

Garden Keepers Workshop

Throughout the month of May, we'll be hosting the Garden Keepers Workshop: Plant • Learn • Grow—a hands-on, four-week horticultural experience designed to educate, inspire, and connect residents through the joy of gardening.

Every Tuesday in May, residents will gather on the side patio for engaging and interactive sessions that go beyond simple planting. This isn't your average floral design workshop. Instead, Garden Keepers

encourages participants to try something new—learning practical skills like soil preparation, layout planning, and edible gardening in small spaces. We'll explore the science behind soil health, the art of designing visually appealing garden beds, and even learn how to care for and harvest from our plants.

Each session is thoughtfully crafted to blend education with creativity, giving residents a chance to roll up their sleeves and work with a variety of plants—both ornamental and edible. Imagine the satisfaction of harvesting your own herbs or cherry tomatoes, or helping to create a raised garden bed that brings beauty and purpose to our shared outdoor space.

Beyond the skills and greenery, this workshop is also about connection—residents growing alongside one another, sharing stories, and finding peace and joy in nature's rhythm.

Whether you're a seasoned gardener or just curious about plants, Garden Keepers is a wonderful way to try something new, nurture a hobby, and let your curiosity bloom. We can't wait to grow with you—Tuesdays in May, on the second floor side patio!



Spring Garden Party



Join us for a delightful Spring Garden Party, where the beauty of the season comes to life inside our community. Enjoy an elegant afternoon filled with soothing sounds of live classical music and a vibrant flower bar where you can create your own floral arrangement.

Tuesday, May 20th 3:00pm-4:30pm



THE
RESIDENCE
at Vinnin Square

A Month of Blossoms & Brightness!



May has arrived, bringing with it the warmth of spring, blooming flowers, and the promise of sunshine-filled days ahead! As we step into this beautiful month, we embrace the season of renewal, growth, and celebration. Nature is in full bloom, and there's a sense of joy and vibrancy in the air.

This month is filled with meaningful moments, including Mother's Day, Memorial Day, and opportunities to honor and appreciate the people and experiences that shape our lives. It's a time for gathering, reminiscing, and making new memories with friends and loved ones.

May's calendar is brimming with exciting activities, from engaging Signature Series events to outdoor strolls and festive celebrations. Whether we're enjoying the beauty of spring, sharing stories, or participating in creative pursuits, there's something for everyone to enjoy.

Let's welcome May with open arms, ready to embrace all the happiness and inspiration it has to offer. Here's to a month filled with warmth, laughter, and wonderful experiences!

Wishing you all a delightful and joyful May!

THE RESIDENCE AT
VINNIN SQUARE
Associates

Josh MacQuarrie
Executive Director

Sharon Njiri
Resident Care Director

Darlene Baker
Reflections Director

Oscar Ochoa Garcia
Maintenance Director

Reception
781-603-0099



SundayMondayTuesdayWednesdayThursdayFridaySaturday



4 10:00 Virtual Catholic Mass 10:30 Total Body Fitness 11:00 Word Game Challenge 1:00 Yoga Flow/Stretch 1:30 Matinee Showing 2:00 Cornhole Challenge 3:30 Pub Social 4:30 Mindful Meditation	5 Celebrate Phyllis! 10:00 Reiki Meditation 10:30 Strength & Conditioning 11:00 Eucharistic Service 11:00 Rummikub Group 1:30 Matinee Film Showing 1:45 Quarter Bingo 3:30 Cinco de Mayo Social 4:30 Table Game: Boggle 6:00 Wheel of Fortune Challenge
11 Happy Mothers Day! 10:00 Virtual Catholic Mass 10:30 Total Body Fitness 11:00 Word Game Challenge 1:00 Yoga Flow/Stretch 1:30 Matinee Showing 2:00 Cornhole Challenge 3:30 Pub Social 4:30 Mindful Meditation	12 10:00 Reiki Meditation 10:30 Strength & Conditioning 11:00 Eucharistic Service 11:00 Rummikub Group 1:30 Matinee Film Showing 1:45 Quarter Bingo 3:30 Cocktail Hour: Margaritas 4:30 Table Game: Boggle 6:00 Wheel of Fortune Challenge
18 10:00 Virtual Catholic Mass 10:30 Total Body Fitness 11:00 Word Game Challenge 1:00 Yoga Flow/Stretch 1:30 Matinee Showing 2:00 Cornhole Challenge 3:30 Pub Social 4:30 Mindful Meditation	19 10:00 Reiki Meditation 10:30 Strength & Conditioning 11:00 Eucharistic Service 11:00 Rummikub Group 2:00 Vocalist: Josef Nocera 3:30 Cocktail Hour: Margaritas 4:30 Table Game: Boggle 6:00 Wheel of Fortune Challenge
25 10:00 Virtual Catholic Mass 10:30 Total Body Fitness 11:00 Word Game Challenge 1:00 Yoga Flow/Stretch 1:30 Matinee Showing 2:00 Cornhole Challenge 3:30 Pub Social 4:30 Mindful Meditation	26 Memorial Day 10:00 Reiki Meditation 10:30 Strength & Conditioning 11:00 Eucharistic Service 11:00 Rummikub Group 1:30 Matinee Film Showing 1:45 Quarter Bingo 3:30 Cocktail Hour: Margaritas 4:30 Table Game: Boggle 6:00 Wheel of Fortune Challenge

6 10:00 Spa Offering-Zen Garden 10:30 Strength & Tone Exercise 11:00 Garden Keepers: Plant & Grow Series 1:30 Matinee Film Showing 2:00 Connecting with Art w/ Margie 3:30 Wine & Cheese Social 4:00 Harmonious Gathering 6:00 Music Listening Hour	7 11AM Blood Pressure Clinic 10:00 Historical Discussion 10:30 Total Body Fitness 11:00 Poetry Studio 11:00 Film Selection Meeting 1:30 TheraBand Stretch 2:00 Cribbage Group 2:00 Table Game: Scrabble 3:30 Trivial Happy Hour 4:00 Spa Session-Chair Massage
13 10:00 Spa Offering-Zen Garden 10:30 Strength & Tone Exercise 11:00 Garden Keepers: Plant & Grow Series 1:30 Matinee Film Showing 2:00 Vocalist: Marc Maccini 3:30 Wine & Cheese Social 4:00 Harmonious Gathering 6:00 Music Listening Hour	14 10:00 Historical Discussion 10:30 Total Body Fitness 11:00 Poetry Studio 11:00 Film Selection Meeting 1:30 REACT Neuro Session 1:30 TheraBand Stretch 2:00 Cribbage Group 2:00 Table Game: Scrabble 3:30 Trivial Happy Hour 4:00 Spa Session-Chair Massage
20 10:00 Spa Offering-Zen Garden 10:30 Strength & Tone Exercise 11:00 Garden Keepers: Plant & Grow Series 11:00 Art Expression w/ Karen T 1:30 Matinee Film Showing 3:00 Spring Garden Party 4:00 Harmonious Gathering 6:00 Music Listening Hour	21 10:00 Historical Discussion 10:30 Total Body Fitness 11:00 Poetry Studio 11:00 Film Selection Meeting 1:30 TheraBand Stretch 2:00 Cribbage Group 2:00 Guest Speaker-Robin Shelgren 3:30 Trivial Happy Hour 4:00 Spa Session-Chair Massage
27 10:00 Spa Offering-Zen Garden 10:30 Strength & Tone Exercise 11:00 Garden Keepers: Plant & Grow Series 1:30 Matinee Film Showing 3:30 Wine & Cheese Social 4:00 Harmonious Gathering 6:00 Music Listening Hour	28 10:00 Historical Discussion 10:30 Total Body Fitness 11:00 Resident Council Meeting 11:00 Film Selection Meeting 1:30 REACT Neuro Session 1:30 TheraBand Stretch 2:00 Cribbage Group 2:00 Table Game: Scrabble 3:30 Trivial Happy Hour 4:00 Spa Session-Chair Massage

1 10:00 Mindful Meditation 10:30 Strength & Tone Exercise 11:00 Floral Arranging Workshop 11:30 Lunch Outing: Dockside 1:30 Matinee Film Showing 1:45 Quarter Bingo 2:30 Group Crossword 3:30 Cocktails & Conversations 4:30 Table-Talk Tidbits	8 10:00 Mindful Meditation 10:30 Strength & Tone Exercise 11:00 Floral Arranging Workshop 1:30 Matinee Film Showing 1:45 Quarter Bingo 2:30 Group Crossword 3:30 Cocktails & Conversations 4:30 Table-Talk Tidbits
15 10:00 Mindful Meditation 10:30 Strength & Tone Exercise 11:00 Floral Arranging Workshop 11:30 Lunch Outing: Giuseppe's 1:30 Matinee Film Showing 1:45 Quarter Bingo 2:30 Group Crossword 3:30 Cocktails & Conversations 4:30 Table-Talk Tidbits	22 10:00 Mindful Meditation 10:30 Strength & Tone Exercise 11:00 Guest Lecture: Joe Malone 1:30 Matinee Film Showing 1:45 Quarter Bingo 2:30 Group Crossword 3:30 Cocktails & Conversations 4:30 Table-Talk Tidbits
29 10:00 Mindful Meditation 10:30 Strength & Tone Exercise 10:30 Outing: Peabody Essex Museum 11:00 Floral Arranging Workshop 1:30 Matinee Film Showing 1:45 Quarter Bingo 2:30 Group Crossword 3:30 Cocktails & Conversations 4:30 Table-Talk Tidbits	

2 Celebrate David C! 10:00 Guided Imagery Meditation 10:30 Total Body Fitness 11:15 World Now Current Events 1:30 Open Art Studio 2:30 Vocalist: Nate Ramsayer 3:30 Pub Social 4:00 Music & Memories 6:45 Docuseries: National Parks	9 10:00 Guided Imagery Meditation 10:30 Total Body Fitness 11:15 World Now Current Events 1:30 Open Art Studio 2:30 Cardio Drumming 3:30 Pub Social 4:00 Music & Memories 6:45 Docuseries: National Parks
16 10:00 Guided Imagery Meditation 10:30 Total Body Fitness 11:15 World Now Current Events 1:30 Open Art Studio 2:30 Cardio Drumming 3:30 Live Entertainment Social 4:00 Music & Memories 6:45 Docuseries: National Parks	
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3 Celebrate Addie! 10:00 Nature Stroll & Sunshine 10:30 Total Body Fitness 11:00 Knowledge Bout Trivia 1:30 DocuSeries: Real Stories for Curious Minds 1:45 Quarter Bingo 3:30 Happy Hour 4:30 Guided Meditation	10 Celebrate Eli! 10:00 Nature Stroll & Sunshine 10:30 Total Body Fitness 11:00 Knowledge Bout Trivia 1:30 DocuSeries: Real Stories for Curious Minds 1:45 Quarter Bingo 3:30 Happy Hour 4:30 Guided Meditation
17 10:00 Nature Stroll & Sunshine 10:30 Total Body Fitness 11:00 Knowledge Bout Trivia 1:30 DocuSeries: Real Stories for Curious Minds 1:45 Quarter Bingo 3:30 Happy Hour 4:30 Guided Meditation	
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Reminders

Hair Salon
Wed & Thurs 9-2
By Appointment

Transportation
Medical:
Mon & Tues
9:30-3:00

Call Reception to
book a ride or
appointment
781-603-0099

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