

REFLECTIONS - MAY 2025

Sunday



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Welcome Friends!

We are excited to share that we have a series of events and special engagements happening this month - and we'd love for you to be part of them! From joyful gatherings, to meaningful engagements your presence is always appreciated and welcomed.

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

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10:00 Bone Builders
10:30 Nail & Hand Spa
10:30 Story Picture Writing
11:00 Catholic Service
11:30 Word Find Challenge
2:00 Music & Memories
3:30 Word Extraction
4:30 Dance Movement
6:00 Creative Writing Group

11 Mother's Day

9:30 Mindful Movement
10:00 ***Mother's Garden Brunch***
10:30 Nail & Hand Spa
2:00 Music & Memories
3:30 Word Extraction
4:00 Choice Dilemmas
4:30 Thera Band Training
6:00 Therapeutic Mandalas

18 Happy Birthday Jack F

10:00 Bone Builders
10:30 Nail & Hand Spa
11:00 Catholic Service
11:30 Word Find Challenge
2:00 Music & Memories
3:30 Word Extraction
4:30 Low Intensity Cardio
6:00 Manicures & Nail Care

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10:00 Resistant Bands Strength
10:30 Nail & Hand Spa
11:00 Catholic Service
11:30 Word Find Challenge
2:00 Music & Memories
3:30 Word Extraction
6:30 Short Story Collection

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Cinco De Mayo
10:00 Strength Training
10:30 Story Picture Writing
11:00 Margarita Shop: Strawberry
1:30 Salsa Connoisseur Event
2:00 Watercolor Landscapes
3:00 Workshop: Birdhouses
4:30 Thera Bands
6:30 Mindful Meditation

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10:00 Lower Body Conditioning
10:30 Story Picture Writing
11:00 Margarita Shop: Mango
1:30 FIT Walking Group
2:00 Watercolor Landscapes
3:00 Workshop: Birdhouses
3:30 Word Extraction
4:30 Lower Body Conditioning
6:30 Card Players Group

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10:00 Upper Body Conditioning
10:30 Story Picture Writing
11:00 Margarita Shop: Lime
1:30 FIT Walking Group
2:00 Watercolor Landscapes
3:00 Workshop: Birdhouses
4:30 Bone Builders
6:00 Music Through the Decades

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Memorial Day
10:00 Low Intensity Cardio
10:30 Story Picture Writing
11:00 Margarita Shop: Raspberry
12:00 ***Memorial Day Social Event***
1:30 FIT Walking Group
2:30 Variety Word Games
3:00 Workshop: Birdhouses
4:30 Resistance Bands Strength
6:00 Evening Table Puzzles

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National Nurses Week
10:00 Bone Builders
10:30 History Discussion
11:00 Craftwork: Lace Hangings
1:00 Barre & Balance Class
1:30 Outing: Papa Nick's
2:30 Game of Would You Rather
3:30 Word Find Challenge
4:00 Bingo Gathering

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10:00 Resistant Bands Strength
10:30 Story Picture Writing
11:00 Net Ball Tournament
11:00 Craftwork: May Day Basket
1:00 Barre & Balance Class
1:30 Outing: Broadacre Creemee
3:00 Rhythmic Drumming
6:30 ***Jack's Choir Group***

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10:00 Lengthen & Strengthen
11:00 Dominoes Game Social
11:00 Craftwork: Pearl Frames
1:00 Barre & Balance Class
1:30 Outing: Village Scoop
3:00 Rhythmic Drumming
4:00 Bingo Gathering
4:30 Mindful Movement
7:00 ***Green Mt. Gospel Choir***

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10:00 Balance & Flex
11:00 Craftwork: Flower Votives
1:00 Barre & Balance Class
1:30 Outing: Cafe at Island
2:00 ***Vocalist: Corey Gottfried***
4:00 Bingo Gathering
4:30 Core Endurance Class
6:00 Manicures & Nail Care

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10:00 Upper Body Conditioning
10:30 Monet Inspired: Waterlily
10:30 Botany Basics: Snake
1:30 The Art of Floral Designs
2:00 ***Vocalist: Corey Gottfried***
3:30 Cornhole Tournament
4:30 Bone Builders
6:30 Short Story Collection

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10:00 Low Intensity Cardio
10:30 Botany Basics: Jade
11:00 Landscape Arboretum
1:30 The Art of Floral Designs
2:30 Monet Inspired: White Swan
3:30 Golf Putting Green
4:30 Resistance Bands Strength
6:30 Mindful Meditation

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10:00 Core Endurance Class
10:30 Net Ball Tournament
10:30 Botany Basics: Spider
1:30 The Art of Floral Designs
2:30 Monet Inspired: Pink Melody
3:30 Cornhole Tournament
4:30 Beginner Aerobics
6:30 Card Players Group

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10:00 Bone Builders
10:30 Net Ball Tournament
10:30 Botany Basics: Pothos
1:30 The Art of Floral Designs
2:30 Monet Inspired: Fog Jungle
3:30 Golf Putting Green
4:30 Dance Movement
6:00 Therapeutic Mandalas

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Happy Birthday Polly
10:00 Resistant Bands Strength
10:30 Music Knowledge
11:00 Intellectual Puzzles
1:00 Barre & Balance Class
1:30 Outing: Shelburne Farms
3:30 Word Extraction
3:45 Tai Chi for Arthritis
6:00 Meditation w/Hand Massages

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10:00 Lengthen & Strengthen
10:30 Music Knowledge
11:00 Intellectual Puzzles
1:00 Barre & Balance Class
1:30 Outing: Colchester Bay
2:30 Variety Word Games
3:45 Tai Chi for Arthritis
4:30 Mindful Movement
6:00 Evening Table Puzzles

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10:00 Balance & Flex
10:30 Music Knowledge
11:00 Intellectual Puzzles
1:00 Barre & Balance Class
1:30 Outing: Williston Woods
2:00 ***Vocalist: Dan Levine***
3:00 Word Find Challenge
3:45 Tai Chi for Arthritis
4:00 ***Resident Council Meeting***

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10:00 Balance & Flex
10:30 Story Picture Writing
11:00 Intellectual Puzzles
1:30 Outing: Richmond Hills
2:00 ***Performance: Butterfields***
3:45 Tai Chi for Arthritis
4:30 Cardio Circuits
6:00 Choice Dilemmas

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10:00 Strength Training
10:30 Music Knowledge
11:00 Dominoes Game Social
1:00 Barre & Balance Class
1:30 Outing: Downtown Burlington
3:45 Tai Chi for Arthritis
4:30 Thera Bands
6:00 Tea Discussion Social

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10:00 Low Intensity Cardio
11:00 Dominoes Game Social
11:00 Karaoke Club: Soundtracks
1:30 FIT Walking Club
2:00 Intern Water Color Art
3:30 Spring Sangria Social
4:00 Choice Dilemmas
4:30 Resistance Bands Strength
6:00 Nature Documentary

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10:00 Core Endurance Class
11:00 Karaoke Club: Soundtracks
1:30 FIT Walking Club
2:00 Intern Water Color Art
3:30 Spring Sangria Social
4:30 Beginner Aerobics
6:00 Manicures & Nail Care

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Happy B-day Eleanor
10:00 Bone Builders
11:00 Karaoke Club: Soundtracks
1:30 FIT Walking Club
2:00 Intern Water Color Art
3:30 Spring Sangria Social
4:30 Dance Movement
6:30 Short Story Collection

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10:00 Mindful Movement
11:00 Karaoke Club: Soundtracks
1:30 FIT Walking Club
2:00 Intern Water Color Art
3:30 Word Extraction
3:30 Spring Sangria Social
4:30 Thera Band Training
6:30 Mindful Meditation

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10:00 Bone Builders
11:00 Karaoke Club: Soundtracks
1:30 FIT Walking Club
2:00 Intern Water Color Art
3:30 Spring Sangria Social
4:30 Low Intensity Cardio
6:30 Card Players Group

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Kentucky Derby
10:00 Balance & Flex
10:30 Bowling Tournament
11:30 Word Find Challenge
1:30 Card Making Workshop
2:30 Tournament Bingo
4:00 Card Players Group
4:30 Core Endurance Class
6:00 ***Kentucky Derby Social***

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10:00 Dance Movement Fitness
10:30 Bowling Tournament
10:30 House Trivia
11:30 Word Find Challenge
1:30 Card Making Workshop
2:30 Tournament Bingo
4:00 Knowledge Bout Challenge
4:30 Cardio Circuits

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10:00 Strength Training
10:30 Word Find Challenge
11:00 Badminton Tournament
1:30 Card Making Workshop
2:30 Variety Word Games
2:30 Tournament Bingo
4:00 Card Players Group
4:30 Thera Bands
6:00 Evening Table Puzzles

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10:00 Lower Body Conditioning
10:30 Bowling Tournament
11:30 Word Find Challenge
1:30 Card Making Workshop
2:30 Game of Would You Rather
3:30 Word Find Challenge
4:00 Knowledge Bout Challenge
4:30 Lower Body Conditioning

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10:00 Upper Body Conditioning
10:30 Story Picture Writing
11:00 Net Ball Tournament
11:30 Word Find Challenge
1:30 Card Making Workshop
2:30 Tournament Bingo
4:00 Card Players Group
4:30 Bone Builders