

Signature Series Events

Spring Fling Garden Party

Tuesday, May 6th | 2:00pm | Back Patio

The flowers are blooming, the sun is shining, and violins are calling! Come sip, snack, and sway as we welcome the season with fresh air, floral charm, and soothing sounds of violin music by VioLynn Cannivan. Enjoy light fruity refreshments, sweet treats created by our talented culinary team, and create your own floral bar!

Exploring the World of Herbs

Monday, May 19th | 1:30pm | Bistro

Presented by UNH Extensions Master Gardner, Doris Bucu. Learn about easy-to-grow herbs perfect for containers and garden beds, as well as varieties that attract pollinators. Explore the history of individual herbs while enjoying the sights, scents, and textures of fresh potted plants. Savor the flavor of lavender cookies, and create your own aromatic sachet using a blend of dried herbs and spices like lavender, lemon balm, rose petals, peppermint leaves, orange peel, and cinnamon chip.

Doris Bucu was chosen as the 2024 Spirit of NH recipient - the highest honor that any volunteer or group can receive!

RSVP by Thursday, May 15th | BTalbot@residencesalemwoods.com

Salem Woods Dog Show



Friday, May 23rd | 4:00pm | Back Patio

Paws, applause, and a whole lot of tail wags! Join us for our 5th annual Salem Woods Dog Show as we celebrate our four-legged friends in style. Associates, families, and friends are all welcome to parade their furry friends for all to see. Residents will create dog treats for all of our Pawtipicants!

THE RESIDENCE at Salem Woods

From the Executive Director



Dear Residents, Families, and Friends,

Happy May! As we step into the heart of spring, our community is coming alive with color, sunshine, and renewed energy. It's a time of growth, reflection, and connection—and we are excited for all the opportunities this beautiful season brings.

We are looking forward to another month filled with engaging programs, meaningful moments, and the simple joys of everyday life. Whether it's enjoying the fresh air on a morning stroll, celebrating Mother's Day, or participating in our upcoming events, there's something for everyone to look forward to.

As always, we're grateful for the trust you place in us and the vibrant spirit each of you brings to our community. Here's to a month full of laughter, new memories, and the warmth of togetherness!

With appreciation and springtime cheer,

~ Brian

THE RESIDENCE AT SALEM WOODS *Associates*

Brian Beausoleil

Executive Director

Erin Scanlon

Senior Business Office Director

Brittany Talbot

Senior Sales/Marketing Director

Stephanie Raboin

Resident Care Director

Daisey Kayo-Wells

Senior Engagement Director

Sydney Tangney

Reflections Director

Joe Pagliccia

Senior Maintenance Director

Mary Zalanskas

Restaurant Operations Director



SundayMondayTuesdayWednesdayThursdayFridaySaturday

Reminders:

Hair Salon

Wednesday: 9-5

Transportation:

Medical Appts

Mon: 1-3

Tues: 9:30-3:30

Errands

Fri: 9:30-12

Outings

Wednesdays

Church

Sun: 8:30-11

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



- 4** **8:30 Van-Church Services**
10:00 Total Body Fitness
10:30 Anagrams Challenge
11:00 Karaoke with Fabian
1:00 Pop up 1\$ Store
1:00 Mahjong
2:30 Barre & Balance Class
3:00 Pub Happy Hour
3:00 **Vocal Group-Pacemakers**
4:30 Cribbage Group
- 5** **Cinco De Mayo**
10:00 Circuit Exercise
10:00 Mahjong
10:30 Knowledge Bout Challenge
11:00 **Latin Dancing-Ani Berube**
11:30 **Taco Bar Luncheon**
1:00 Quarter Bingo
2:00 Calendar Planning Mtg
2:15 Barre & Balance-Mariachi
3:00 **Cinco De Mayo Fiesta**
6:15 Feature Film

- 11** **Mothers Day**
8:30 Van-Church Services
10:00 Total Body Fitness
10:30 Anagrams Challenge
11:00 Karaoke with Fabian
11:00 **Mother’s Day Brunch**
1:00 Pop up 1\$ Store
1:00 Mahjong
2:30 Barre & Balance Class
3:00 Pub Happy Hour
4:30 Cribbage Group
- 12**
10:00 Circuit Exercise
10:00 Mahjong
10:30 Knowledge Bout Jeopardy
1:00 **React Neuro Sessions**
1:00 Quarter Bingo
1:00 **Therapy Dog Visit-Murph**
2:00 Catholic Mass
2:15 Barre & Balance
3:00 Cocktail Hour-Margaritas
5:00 **Girl Scouts-Tea Party**

- 18**
8:30 Van-Church Services
10:00 Total Body Fitness
10:30 Anagrams Challenge
11:00 Karaoke with Fabian
1:00 Pop up 1\$ Store
1:00 Mahjong
1:00 **Phil Harmonic Orchestra**
2:30 Barre & Balance Class
3:00 Pub Happy Hour
4:30 Cribbage Group
- 19**
10:00 Circuit Exercise
10:00 Mahjong
10:30 Knowledge Bout Challenge
1:00 Quarter Bingo
1:30 **Horticulture Event**
2:00 **Culinary Meeting**
2:15 Barre & Balance
3:00 Cocktail Hour-Margaritas
3:00 **Vocalist-Mark Stanzler**
4:15 Guided Meditation

- 25**
8:30 Van-Church Services
10:00 Total Body Fitness
10:30 Anagrams Challenge
11:00 Karaoke with Fabian
1:00 Pop up 1\$ Store
1:00 Mahjong
2:30 Barre & Balance Class
3:00 Pub Happy Hour
4:30 Cribbage Group
6:00 DocuSeries-Animal
- 26** **Memorial Day**
10:00 Circuit Exercise
10:00 Mahjong
10:30 Knowledge Bout Jeopardy
11:00 **Memorial Day Cookout**
1:00 **React Neuro Sessions**
1:00 Quarter Bingo
1:00 **Therapy Dog Visit-Murph**
2:00 **Film Selection Committee**
2:15 Barre & Balance
3:00 Cocktail Hour-Margaritas

- 6**
10:00 Engage Exercise Class
10:30 **Nurses Appreciation Hour**
11:00 **Garden Keepers Meeting**
1:00 Salem Woods Choir
1:30 **Ambassador Committee**
2:00 **Spring Fling**
2:00 **Violin-VioLynne C.**
3:30 Tai Chi for Arthritis
4:00 NY-Times: Wordle
6:15 Fire Pit & Reminisce
- 7**
9:45 **Outing-Fisher Cats Game**
10:00 Stretch & Tone
10:30 NY Times-Spelling Bee
11:15 Walking for Wellness
1:00 Group Crossword
2:30 Cardio Drumming
3:00 Pub Trivia Hour
3:15 **Bible Study**
4:15 Guided Meditation
5:30 Variation Bingo

- 13**
10:00 Engage Exercise Class
10:30 Travelogue-Netherlands
11:00 Garden Keepers
1:00 Salem Woods Choir
1:30 **Ambassador Committee**
1:30 Sweet Treats Baking Club
2:15 Tai Chi for Arthritis
3:00 Pub Happy Hour
3:15 **Trivia Tunes-Vin P.**
4:00 NY-Times: Wordle
- 14**
10:00 Stretch & Tone
10:00 **Outing-Elm Bank Garden**
10:30 Blank Slate Challenge
11:15 Walking for Wellness
1:00 Group Crossword
1:00 **Guest Speaker-Dermatology**
2:30 Cardio Drumming
3:00 Pub Trivia Hour
4:15 Guided Meditation

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10:00 Engage Exercise Class
10:30 Music Appreciation Hour
11:00 Garden Keepers
11:15 **Nonsectarian Service**
1:00 Salem Woods Choir
1:30 **Ambassador Committee**
1:30 Sweet Treats Baking Club
2:15 Tai Chi for Arthritis
3:00 **Meet & Mingle-Freeman Lake**
- 21** **Celebrate Marilyn G!**
10:00 Stretch & Tone
10:30 NY Times-Spelling Bee
11:00 **Lunch Outing-Azul Mexican**
11:15 Walking for Wellness
1:00 Group Crossword
2:30 Cardio Drumming
3:00 Pub Trivia Hour
3:15 **Bible Study**
4:15 Guided Meditation

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10:00 Engage Exercise Class
10:30 Travelogue-Netherlands
11:00 Garden Keepers
1:00 Salem Woods Choir
1:30 **Ambassador Committee**
1:30 Sweet Treats Baking Club
2:15 Tai Chi for Arthritis
3:00 Pub Happy Hour
3:30 **Taste of Culture**
4:00 NY-Times: Wordle
- 28**
10:00 Stretch & Tone
10:15 **Lunch Outing-Tuna Striker**
10:30 Blank Slate Challenge
11:15 Walking for Wellness
1:00 Group Crossword
2:30 Cardio Drumming
3:00 Pub Trivia Hour
3:00 **Vocalist-Josef Nocera**
4:15 Guided Meditation

- 1**
10:00 Engage Exercise Class
10:00 Mahjong
10:30 Curator-Frick Collection
11:00 **May Day Creations**
1:00 Paint Studio-Acrylic
1:30 Billiards Club
2:30 Barre & Balance
3:00 Pub Happy Hour
4:15 Poker Club
6:15 Feature Film
- 8** **Celebrate Mary C!**
10:00 Engage Exercise Class
10:00 Mahjong
10:30 TED Talk & Discussion
11:15 **Learn to Play-Bridge**
1:00 Paint Studio-Acrylic
1:30 Billiards Club
2:30 Barre & Balance
3:00 Pub Happy Hour
3:00 **Duo-Autumn Sol**
4:15 Poker Club

- 9** **Celebrate Roger H!**
9:30 Shopping/Errands: Bus
10:00 Resistance Band Training
10:30 **Floral Butterfly Workshop**
11:00 Cribbage Club
11:15 **Therapy Dog Visit-Livi**
1:15 **Guest Speaker-Memorial Day**
1:30 Card Players-45’s
2:15 Tai Chi for Arthritis
- 16**
9:30 Shopping/Errands: Bus
10:00 Resistance Band Training
10:30 **Lecture-Mayan Ruins**
11:00 Cribbage Club
1:00 **Resin Keychain Workshop**
1:30 Card Players-45’s
2:15 Tai Chi for Arthritis
3:00 **Signature Cocktail Hour**
3:15 **Chef Showcase Social**
6:15 Feature Film

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10:00 Engage Exercise Class
10:00 Mahjong
10:30 Curator-Frick Collection
11:15 Spa Session-Manicures
1:00 Paint Studio-Acrylic
1:30 Billiards Club
2:30 Barre & Balance
3:00 Pub Happy Hour
4:15 Poker Club
6:15 Feature Film
- 23**
9:30 Shopping/Errands: Bus
10:00 Resistance Band Training
10:30 **Lecture-Future of Tech**
11:15 **Therapy Dog Visit-Livi**
1:00 **Mosaic Heart Workshop**
1:30 Card Players-45’s
2:00 **Joyful Hymns Music**
2:15 Tai Chi for Arthritis
3:00 **Signature Cocktail Hour**
4:00 **Salem Woods Dog Show**

- 29**
10:00 Engage Exercise Class
10:00 Mahjong
10:30 Lecture-Exercise Benefits
11:15 Spa Session-Manicures
1:00 Paint Studio-Acrylic
1:30 Billiards Club
2:30 Barre & Balance
3:00 Pub Happy Hour
4:15 Poker Club
- 30** **Celebrate Charlotte M!**
9:30 Shopping/Errands: Bus
10:00 Resistance Band Training
10:30 Lecture-Ukulele Origin
11:00 **Cribbage Club**
1:00 **Resident Council Meeting**
1:30 Card Players-45’s
2:15 Tai Chi for Arthritis
3:00 Signature Cocktail Hour
3:00 **SNUG-Ukulele Group**
6:15 Feature Film

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10:00 Pilates Stretch
10:30 Group Crossword
11:15 Mexican Train Dominoes
11:15 Spa Session: Manicures
1:00 Jewelry Design Workshop
1:15 Docuseries-National Parks
2:30 Cardio Drumming
3:00 Happy Hour
6:00 Feature Film