

# JUNE RECAP/BREAKING NEWS

Butterfly Day residents studied & watched the 4 stages of the butterfly, we had 12 eggs & at the end we had 12 beautiful butterflies, residents did a great job caring for them & loved watching each stage also enjoyed as we released them into nature! Famous Monument Day, read and looked at pictures of some great sites, Father's Day BBQ wonderful fun day, great to see so many families, 76 Trombone Day guest players Michael Prentky colleague & Brian Pauldine former student of Tom Plsek (one of our residents). Tom was an advocate for Sackbut week at Fenway in which he helped in interviewing and getting 76 Trombone players. Thank You Stephany for your help with our event at Windrose. First Day of Summer enjoyed an Ice Cold Lemonade while relaxing in the Garden.

STILL TO COME: National Gardening Exercise Day & our Monthly B-day Bash! Trying to get Caring Canines to come for visits every other week hopefully this should be an ongoing event starting in September. Also Van is up & running we will be doing 2 trips per month! Blueberry Muffin Smoothie Mind Diet Recipe: 1 1/2 cups low-fat milk or unsweetened almond milk, 1 banana sliced, 1/2 cup old fashioned rolled oats, 1/4 cup plain Greek yogurt, 2 tsp vanilla extract, dash ground cinnamon, 2 cups frozen blueberries. In high powered blender, blend milk, blueberries, banana, oats vanilla & cinnamon on high until smooth & creamy. Season with more cinnamon if desired.

As always Thank You family & friends for your support. Any questions/concerns please contact Cheryl at: CRabbit@hallkeen.com or 781-935-3333. Thank you!



Larry & Teresa First Stage of the Butterfly!



Famous Monuments "Roberta, Larry, Elaine & Yvette"



76 Trombone Day with Tom & guests Brian & Michael!



Sara and Yvette Ice Cream Cake Making!



## WINDROSE at woburn Associates

Darley Nazaire  
Executive Director

Nicole Barrett  
Community Relations Director

Linda Crowe  
Business Office Manager

Vickie Williams  
Resident Care Director

Cheryl Rabbitt  
Engagement Director

Melvin Santiago  
Maintenance Director

Richard Deangelo  
Culinary Director



Butterflies Released to Nature Day "Elaine & Daughter"

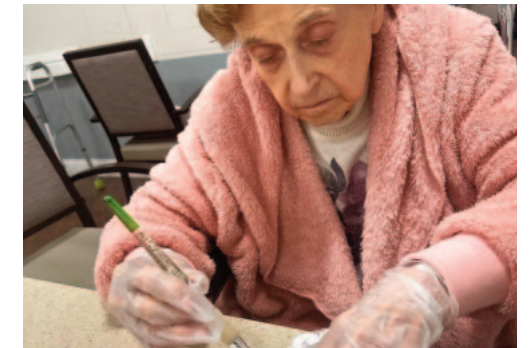
## Happy Fourth of July

Our flag is painted in the proud colors of white, red and blue, our hearts are filled with a sense of deep pride and solitude.

We salute all our brave heroes who fought for our country.

They built a new world for us with fairer boundaries.

Have a great fourth of July. Author Unknown



Beverly doing her part on a 4th of July display!

## July Special Events

Man on the Moon Day

Fourth of July BBQ

Trip to Jordans Furniture for Water Show

Hershey Kisses Debut Day

Firefly Friday Pirates Day

Bus/Lunch Tour around Woburn

B-Day Bash



Jim with Son on Father's Day!

## Sunday

## Monday

## Tuesday

## Wednesday

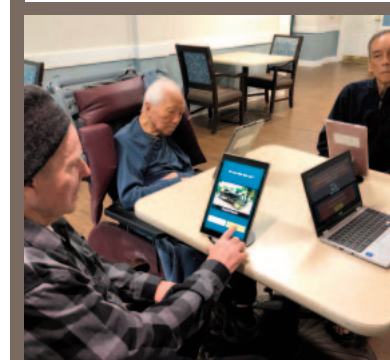
## Thursday

## Friday

## Saturday

## Monthly Events

**Birthday Wishes to:**  
**Residents:**  
 Yvette 4th  
 Nancy 10th  
 Bruce 16th  
 Teresa 29th  
**Staff:**  
 Gordon, Vickie & Portia  
 Communion/Rosary Service  
 Music Therapy with Cheyenne  
 Ladies Luncheon  
 Mens Luncheon



Peer Group "Bruce, Mr. Pan & Jim!"

## PROGRAM

- – Cognitive
- – Emotional
- – Physical
- – Social

### 30 JULY

10:00 Televised Morning Mass  
 11:00 Exercise Group  
 1:15 Music and Movement  
 3:00 Motor skills class  
 4:00 Conversation Cards  
 6:15 Independent Stations  
 6:15 After Dinner Movie

### 31 JULY

9:00 Morning Prayers  
 10:00 Morning Gathering  
 10:30 Exercise Group  
 11:15 Culinary Group  
 1:00 Documentary/Peer Group  
 3:00 Flower Arranging/Knitting  
 3:00 Anything Sports  
 4:00 Let's Reminisce  
 6:15 Independent Stations



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### 1

10:00 Morning Gathering  
 10:30 Exercise Group  
 1:15 Music and Movement  
 3:00 Trivia  
 4:00 Name 10  
 6:15 Independent Stations  
 6:15 After Dinner Movie

### 2

10:00 Televised Morning Mass  
 11:00 Exercise Group  
 1:15 Music and Movement  
 3:00 Motor skills class  
 4:00 Animal Documentary  
 4:00 Conversation Cards  
 6:15 Independent Stations  
 6:15 After Dinner Movie

### 3

9:00 Morning Prayers  
 10:00 Morning Gathering  
 10:30 Exercise Group  
 11:15 Culinary Group  
 1:00 Documentary/Peer Group  
 3:00 Flower Arranging/Knitting  
 3:00 Anything Sports  
 3:00 Poetry Club  
 4:00 Let's Reminisce

### 4

9:00 Morning Prayers  
 10:00 Morning Gathering  
 10:30 Exercise Group  
 11:15 Culinary Group  
 1:00 Documentary/Massages  
 3:00 Creative Jewelry w/Johanne  
 3:00 Culinary Club/Fun & Games  
 4:00 Trivia

### 5

9:00 Morning Prayers  
 10:00 Morning Gathering  
 10:30 Exercise Group  
 11:15 Culinary Group  
 1:00 Old Time TV Show/Peer grp  
 3:00 Woodworking w/Virginia  
 3:00 Music/Reading Group  
 4:00 Let's Reminisce  
 6:15 Independent Stations

### 6

9:00 Morning Prayers  
 10:00 Morning Gathering  
 10:30 Exercise Group  
 11:15 Culinary Group  
 1:00 Documentary/Puzzles  
 3:00 Golf Club  
 3:00 Music Club with Johanne  
 3:00 Arts & Crafts  
 4:00 Trivia  
 6:15 Independent Stations

### 7

9:00 Morning Prayers  
 10:00 Morning Gathering  
 10:30 Exercise Group  
 11:15 Culinary Group  
 1:00 Old Time TV Show/Peer Grp  
 3:00 Fill your cart w/Art w/Viv  
 3:00 Bingo/Bowling/Golf  
 4:00 Remember When

### 8

10:00 Morning Gathering  
 10:30 Exercise Group  
 1:15 Music and Movement  
 3:00 Trivia  
 4:00 Name 10  
 6:15 Independent Stations  
 6:15 After Dinner Movie

### 9

10:00 Televised Morning Mass  
 11:00 Exercise Group  
 1:15 Music and Movement  
 3:00 Motor skills class  
 4:00 Conversation Cards  
 6:15 Independent Stations  
 6:15 After Dinner Movie

### 10

9:00 Morning Prayers  
 10:00 Morning Gathering  
 10:30 Exercise Group  
 11:15 Culinary Group  
 1:00 Documentary/Peer Group  
 3:00 Flower Arranging/Knitting  
 3:00 Anything Sports  
 4:00 Let's Reminisce  
 6:15 Independent Stations

### 11

9:00 Morning Prayers  
 10:00 Morning Gathering  
 10:30 Exercise Group  
 11:15 Culinary Group  
 1:00 Documentary/Massages  
 3:00 Culinary Club/Fun & Games  
 4:00 Trivia  
 6:15 Independent Stations  
 6:15 After Dinner Movie

### 12

9:00 Morning Prayers  
 10:00 Morning Gathering  
 10:30 Exercise Group  
 11:15 Culinary Group  
 1:00 Old Time TV Show/Peer grp  
 3:00 Music/Reading Group  
 4:00 Let's Reminisce  
 6:15 Independent Stations  
 6:15 After Dinner Movie

### 13

9:00 Morning Prayers  
 10:00 Morning Gathering  
 10:30 Exercise Group  
 11:15 Culinary Group  
 1:00 Documentary/Puzzles  
 3:00 Golf Club  
 3:00 Arts & Crafts  
 4:00 Trivia  
 6:15 Independent Stations  
 6:15 After Dinner Movie

### 14

9:00 Morning Prayers  
 10:00 Morning Gathering  
 10:30 Exercise Group  
 11:15 Culinary Group  
 1:00 Old Time TV Show/Peer Grp  
 3:00 Bingo/Bowling/Golf  
 4:00 Remember When  
 6:15 Independent Stations  
 6:15 After Dinner Movie

### 15

10:00 Morning Gathering  
 10:30 Exercise Group  
 1:15 Music and Movement  
 3:00 Trivia  
 4:00 Name 10  
 6:15 Independent Stations  
 6:15 After Dinner Movie

### 16

10:00 Televised Morning Mass  
 11:00 Exercise Group  
 1:15 Music and Movement  
 3:00 Motor skills class  
 4:00 Conversation Cards  
 6:15 Independent Stations  
 6:15 After Dinner Movie

### 17

9:00 Morning Prayers  
 10:00 Morning Gathering  
 10:30 Exercise Group  
 11:15 Culinary Group  
 1:00 Documentary/Peer Group  
 3:00 Flower Arranging/Knitting  
 3:00 Anything Sports  
 4:00 Let's Reminisce  
 6:15 Independent Stations

### 18

9:00 Morning Prayers  
 10:00 Morning Gathering  
 10:30 Exercise Group  
 11:15 Culinary Group  
 1:00 Documentary/Massages  
 3:00 Culinary Club/Fun & Games  
 4:00 Trivia  
 6:15 Independent Stations  
 6:15 After Dinner Movie

### 19

9:00 Morning Prayers  
 10:00 Morning Gathering  
 10:30 Exercise Group  
 11:15 Culinary Group  
 12:00 Men's Luncheon  
 1:00 Old Time TV Show/Peer grp  
 3:00 Music/Reading Group  
 4:00 Let's Reminisce  
 6:15 Independent Stations

### 20

9:00 Morning Prayers  
 10:00 Morning Gathering  
 10:30 Exercise Group  
 11:15 Culinary Group  
 12:00 Ladies Luncheon  
 1:00 Documentary/Puzzles  
 3:00 Golf Club  
 3:00 Arts & Crafts  
 4:00 Trivia  
 6:15 Independent Stations

### 21

9:00 Morning Prayers  
 10:00 Morning Gathering  
 10:30 Exercise Group  
 11:15 Culinary Group  
 1:00 Old Time TV Show/Peer Grp  
 3:00 Bingo/Bowling/Golf  
 4:00 Remember When  
 6:15 Independent Stations  
 6:15 After Dinner Movie

### 22

10:00 Morning Gathering  
 10:30 Exercise Group  
 1:15 Music and Movement  
 3:00 Trivia  
 4:00 Name 10  
 6:15 Independent Stations  
 6:15 After Dinner Movie

### 23

10:00 Televised Morning Mass  
 11:00 Exercise Group  
 1:15 Music and Movement  
 3:00 Motor skills class  
 4:00 Conversation Cards  
 6:15 Independent Stations  
 6:15 After Dinner Movie

### 24

9:00 Morning Prayers  
 10:00 Morning Gathering  
 10:30 Exercise Group  
 11:15 Culinary Group  
 1:00 Documentary/Peer Group  
 3:00 Flower Arranging/Knitting  
 3:00 Anything Sports  
 4:00 Let's Reminisce  
 6:15 Independent Stations

### 25

9:00 Morning Prayers  
 10:00 Morning Gathering  
 10:30 Exercise Group  
 11:15 Culinary Group  
 1:00 Documentary/Massages  
 3:00 Culinary Club/Fun & Games  
 4:00 Trivia  
 6:15 Independent Stations  
 6:15 After Dinner Movie

### 26

9:00 Morning Prayers  
 10:00 Morning Gathering  
 10:30 Exercise Group  
 11:15 Culinary Group  
 1:00 Old Time TV Show/Peer grp  
 3:00 Music/Reading Group  
 4:00 Let's Reminisce  
 6:15 Independent Stations  
 6:15 After Dinner Movie

### 27

9:00 Morning Prayers  
 10:00 Morning Gathering  
 10:30 Exercise Group  
 11:15 Culinary Group  
 1:00 Documentary/Puzzles  
 3:00 Golf Club  
 3:00 Arts & Crafts  
 4:00 Trivia  
 6:15 Independent Stations  
 6:15 After Dinner Movie

### 28

9:00 Morning Prayers  
 10:00 Morning Gathering  
 10:30 Exercise Group  
 11:15 Culinary Group  
 1:00 Old Time TV Show/Peer Grp  
 3:00 Bingo/Bowling/Golf  
 4:00 Remember When  
 6:15 Independent Stations  
 6:15 After Dinner Movie

### 29

10:00 Morning Gathering  
 10:30 Exercise Group  
 1:15 Music and Movement  
 3:00 Trivia  
 4:00 Name 10  
 6:15 Independent Stations  
 6:15 After Dinner Movie