3:30 Floral Design Workshop
 - 6:00 Music Listening Hour

- 12**
- 9:30 Barre & Balance Class
 - 10:00 Book Club: Poems
 - 11:00 Bones Builders
 - 12:00 Sig Series: Seafood Boil
 - 2:00 Excursion- Shelburne
 - 2:00 Catholic Communion
 - 2:30 Guitarist - Corey G.
 - 3:30 Floral Design Workshop
 - 6:00 Music Listening Hour

- 19**
- 9:30 Barre & Balance Class
 - 10:00 Book Club: Poems
 - 11:00 Bones Builders
 - 1:00 Chorus
 - 2:00 Excursion- Shelburne
 - 2:00 Catholic Communion
 - 3:30 Floral Design Workshop
 - 6:00 Music Listening Hour

- 26**
- 9:30 Barre & Balance Class
 - 10:00 Book Club: Poems
 - 11:00 Bones Builders
 - 1:00 Chorus
 - 2:00 Excursion- Shelburne
 - 2:00 Catholic Communion
 - 3:30 Floral Design Workshop
 - 6:00 Music Listening Hour

- 6**
- 9:30 Zumba Dance
 - 10:00 Creative Writing
 - 11:00 Spa Session
 - 1:00 Essential Oils
 - 1:45 Saturday Ice Cream Bar
 - 3:00 Floral Arranging Session
 - 4:00 Lengthen & Strengthen
 - 6:00 Puzzle Hour

- 13**
- 9:30 Zumba Dance
 - 10:00 Creative Writing
 - 11:00 Spa Session
 - 1:00 Essential Oils
 - 1:45 Saturday Ice Cream Bar
 - 3:00 Floral Arranging Session
 - 4:00 Lengthen & Strengthen
 - 6:00 Puzzle Hour

- 20**
- 9:30 Zumba Dance
 - 10:00 Creative Writing
 - 11:00 Spa Session
 - 1:00 Essential Oils
 - 1:45 Saturday Ice Cream Bar
 - 3:00 Floral Arranging Session
 - 4:00 Lengthen & Strengthen
 - 6:00 Puzzle Hour

- 27**
- 9:30 Zumba Dance
 - 10:00 Creative Writing
 - 11:00 Spa Session
 - 1:00 Essential Oils
 - 1:45 Saturday Ice Cream Bar
 - 3:00 Floral Arranging Session
 - 4:00 Lengthen & Strengthen
 - 6:00 Puzzle Hour



Outing every Tuesday at 2pm.

Music with Sam every Thursday at 10am.

Excursion every Friday at 2pm.

Happy Birthday Nathalie and John!

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