

Culinary Corner

Welcome to the first edition of the Salem Woods Culinary Corner.

To keep constant communication from your kitchen to your fork we would like to take some time each month to talk about exciting stuff happening in the engine room. We will use our piece of the editorial to go over food related topics such as produce coming in season, chef specials, highlighting some of our amazing associates and so on. As we inch closer to the spring months, our specials menu will begin to incorporate more local produce. The transition from heavy winter menu items, like stews and braised meats, towards more light and colorful dishes prepares us for the fresh feeling of spring. In March we will begin to see early produce in the northeast such as fresh herbs, and some varieties of mushrooms. Collards and other cruciferous vegetables will begin to be harvested, as well as some root vegetables like rutabaga, just in time for St. Patrick's Day.

As always, please feel free to let me know if you have any questions or if there were any items you would like to see incorporated into the daily specials.

Your Chef,
Jonathan Moore

March Signature Series

Chopped Challenge

Thursday, March 14th, 2:00pm

Experience the ultimate culinary showdown as managers team up with associates for a thrilling chopped challenge. Paired up and pitted against each other, they will battle head to head, crafting delectable dishes with secret ingredients unveiled by our Restaurant Operations Director. A panel of residents will be chosen to taste and judge the dishes created. Join us in the bistro and let the challenge commence, who will be the champion?!

Charcuterie Workshop

Friday, March 22nd, 2:00pm

Indulge in the art of charcuterie like never before at our "build your own" charcuterie event. Join us as residents and guests embark on a hands-on workshop featuring Boars Head delights, where each participant will receive their own mini board to craft a masterpiece. Elevate your entertaining skills and join us for this culinary adventure that's sure to impress!



THE
RESIDENCE
at Salem Woods

From the Executive Director



Greetings and Happy March from
The Residence at Salem Woods!

March is a busy, colorful month full of celebrations and activities for residents and staff. It also brings the promise of gardening, flowers, and warmer days as the Earth turns its frostbitten cheek to winter and

'springs' forth from the vernal equinox. This year, Daylight Savings starts at 2am on March 10th. Don't forget to 'spring ahead' and set the clocks one hour forward, or you may find yourself one hour late!

March 17th is a favorite here at Salem Woods with the celebration of St. Patrick's Day. We will be wearing our green, singing Irish songs, and enjoying corned beef and cabbage as a Community. We have a packed calendar including traditional Irish music and Irish step-dancing.

Lastly, keep an eye out for March's full moon when it reaches peak illumination on March 25th. The 'Worm Moon' was originally thought to refer to the earthworms that appear as soil warms in the spring. The appearance of earthworms invites robins and other birds to feed—a true sign of the spring season. All of us here at Salem Woods are excited to put the long, cold winter behind us and look forward to a new, brighter season.

Be well,

~April

THE RESIDENCE AT SALEM WOODS *Associates*

April Lyons

Senior Executive Director

Erin Scanlon

Senior Business Office Director

Brittany Talbot

Senior Sales/Marketing Director

Stephanie Raboin

Resident Care Director

Daisey Kayo-Wells

Resident Engagement Director

Katie Huberdeau

Senior Reflections Director

Joe Pagliccia

Senior Maintenance Director

Jonathan Moore

Restaurant Operations Director



MARCH	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	Easter 9:00 Van-Mary Queen of Peace 10:00 Total Body Fitness 10:30 Anagrams Challenge 11:00 Easter Brunch 11:30 Scrabble Club 1:00 Pop up 1\$ Store 1:15 Needle and Mingle 2:30 Barre & Balance Class 3:00 Soda Float Social 3:30 Cribbage Group					1 Celebrate Joanne H! 9:30 Shopping/Errands: Bus 10:00 Resistance Band Training 10:30 Lecture-20th Century Art 11:00 Lean Lunch Lounge 11:30 REACT Neuro Sessions 1:00 Paint Studio: Acrylic 1:30 Billiards Club 2:30 Barre & Balance 3:00 Charades Happy Hour 6:15 Feature Film	2 10:00 Total Body Fitness 10:30 Group Crossword 11:30 Nail and Hand Pampering 1:00 Mexican Train Dominoes 1:15 Travelogue-California 2:00 Saturday Matinee 2:30 Cardio Drumming 3:00 Happy Hour 6:15 Resident Run Bingo
3	Celebrate Dennis M! 9:00 Van-Mary Queen of Peace 10:00 Total Body Fitness 10:30 Anagrams Challenge 11:30 Scrabble Club 1:00 Pop up 1\$ Store 1:15 Needle and Mingle 2:30 Barre & Balance Class 3:00 Soda Float Social 3:30 Cribbage Group 4:00 Technology Education	4 10:00 Circuit Exercise 10:30 Knowledge Bout Jeopardy 11:15 Learn to Play-Bridge 11:45 Floral Centerpieces 1:00 Quarter Bingo 2:00 Engagement Planning Mtg 2:00 SHIELD Check In 2:15 Advanced-Bone Density 3:00 Cocktail Hour-Margaritas 3:00 Vocalist-Mark Stanzler	5 Celebrate Maria K! 10:00 CPTE Exercise Class 10:30 Travelogue-Ireland 11:00 Pizza Bar Luncheon 11:15 Spa Session-Rejuvenate 1:00 Bakers Corner-Mint Fudge 1:30 Ambassador Committee 2:00 45's Card Club 2:30 Tai Chi for Arthritis 3:00 Cinco De Marcho Social 6:00 Docuseries-WW2	6 10:00 Stretch & Tone 10:30 Blank Slate Challenge 10:45 Outing-You're Fired Pottery 11:15 Ping Pong Club 11:30 Film Selection Committee 1:00 Jewelry Design Workshop 2:30 Cardio Drumming 3:00 Pub Trivia Hour 4:00 Cribbage Group	7 10:00 CPTE Exercise Class 10:30 March Centerpiece Workshop 10:45 History Who's Who 11:30 Salem Woods Choir 1:00 Guest Speaker-Katrina R, SHIELD 1:30 Resident Run Billiards 2:30 Tai Chi for Arthritis 3:00 Signature Cocktail Hour	8 9:30 Shopping/Errands: Bus 10:00 Resistance Band Training 10:30 Lecture-Orville Redenbacher 11:00 Lean Lunch Lounge 11:30 REACT Neuro Sessions 1:00 Paint Studio: Acrylic 1:30 Precision Praction-Darts 2:30 Barre & Balance 3:00 Popcorn Bar Social	9 10:00 Pilates Stretch 10:30 Group Crossword 11:30 Nail and Hand Pampering 1:00 Mexican Train Dominoes 1:15 Travelogue-Colorado 2:00 Saturday Matinee 2:30 Cardio Drumming 3:00 Happy Hour 6:15 Resident Run Bingo
10	Spring Forward 9:00 Van-Mary Queen of Peace 10:00 Total Body Fitness 10:30 Anagrams Challenge 11:30 Scrabble Club 12:00 Outing-Palace Theater:The Prom 1:00 Pop up 1\$ Store 1:15 Needle and Mingle 2:30 Barre & Balance Class 3:00 Soda Float Social	11 10:00 Circuit Exercise 10:30 Court Cases Discussion 11:15 Learn to Play-Bridge 1:00 Quarter Bingo 2:00 Catholic Mass 2:00 SHIELD Check In 2:15 Advanced-Bone Density 3:00 Cocktail Hour-Shamrock Margaritas 3:00 Guitarist-Chris Ekblom	12 10:00 CPTE Exercise Class 10:30 Music Appreciation-Bagpipes 11:00 Pizza Bar Luncheon 11:15 Nail and Hand Pampering 1:00 Bakers Corner-Cookies 1:30 Ambassador Committee 2:00 45's Card Club 2:30 Tai Chi for Arthritis 2:30 Curious Creatures	13 10:00 Stretch & Tone 10:30 History of K9 Corps 11:00 Lunch Outing-Holy Grail 11:15 Bocce Challenge 1:00 Jewelry Design Workshop 2:30 Cardio Drumming 3:00 Pub Trivia Hour 3:15 Bible Study 4:00 Cribbage Group 5:30 Variation Bingo	14 10:00 CPTE Exercise Class 10:45 Guest Speaker-Mabel P, Sensory Training 11:30 Salem Woods Choir 1:00 Butterfly Leaf Workshop 1:30 Pen Pals Group 2:30 Tai Chi for Arthritis 3:00 Chopped Challenge 4:00 Poker Club 6:15 Fireside Chat	15 9:30 Shopping/Errands: Bus 10:00 Resistance Band Training 10:30 Lecture-Tony Bennett 11:00 Lean Lunch Lounge 11:30 REACT Neuro Sessions 11:30 McGonagles-Irish Step Show 1:00 Paint Studio: Acrylic 1:30 Billiards Club 2:30 Barre & Balance	16 10:00 Total Body Fitness 10:30 Group Crossword 11:30 Nail and Hand Pampering 1:00 Mexican Train Dominoes 1:15 Travelogue-Connecticut 2:00 Saturday Matinee 2:00 Friends & Family Easter Egg Hunt 2:30 Cardio Drumming 3:00 Happy Hour
17	Happy St. Patrick's Day! 8:30 Irish Coffee Bar 9:00 Van-Mary Queen of Peace 10:00 Total Body Fitness 10:30 Anagrams Challenge 11:30 Fiddler/Guitarist-J&J 1:00 Pop up 1\$ Store 1:15 Needle and Mingle 2:30 Barre & Balance Class 3:00 Luck of the Irish Social 3:30 Cribbage Group	18 10:00 Circuit Exercise 10:30 Knowledge Bout Jeopardy 11:00 Therapy Dog Visit-Murph 11:15 Learn to Play-Bridge 11:45 Floral Centerpieces 1:00 Quarter Bingo 2:00 Culinary Meeting 2:00 SHIELD Check In 2:15 Advanced-Bone Density 3:00 Cocktail Hour-Margaritas	19 Celebrate Barbara K! 10:00 CPTE Exercise Class 10:30 Travelogue-Poland 11:00 Pizza Bar Luncheon 11:15 Spa Session-Rejuvenate 1:00 Bakers Corner-Birds Nest 1:30 Ambassador Committee 2:00 45's Card Club 2:30 Tai Chi for Arthritis 3:00 Table Game Social 6:00 Girl Scouts Visit	20 10:00 Stretch & Tone 10:15 Outing-Mcintyre Ski Area 10:30 Blank Slate Challenge 11:15 Ping Pong Club 1:00 Jewelry Design Workshop 2:30 Cardio Drumming 3:00 Pub Trivia Hour 4:00 Cribbage Group 5:30 Variation Bingo 6:15 Featured Film	21 Celebrate Larry B! 10:00 CPTE Exercise Class 10:45 History Who's Who 11:30 Salem Woods Choir 1:00 Shower Steamer Workshop 1:30 Resident Run Billiards 2:30 Tai Chi for Arthritis 3:00 Signature Cocktail Hour 3:15 Chef Showcase Social 4:00 Poker Club 6:15 Fireside Chat	22 9:30 Shopping/Errands: Bus 10:00 Resistance Band Training 10:30 The Language of Flowers 11:00 Lean Lunch Lounge 11:30 REACT Neuro Sessions 1:00 Paint Studio: Acrylic 1:30 Precision Praction-Darts 2:00 Charcuterie Workshop 2:30 Barre & Balance 3:00 Charades Happy Hour	23 10:00 Pilates Stretch 10:30 Group Crossword 11:30 Nail and Hand Pampering 1:00 Mexican Train Dominoes 1:15 Travelogue-Delaware 2:00 Saturday Matinee 2:30 Cardio Drumming 3:00 Happy Hour 6:15 Resident Run Bingo
24	9:00 Van-Mary Queen of Peace 10:00 Total Body Fitness 10:30 Anagrams Challenge 11:30 Scrabble Club 1:00 Pop up 1\$ Store 1:15 Needle and Mingle 2:30 Barre & Balance Class 3:00 Soda Float Social 3:30 Cribbage Group 4:00 Technology Education	25 10:00 Circuit Exercise 10:30 Court Cases Discussion 11:15 Learn to Play-Bridge 1:00 Quarter Bingo 2:00 SHIELD Check In 2:00 Film Selection Committee 2:15 Advanced-Bone Density 3:00 Cocktail Hour-Margaritas 4:00 Guided Meditation 6:15 Feature Film	26 10:00 CPTE Exercise Class 10:30 Music Appreciation-France 11:00 Pizza Bar Luncheon 11:15 Nail and Hand Pampering 1:00 Bakers Corner 1:30 Ambassador Committee 2:00 45's Card Club 2:30 Tai Chi for Arthritis 3:00 Table Game Social	27 Celebrate Jackie E! 10:00 Stretch & Tone 10:30 NY Times-Word Wheels 11:00 Lunch Outing-Popovers 11:15 Bocce Challenge 1:00 Jewelry Design Workshop 2:30 Cardio Drumming 3:00 Pub Trivia Hour 3:00 Vocalist-Josef Nocera 3:15 Bible Study 4:00 Cribbage Group	28 9:00 Welcome Breakfast 10:00 CPTE Exercise Class 10:45 Historic New England 11:30 Salem Woods Choir 1:00 Resident Council Meeting 1:30 Resident Run Billiards 2:30 Tai Chi for Arthritis 3:00 Signature Cocktail Hour 4:00 Poker Club 5:30 Book Club Dinner	29 9:30 Shopping/Errands: Bus 10:00 Resistance Band Training 10:30 Paint Studio: Acrylic 11:00 Lean Lunch Lounge 11:30 REACT Neuro Sessions 1:15 Guest Speaker-Robin S, Ireland 1:30 Billiards Club 2:00 Joyful Hymns Music 2:30 Barre & Balance	30 10:00 Total Body Fitness 10:30 Group Crossword 11:30 Nail and Hand Pampering 1:00 Mexican Train Dominoes 1:15 Travelogue-Alabama 2:00 Saturday Matinee 2:30 Cardio Drumming 3:00 Happy Hour 6:15 Resident Run Bingo

Reminders:

Hair Salon

Wednesday: 9-5

Transportation:

Medical Appts

Mon: 9-12

Tues: 9:30-3:30

Errands

Fri: 9-12

Outings

Wednesdays

Church

Sun: 9-11

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