

# REFLECTIONS - MAY 2025

## Sunday



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday



## Quotable Quotes

“You are never too  
old to set a new goal  
or to dream a new  
dream.”  
-C.S. Lewis

“May the flowers  
remind us why the  
rain was so neces-  
sary.”  
- Xan Oku

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**  
9:30 Daily Chronicles  
10:00 Virtual Catholic Mass  
11:00 Strength & Balance  
1:30 Creative Art  
2:30 Barre & Balance Class  
3:00 Sundae Social  
3:00 Vocal Group-Pacemakers  
4:30 Cribbage Group  
6:00 Sunday Music Series

**5** Cinco de Mayo  
10:00 Motivational Mondays  
10:45 **Outing: Hampton Beach**  
11:00 Latin Dancing-Ani Berube  
11:30 Taco Bar Luncheon  
1:30 Relax & Renew Exercise  
2:15 Barre & Balance-Mariachi  
3:00 Pub Happy Hour  
3:30 Community Bingo  
6:00 Musical Moments:

**6**  
10:00 Positive News Report  
10:30 Strength & Balance  
11:00 Pizza Bar Luncheon  
11:30 Trivia Tunes  
1:00 Salem Woods Choir  
2:00 Violin-VioLynne C.  
3:30 Tai Chi for Arthritis  
4:00 NY Times Wordle  
6:00 Words with Rhythm

**7**  
10:00 Daily Chronicles  
10:30 Movement & Dance  
11:00 Roots and Bloom Club  
11:15 Walking for Wellness  
2:30 Cardio Drumming  
3:00 Corks & Curds Social  
3:15 Bible Study  
4:00 Card Sharks Club  
6:00 Harmonious Sounds

**8**  
10:00 This Day in History  
10:45 **Outing: Merrill's Tavern**  
11:00 Boar's Head Deli Day  
1:30 Billiards Club  
1:30 Resistance Band Training  
2:00 Sweet Treats Baking Club  
2:30 Barre & Balance  
3:00 Duo-Autumn Sol  
6:00 Guided Meditation

**9**  
10:00 Daily Chronicle  
10:30 Low Intensity Cardio  
11:00 Cribbage Club  
11:15 Therapy Dog Visit-Livi  
1:30 Relaxing Manicures  
2:00 Stan Anderson Live  
2:15 Tai Chi for Arthritis  
3:30 Creative Art  
6:15 Friday Night Flick

**10**  
10:00 Positive News Report  
10:30 Seated Chair Aerobics  
11:00 Group Crossword  
1:30 Jeopardy Challenge  
2:30 Cardio Drumming  
3:00 Community Gathering  
3:30 Brain Games  
4:00 Karaoke Reminiscing  
6:00 Musical Moments

**11** Mother's Day  
9:30 Daily Chronicles  
10:00 Virtual Catholic Mass  
11:00 Strength & Balance  
1:30 Creative Art  
2:30 Barre & Balance Class  
3:00 Sundae Social  
4:00 Guided Meditation  
4:30 Cribbage Group  
6:00 Sunday Music Series

**12**  
10:00 Motivational Mondays  
10:45 **Outing: Sandown**  
1:00 Therapy Dog Visit-Murph  
1:30 Relax & Renew Exercise  
2:00 Catholic Mass  
2:15 Barre & Balance  
3:00 Pub Happy Hour  
3:30 Community Bingo  
6:00 Musical Moments:

**13**  
10:00 Positive News Report  
10:30 Strength & Balance  
11:00 Pizza Bar Luncheon  
11:30 Trivia Tunes  
1:00 Salem Woods Choir  
1:30 Sweet Treats Baking Club  
2:15 Tai Chi for Arthritis  
3:15 Trivia Tunes-Vin P.  
4:00 NY Times Wordle  
6:00 Words with Rhythm

**14**  
10:00 Daily Chronicles  
10:30 Movement & Dance  
11:00 Roots and Bloom Club  
11:15 Walking for Wellness  
1:00 Guest  
Speaker-Dermatology  
2:30 Cardio Drumming  
3:00 Corks & Curds Social  
4:00 Card Sharks Club  
6:00 Harmonious Sounds

**15**  
10:00 This Day in History  
10:45 **Outing: Cracker Barrel**  
11:00 Boar's Head Deli Day  
1:30 Billiards Club  
1:30 Resistance Band Training  
2:30 Barre & Balance  
3:00 Happy Hour Social  
3:30 Community Bingo  
6:00 Guided Meditation

**16**  
10:00 Daily Chronicle  
10:30 Low Intensity Cardio  
11:00 Cribbage Club  
1:30 Relaxing Manicures  
2:15 Tai Chi for Arthritis  
3:00 Pub Happy Hour  
3:15 Chef Showcase Social  
3:30 Creative Art  
6:15 Friday Night Flick

**17**  
10:00 Positive News Report  
10:30 Seated Chair Aerobics  
11:00 Group Crossword  
1:30 Jeopardy Challenge  
2:30 Cardio Drumming  
3:00 Community Gathering  
3:30 Brain Games  
4:00 Karaoke Reminiscing  
6:00 Musical Moments

**18**  
9:30 Daily Chronicles  
10:00 Virtual Catholic Mass  
11:00 Strength & Balance  
1:30 Creative Art  
2:30 Barre & Balance Class  
3:00 Sundae Social  
4:00 Guided Meditation  
4:30 Cribbage Group  
6:00 Sunday Music Series

**19**  
10:00 Motivational Mondays  
10:45 **Outing: Andover**  
1:30 Relax & Renew Exercise  
1:30 Horticulture Event  
2:15 Barre & Balance  
3:00 Pub Happy Hour  
3:00 Vocalist-Mark Stanzler  
3:30 Community Bingo  
6:00 Musical Moments:

**20**  
10:00 Positive News Report  
10:30 Strength & Balance  
11:00 Pizza Bar Luncheon  
11:15 Nonsectarian Service  
11:30 Trivia Tunes  
1:00 Salem Woods Choir  
1:30 Sweet Treats Baking Club  
2:15 Tai Chi for Arthritis  
4:00 NY Times Wordle  
6:00 Words with Rhythm

**21**  
10:00 Daily Chronicles  
10:30 Movement & Dance  
11:00 Roots and Bloom Club  
11:15 Walking for Wellness  
2:30 Cardio Drumming  
3:00 Corks & Curds Social  
3:15 Bible Study  
4:00 Card Sharks Club  
6:00 Harmonious Sounds

**22**  
10:00 This Day in History  
10:45 **Outing: 110 Grill**  
11:00 Boar's Head Deli Day  
1:30 Billiards Club  
1:30 Resistance Band Training  
2:30 Barre & Balance  
3:00 Happy Hour Social  
3:30 Community Bingo  
6:00 Guided Meditation

**23**  
10:00 Daily Chronicle  
10:30 Low Intensity Cardio  
11:15 Therapy Dog Visit-Livi  
1:30 Relaxing Manicures  
2:00 Joyful Hymns Music  
2:15 Tai Chi for Arthritis  
3:00 Pub Happy Hour  
3:30 Creative Art  
6:15 Friday Night Flick

**24**  
10:00 Positive News Report  
10:30 Seated Chair Aerobics  
11:00 Group Crossword  
1:30 Jeopardy Challenge  
2:30 Cardio Drumming  
3:00 Community Gathering  
3:30 Brain Games  
4:00 Karaoke Reminiscing  
6:00 Musical Moments

**25**  
9:30 Daily Chronicles  
10:00 Virtual Catholic Mass  
11:00 Strength & Balance  
1:30 Creative Art  
2:30 Barre & Balance Class  
3:00 Sundae Social  
4:00 Guided Meditation  
4:30 Cribbage Group  
6:00 Sunday Music Series

**26** Memorial Day  
10:00 Motivational Mondays  
10:45 **Outing: Lawrence**  
11:00 Memorial Day Cookout  
1:00 Therapy Dog Visit-Murph  
1:30 Relax & Renew Exercise  
2:00 Liam Foley, Music Maker  
2:15 Barre & Balance  
3:30 Community Bingo  
6:00 Musical Moments:

**27**  
10:00 Positive News Report  
10:30 Strength & Balance  
11:00 Pizza Bar Luncheon  
11:30 Trivia Tunes  
1:00 Salem Woods Choir  
1:30 Sweet Treats Baking Club  
2:15 Tai Chi for Arthritis  
4:00 NY Times Wordle  
6:00 Words with Rhythm

**28**  
10:00 Daily Chronicles  
10:30 Movement & Dance  
11:00 Roots and Bloom Club  
11:15 Walking for Wellness  
1:30 Jewlery Workshop  
2:30 Cardio Drumming  
3:00 Corks & Curds Social  
4:00 Card Sharks Club  
6:00 Harmonious Sounds

**29**  
10:00 This Day in History  
10:45 **Outing: Brown's Lobster**  
11:00 Boar's Head Deli Day  
1:30 Billiards Club  
1:30 Resistance Band Training  
2:30 Barre & Balance  
3:00 Happy Hour Social  
3:30 Community Bingo  
6:00 Guided Meditation

**30**  
10:00 Daily Chronicle  
10:30 Low Intensity Cardio  
11:00 Cribbage Club  
1:30 Relaxing Manicures  
2:15 Tai Chi for Arthritis  
3:00 Pub Happy Hour  
3:00 SNUG-Ukulele Group  
3:30 Creative Art  
6:15 Friday Night Flick

**31**  
10:00 Positive News Report  
10:30 Seated Chair Aerobics  
11:00 Group Crossword  
1:30 Jeopardy Challenge  
2:30 Cardio Drumming  
3:00 Community Gathering  
3:30 Brain Games  
4:00 Karaoke Reminiscing  
6:00 Musical Moments