

REFLECTIONS - MARCH 2024

March 31	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Easter							
9:30 Spiritual Services 10:15 Strength & Balance 10:45 Autumn in New Hampshire 11:15 Comedy Corner 11:30 Card Players Club 1:30 Pilates Stretch 2:30 Barre & Balance Class 3:00 Brews & Blues 4:00 Karaoke Classics 6:00 Music Knowledge	4 10:00 Motivational Mondays 10:15 Weightlifting for Density 10:45 Floral Design Worshop 1:30 Outing: Old rail trail 2:00 Music Memories: The Rolling Stones 3:00 Mocktails & Beer 4:00 Bingo 4:00 Shuffleboard	5 10:00 Good Morning Salem Woods 10:45 Trivial Pursuit 11:00 Ladies Spa Day 12:00 Bistro: Specialty Pizza 1:30 Art Skills - Color Therapy 1:30 Cooking Class - Cookie Creations 2:30 Tai Chi for Arthritis 3:00 Teas around the World	6 10:00 Short Story Hour 10:15 Dance & Movement 11:00 What's the good news? 11:30 Card Players Club 1:00 Wine Bottle Decor 1:30 Golfing 2:00 Craft - Wine Bottle Creation 2:30 Bowling League 2:30 Cardio Drumming	7 10:00 This Day in History 10:15 Weightlifting for Density 11:00 Floral Arranging 101 11:30 Salem Woods Choir 11:30 Outing: T-Bones 12:00 Boars Head Deli Bar 1:30 Volleyball Tournament 2:30 Tai Chi for Arthritis 3:00 Thirsty Thursday	8 10:00 Daily Chronicle 10:15 Lengthen and Strengthen 11:00 Lip Sync Challenge 11:00 Lean Lunch Lounge 11:30 State by State: Arizona 1:30 Taste of the World: Pretzels 2:00 Virtual Tour: Dublin 2:30 Barre & Balance 3:00 Pub Hour	9 10:00 Morning Devotions 10:15 Resistance Bands Strength 11:00 Poetry Corner 11:30 Card Players Club 1:30 Cardio Drumming 2:00 Card Sharks Club 3:00 Sundae Social 4:00 Anagrams 6:00 History 101: Irish	
10 9:30 Spiritual Services 10:15 Strength & Balance 10:45 Autumn in New Hampshire 11:15 Laugh Out Loud 11:30 Card Players Club 1:30 Pilates Stretch 2:30 Barre & Balance Class 3:00 Brews & Blues 4:00 Karaoke Classics 6:00 Music Knowledge	11 10:00 Motivational Mondays 10:15 Weightlifting for Density 10:45 Knowledge About Challenge 1:30 Outing: NH Coast 2:00 Catholic Mass 2:00 Music Memories: The Beatles 3:00 Mocktails & Beer	12 10:00 Good Morning Salem Woods 10:45 Trivial Pursuit 11:00 Ladies Spa Day 12:00 Bistro: Specialty Pizza 1:15 Word Retrieval-Wendy G. 1:30 Art Skills - Color Therapy 1:30 Cooking Class - Irish Soda Bread 2:00 Ceramics Class	13 10:00 Short Story Hour 10:15 Dance & Movement 11:00 What's the good news? 11:30 Card Players Club 1:00 Jewelry Design Workshop 1:30 Target Practice 2:00 Craft - Floral Baskets 2:30 Cardio Drumming 3:00 Wine Tasting Social 6:00 Guided Meditation	14 10:00 This Day in History 10:15 Weightlifting for Density 11:00 Floral Arranging 101 11:30 Salem Woods Choir 12:00 Boars Head Deli Bar 1:30 Tennis Match 1:30 Outing: Salem Cinema 2:30 Tai Chi for Arthritis 3:00 Thirsty Thursday	15 10:00 Daily Chronicle 10:15 Lengthen and Strengthen 10:45 Glenn Miller Broadcast 11:00 Lean Lunch Lounge 11:30 State by State: North Dakota 1:30 Billiards Club 2:00 Joyful Music 2:00 Virtual Tour: St. John's Cathedral	16 10:00 Morning Devotions 10:15 Resistance Bands Strength 11:00 Inspirational Stories 11:30 Card Players Club 1:30 Cardio Drumming 2:00 Card Sharks Club 3:00 Sundae Social 4:00 Anagrams 6:00 History 101: St. Patrick	
17 St Patrick's Day 9:30 Spiritual Services 10:15 Strength & Balance 10:45 Autumn in New Hampshire 11:15 Comedy Corner 11:30 Card Players Club 1:30 Pilates Stretch 2:30 Barre & Balance Class 3:00 Irish Pub 4:00 Karaoke Classics 6:00 Music Knowledge	18 10:00 Motivational Mondays 10:15 Weightlifting for Density 10:45 Floral Design Worshop 1:30 Outing: Sandborn 2:00 Music Memories: Barbara Streisand 3:00 Mocktails & Beer 4:00 Bingo 4:00 Shuffleboard	19 10:00 Good Morning Salem Woods 10:45 Trivial Pursuit 11:00 Ladies Spa Day 12:00 Bistro: Specialty Pizza 1:30 Art Skills - Color Therapy 1:30 Cooking Class - Bread Pudding 2:30 Tai Chi for Arthritis 3:00 Teas around the World	20 Happy Birthday Gwen! 10:00 Short Story Hour 10:15 Dance & Movement 11:00 What's the good news? 11:30 Card Players Club 1:00 Jewelry Design Workshop 1:30 Golfing 2:00 Craft - Mosaic Frames 2:30 Cardio Drumming 3:00 Wine Tasting Social 6:00 Guided Meditation	21 10:00 This Day in History 10:15 Weightlifting for Density 11:00 Floral Arranging 101 11:30 Salem Woods Choir 12:00 Boars Head Deli Bar 1:30 Resident Council Meeting 1:30 Volleyball Tournament 1:30 Outing: Butterfly Museum 2:30 Tai Chi for Arthritis	22 10:00 Daily Chronicle 10:15 Lengthen and Strengthen 11:00 Lip Sync Challenge 11:00 Lean Lunch Lounge 11:30 State by State: Vermont 1:30 Taste of the World: Egg Tart 2:00 Joyful Hymns Music 2:00 Virtual Tour: Jersey Shore	23 10:00 Morning Devotions 10:15 Resistance Bands Strength 11:00 Poetry Corner 11:30 Card Players Club 1:30 Cardio Drumming 2:00 Card Sharks Club 3:00 Sundae Social 4:00 Anagrams 6:00 History 101: Irish	
24 9:30 Spiritual Services 10:15 Strength & Balance 10:45 Autumn in New Hampshire 11:15 Laugh Out Loud 11:30 Card Players Club 1:30 Pilates Stretch 2:30 Barre & Balance Class 3:00 Brews & Blues 4:00 Karaoke Classics 6:00 Music Knowledge	25 10:00 Motivational Mondays 10:15 Weightlifting for Density 10:45 Knowledge About Challenge 1:30 Outing: Historical Andover 2:00 Music Memories: Perry Como 3:00 Mocktails & Beer	26 10:00 Good Morning Salem Woods 10:45 Trivial Pursuit 11:00 Ladies Spa Day 12:00 Bistro: Specialty Pizza 1:30 Art Skills - Color Therapy 1:30 Cooking Class - Shamrock Salad 2:30 Tai Chi for Arthritis 3:00 Teas around the World	27 10:00 Short Story Hour 10:15 Dance & Movement 11:00 What's the good news? 11:30 Card Players Club 1:00 Jewelry Design Workshop 1:30 Target Practice 2:00 Craft - Sunflower 2:30 Cardio Drumming 3:00 Wine Tasting Social 6:00 Guided Meditation	28 10:00 This Day in History 10:15 Weightlifting for Density 11:00 Floral Arranging 101 11:30 Salem Woods Choir 12:00 Boars Head Deli Bar 1:30 Tennis Match 1:30 Outing: Lady Vixen Pedicures 2:30 Tai Chi for Arthritis	29 10:00 Daily Chronicle 10:15 Lengthen and Strengthen 10:45 Jackie Gleason Broadcast 11:00 Lean Lunch Lounge 11:30 State by State: Maine 1:30 Billiards Club 2:00 Virtual Tour: Washington 2:30 Barre & Balance 3:00 Pub Hour 3:30 Musical History	30 10:00 Morning Devotions 10:15 Resistance Bands Strength 11:00 Inspirational Stories 11:30 Card Players Club 1:30 Cardio Drumming 2:00 Card Sharks Club 3:00 Sundae Social 4:00 Anagrams 6:00 History 101: Irish	

Reflections News

Our monthly suport group is on Tuesday, March 19th at 11:30a in the Reflection Li-brary. Light Refresh-ments will be served. Please reach out to Katie if you are inter-ested.

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