REFLECTIONS - MAY 2025



Wednesday **Thursday Sunday Monday Tuesday Friday** 10:00 Daily Chronicle **10:00** This Day in History 10:45 Outing:Black Water Grill 10:30 Low Intensity Cardio 11:00 Boar's Head Deli Day 11:00 Cribbage Club Happy 1:30 Billiards Club 1:30 Relaxing Manicures 1:30 Resistance Band Training 2:15 Tai Chi for Arthritis Mother's 3:00 Kentucky Derby Social 2:30 Barre & Balance 3:00 Happy Hour Social 4:00 Brain Game Trivia 3:30 Community Bingo 6:00 Reflective Moments 6:00 Guided Meditation 6:15 Friday Night Flick Cinco de Mayo 10:00 Motivational Mondays 9:30 Daily Chronicles 10:00 Positive News Report 10:00 Daily Chronicles **10:00** This Day in History 10:00 Daily Chronicle 10:00 Virtual Catholic Mass 10:45 Outing: Hampton Beach 10:30 Strength & Balance 10:30 Movement & Dance 10:45 Outing: Merrill's Tavern 10:30 Low Intensity Cardio 11:00 Strength & Balance 11:00 Latin Dancing-Ani Berube 11:00 Pizza Bar Luncheon 11:00 Roots and Bloom Club 11:00 Boar's Head Deli Day 11:00 Cribbage Club 11:15 Walking for Wellness 1:30 Creative Art 11:30 Taco Bar Luncheon 11:30 Trivia Tunes 1:30 Billiards Club 11:15 Therapy Dog Visit-Livi 2:30 Barre & Balance Class 1:30 Relax & Renew Exercise 1:00 Salem Woods Choir 2:30 Cardio Drumming 1:30 Resistance Band Training 1:30 Relaxing Manicures 2:15 Barre & Balance-Mariachi 2:00 Violin-VioLynne C. 3:00 Corks & Curds Social 2:00 Sweet Treats Baking Club 2:00 Stan Anderson Live 3:00 Sundae Social 3:15 Bible Study **3:00** Vocal Group-Pacemakers 3:00 Pub Happy Hour 3:30 Tai Chi for Arthritis 2:30 Barre & Balance 2:15 Tai Chi for Arthritis 4:00 NY Times Wordle 4:00 Card Sharks Club 3:00 Duo-Autumn Sol **4:30** Cribbage Group 3:30 Community Bingo **3:30** Creative Art 6:00 Musical Moments: 6:00 Sunday Music Series 6:00 Words with Rhythm 6:00 Harmonious Sounds 6:00 Guided Meditation 6:15 Friday Night Flick 13 14 15 16 Mother's Day 10:00 Daily Chronicles 10:00 Daily Chronicle 9:30 Daily Chronicles 10:00 Positive News Report 10:00 This Day in History 10:00 Virtual Catholic Mass 10:30 Strength & Balance 10:30 Movement & Dance 10:45 Outing: Cracker Barrel 10:30 Low Intensity Cardio 11:00 Strength & Balance 11:00 Pizza Bar Luncheon 11:00 Roots and Blo 11:00 Boar's Head Deli Day 11:00 Cribbage Club 1:30 Creative Art 11:30 Trivia Tunes 11:15 Walking for 1:30 Billiards Club 1:30 Relaxing Manicures

3:15 Bible Study

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	10:00	Motivational Mondays
		Outing: Sandown
		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:
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		M-4:4:1 M1
		Motivational Mondays
	10:45	Outing: Andover

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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
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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:

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:

25 ———	26 Memorial Day
2:30 Daily Chronicles	10:00 Motivational Mondays
2:00 Virtual Catholic Mass	10:45 Outing: Lawrence

9:30	Daily Chronicles
10:00	Virtual Catholic Mass
11:00	Strength & Balance
1:30	Creative Art
2:30	Barre & Balance Class

2:30 Barre & Balance Class

4:00 Guided Meditation

6:00 Sunday Music Series

4:30 Cribbage Group

9:30 Daily Chronicles

10:00 Virtual Catholic Mass

11:00 Strength & Balance

4:00 Guided Meditation

6:00 Sunday Music Series

4:30 Cribbage Group

2:30 Barre & Balance Class 3:00 Sundae Social

1:30 Creative Art

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3:00 Sundae Social

2.00	Durie & Dularice Class
3:00	Sundae Social
4:00	Guided Meditation
4:30	Cribbage Group
6:00	Sunday Music Series

3:30	Community Bingo
6:00	Musical Moments:
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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 Ringo

	10.50	Suchgui & Dalance
	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
	27	
/	21	
	10:00	Positive News Report
		Strength & Balance

1:00 Salem Woods Choir

2:15 Tai Chi for Arthritis

3:15 Trivia Tunes-Vin P.

4:00 NY Times Wordle

6:00 Words with Rhythm

10:00 Positive News Report

10.30 Strength & Balance

1:30 Sweet Treats Baking Club

2:15	Tai Chi for Arthritis	4:00	Card Sharks Club
4:00	NY Times Wordle	6:00	Harmonious Sounds
6:00	Words with Rhythm		
27		28	
10:00	Positive News Report	10:00	Daily Chronicles
10:30	Strength & Balance	10:30	Movement & Dance
11:00	Pizza Bar Luncheon	11:00	Roots and Bloom Club
11:30	Trivia Tunes	11:15	Walking for Wellness
1:00	Salem Woods Choir	1:30	Jewlery Workshop
1:30	Sweet Treats Baking Club	2:30	Cardio Drumming
2:15	Tai Chi for Arthritis	3:00	Corks & Curds Social
4:00	NY Times Wordle	4:00	Card Sharks Club
6:00	Words with Rhythm	6:00	Harmonious Sounds

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
0.00	Tarmomous Sounds
21	Turnomous Sounds
21	Daily Chronicles
21 10:00	
21 10:00 10:30	Daily Chronicles
21 10:00 10:30 11:00	Daily Chronicles Movement & Dance
21 10:00 10:30 11:00 11:15	Daily Chronicles Movement & Dance Roots and Bloom Club

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 Traini
2:30	Barre & Balance
3:00	Happy Hour Social
3:30	Community Bingo
6:00	Guided Meditation

1:30	Resistance Band Training
2:30	Barre & Balance
3:00	Happy Hour Social
3:30	Community Bingo
6:00	Guided Meditation
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10.00	
10.00	This Day in History
	This Day in History Outing: Brown's Lobster

1:30 Billiards Club

2:30 Barre & Balance

3:00 Happy Hour Social

3:30 Community Bingo

6:00 Guided Meditation

1:30 Resistance Band Training

1:30 Resistance Band Training

2:30 Barre & Balance

3:00 Happy Hour Social 3:30 Community Bingo

6:00 Guided Meditation

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	10.50	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
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1	30	
		Daily Chronicle
	10:00	Daily Chronicle Low Intensity Cardio
	10:00 10:30	•
	10:00 10:30 11:00	Low Intensity Cardio
	10:00 10:30 11:00 1:30	Low Intensity Cardio Cribbage Club
	10:00 10:30 11:00 1:30 2:15	Low Intensity Cardio Cribbage Club Relaxing Manicures

3:30 Creative Art

6:15 Friday Night Flick

2:15 Tai Chi for Arthritis

3:15 Chef Showcase Social

3:00 Pub Happy Hour

6:15 Friday Night Flick

10:00 Daily Chronicle

3:30 Creative Art

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

4:00 Karaoke Reminiscing

10:00 Positive News Report 10:30 Seated Chair Aerobics

11:00 Group Crossword

1:30 Jeopardy Challenge

3:00 Community Gathering

4:00 Karaoke Reminiscing

6:00 Musical Moments

2:30 Cardio Drumming

3:30 Brain Games

6:00 Musical Moments

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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

providing quality choice, we hope to ırage socialization vell-being for mind, body, and spirit.

Continued Learning Arts & Culture Physical Fitness **Community Connections** Wellness & Self-Care