

The Art of Woodburning

On July 30th at 1:30pm, join us for a hands-on Masterclass Workshop featuring the art of wood burning and charcuterie board design, led by our talented Engagement Director, Logan.

This creative event invites residents to learn a new skill and craft a one-of-a-kind piece to take home and enjoy.

No experience is necessary—just bring your curiosity and creativity! Logan will guide participants step by step through the basics of wood burning.



Each participant will have the opportunity to personalize their own charcuterie board, resulting in a unique and functional work of art.

Discover the satisfaction of working with your hands and leave with a beautiful board to showcase your new skill!

Kindly RSVP for this event to Logan by July 15th.

Summer Seafood Celebration

Join us at The Residence at Vinnin Square on Tuesday, July 23rd at 11:30 a.m. for a festive Summer Seafood Celebration! Residents and guests are invited to gather for a coastal-inspired experience that captures the best flavors and feelings of the season.

Set against a backdrop of breezy coastal décor and the relaxing sounds of summer, this event will feature a delicious seafood menu thoughtfully selected from our local waters. Every bite will celebrate the richness of New England's summer harvest.

Refreshing summer sips will be served alongside the meal—perfect for toasting with friends old and new. Whether you're enjoying a taste of the sea, soaking in the sunshine, or simply connecting over shared stories, this celebration promises to be a highlight of the season!

Guests are welcome, and all are encouraged to bring their appetite and their love of summer fun. It's a perfect way to enjoy the coast without leaving home!



THE RESIDENCE at Vinnin Square

THE RESIDENCE AT VINNIN SQUARE *Associates*

Josh MacQuarrie
Executive Director

Sharon Njiri
Resident Care Director

Darlene Baker
Reflections Director

Oscar Ochoa Garcia
Maintenance Director

Michael Varmette
Restaurant Operations Director

Henry Lara
Business Office Director

Logan Ferraro
Resident Engagement Director

Reception
781-603-0099



Embracing Summer



Here at Vinnin Square in the Summer, there are countless opportunities to enjoy life. From art programs to fitness classes, wellness workshops, and lifelong learning, every day offers something new. Residents can connect with others, express creativity and enjoy local attractions on outings. There's also simple joy in sitting on our beautiful front porch, listening to

the sounds of summer, or tending to garden spaces on the patio. With just a few months of beautiful weather each year, now is the perfect time to embrace the beauty and warmth of the season.

Expanding Connections

At The Residence at Vinnin Square, creating a warm, welcoming environment starts with connection. Our Ambassador Program pairs new residents with longtime community members who offer friendly guidance, share helpful tips, and introduce them to others. Ambassadors help ease the transition into community life, ensuring new residents feel comfortable, confident, and at home from day one. Whether it's joining a meal, attending an event together, offering a tour, or simply sharing a friendly conversation, ambassadors play a vital role in fostering community and belonging.

We're now looking to grow this meaningful program by inviting more residents to become ambassadors. If you enjoy meeting new people, sharing your experience, and supporting others as they settle in, we'd love to have you join us. Becoming an ambassador is a wonderful way to make connections, give back, and help ensure The Residence at Vinnin Square remains a warm, inclusive place for everyone.

Good Times. Good Friends. *Great Care!*

SundayMondayTuesdayWednesdayThursdayFridaySaturday



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10:00 Virtual Catholic Mass
10:30 Total Body Fitness
11:00 Word Game Challenge
1:30 Matinee Showing
2:00 Relaxing Yoga Flow
2:30 Cribbage Group
2:30 Music History Discussion
3:30 Pub Social
4:30 Mindful Meditation

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10:00 Reiki Meditation
10:30 Strength & Conditioning
11:00 Eucharistic Service
11:00 Macreme Leaf Workshop
1:30 Matinee Film Showing
1:45 Quarter Bingo
3:00 Rummikub Group
3:30 Cocktail Hour: Margaritas
4:30 Table Game Night
6:00 Fire Pit & Reminisce

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10:00 Virtual Catholic Mass
10:30 Total Body Fitness
11:00 Word Game Challenge
1:30 Matinee Showing
2:00 Music History Discussion
2:00 Relaxing Yoga Flow
2:30 Cribbage Group
3:30 Pub Social
4:30 Mindful Meditation

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10:00 Reiki Meditation
10:30 Strength & Conditioning
11:00 Eucharistic Service
11:00 Needlework Class 101
1:30 Matinee Film Showing
1:45 Quarter Bingo
3:00 Rummikub Group
3:30 Cocktail Hour: Margaritas
4:30 Table Game Night
6:00 Fire Pit & Reminisce

20 Happy B-Day Felice

10:00 Virtual Catholic Mass
10:30 Total Body Fitness
11:00 Word Game Challenge
1:30 Matinee Showing
2:00 Relaxing Yoga Flow
2:30 Cribbage Group
2:30 Music History Discussion
3:30 Pub Social
4:30 Mindful Meditation

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10:00 Reiki Meditation
10:30 Strength & Conditioning
11:00 Eucharistic Service
11:00 Jewelry Design Workshop
1:30 Matinee Film Showing
1:45 Quarter Bingo
2:00 Vocalist-Josef Nocera
3:00 Rummikub Group
3:30 Cocktail Hour: Margaritas
6:00 Fire Pit & Reminisce

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10:00 Virtual Catholic Mass
10:30 Total Body Fitness
11:00 Word Game Challenge
1:30 Matinee Showing
2:00 Music History Discussion
2:00 Relaxing Yoga Flow
2:30 Cribbage Group
3:30 Pub Social
4:30 Mindful Meditation

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10:00 Reiki Meditation
10:30 Strength & Conditioning
11:00 Eucharistic Service
11:00 Scrabble Frame Workshop
1:30 Matinee Film Showing
1:45 Quarter Bingo
2:00 Ballroom Dance Lesson
3:00 Rummikub Group
3:30 Cocktail Hour: Margaritas
6:00 Fire Pit & Reminisce

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10:00 TED Talk and Discussion
10:30 Strength & Tone Exercise
11:00 Garden Tenders Series
1:30 Film Selection Meeting
1:30 Spa Session-Face Masks
2:00 Floral Arranging Workshop
2:00 Cardio Drumming
3:30 Wine & Cheese Social
6:00 Music Listening Hour

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10:00 TED Talk and Discussion
10:30 Strength & Tone Exercise
11:00 Garden Tenders Series
1:30 Film Selection Meeting
2:00 Floral Arranging Workshop
2:00 Cardio Drumming
3:30 Wine & Cheese Social
6:00 Music Listening Hour

15

10:00 TED Talk and Discussion
10:30 Strength & Tone Exercise
11:00 Garden Tenders Series
1:30 Film Selection Meeting
1:30 Spa Session-Face Masks
2:00 Floral Arranging Workshop
2:00 Cardio Drumming
2:00 Historic Art - Margie D
3:30 Wine & Cheese Social
6:00 Music Listening Hour

22

10:00 TED Talk and Discussion
10:30 Strength & Tone Exercise
11:00 Garden Tenders Series
1:30 Film Selection Meeting
2:00 Floral Arranging Workshop
2:00 Cardio Drumming
3:30 Wine & Cheese Social
6:00 Music Listening Hour

29 Happy B-Day Melvin

10:00 TED Talk and Discussion
10:30 Strength & Tone Exercise
11:00 Garden Tenders Series
11:00 Art Expressions with Karen
1:30 Film Selection Meeting
1:30 Spa Session-Face Masks
2:00 Floral Arranging Workshop
2:00 Cardio Drumming
3:30 Wine & Cheese Social
6:00 Music Listening Hour

2 Edward S. Birthday

10:00 Historical Discussion
10:30 Total Body Fitness
11:00 Poetry Studio
11:00 Blood Pressure Clinic
1:30 TheraBand Stretch
2:00 Cribbage Group
2:00 Table Game: Scrabble
3:30 Trivial Happy Hour
4:00 Spa Session-Chair Massage

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10:00 Historical Discussion
10:30 Total Body Fitness
11:00 Poetry Studio
1:30 REACT Neuro Session
1:30 TheraBand Stretch
2:00 Table Game: Scrabble
2:00 Cribbage Group
3:30 Trivial Happy Hour
4:00 Spa Session-Chair Massage

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10:00 Historical Discussion
10:30 Total Body Fitness
11:00 Poetry Studio
1:30 TheraBand Stretch
2:00 Table Game: Scrabble
2:00 Cribbage Group
2:00 Guest Lecture-R.Shelgren
3:30 Trivial Happy Hour
4:00 Spa Session-Chair Massage

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10:00 Historical Discussion
10:30 Total Body Fitness
11:00 Resident Council Meeting
11:00 Poetry Studio
11:30 Seafood Celebration
1:30 REACT Neuro Session
1:30 TheraBand Stretch
2:00 Table Game: Scrabble
3:30 Trivial Happy Hour
3:30 Vocalist-MaryBeth Maes

30

10:00 Historical Discussion
10:30 Total Body Fitness
11:00 Poetry Studio
1:30 Masterclass
Workshop-Woodburning
2:00 Cribbage Group
2:00 TheraBand Stretch
3:30 Trivial Happy Hour
4:00 Spa Session-Chair Massage

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10:00 Mindful Meditation
10:30 Strength & Tone Exercise
11:15 Debate Topics Discussion
11:30 Outing: Lunch at Tides
1:30 Matinee Film Showing
1:45 Quarter Bingo
3:00 Short Story Literature
3:30 Cocktails & Conversations
4:30 Table-Talk Tidbits

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10:00 Mindful Meditation
10:00 Trip-Peabody Essex Museum
10:30 Strength & Tone Exercise
11:15 Debate Topics Discussion
1:30 Matinee Film Showing
1:45 Quarter Bingo
3:00 Short Story Literature
3:30 Cocktails & Conversations
4:30 Table-Talk Tidbits

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10:00 Mindful Meditation
10:00 Trip-Nahant Wildlife Sanctuary
10:30 Strength & Tone Exercise
11:15 Debate Topics Discussion
1:30 Matinee Film Showing
1:45 Quarter Bingo
3:00 Short Story Literature
3:30 Cocktails & Conversations
4:30 Table-Talk Tidbits

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10:00 Mindful Meditation
10:30 Strength & Tone Exercise
11:00 Guest Lecture-Joe Malone
11:15 Debate Topics Discussion
1:00 Outing-Beach Sandcastles
1:30 Matinee Film Showing
1:45 Quarter Bingo
3:00 Short Story Literature
3:30 Cocktails & Conversations
4:30 Table-Talk Tidbits

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10:00 Mindful Meditation
10:30 Strength & Tone Exercise
11:15 Debate Topics Discussion
11:30 Trip- Philips Park Picnic
1:30 Matinee Film Showing
1:45 Quarter Bingo
3:00 Short Story Literature
3:30 Cocktails & Conversations
4:30 Table-Talk Tidbits

4 Independence Day

10:00 Guided Imagery Meditation
10:30 Total Body Fitness
11:00 World Now Current Events
11:00 Patriotic Watercolor Weave
1:30 Drawing Studio-Still Life
2:00 History Who's Who
2:45 Barre & Balance
3:30 Pub Social
4:00 Music & Memories
7:00 Feature Film Showing

11

10:00 Guided Imagery Meditation
10:30 Total Body Fitness
11:00 World Now Current Events
11:00 Nature and Watercolor
1:30 Drawing Studio-Still Life
2:00 History Who's Who
2:30 Guest Archeology Lecture
2:45 Barre & Balance
3:30 Pub Social
4:00 Music & Memories

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10:00 Guided Imagery Meditation
10:30 Total Body Fitness
11:00 World Now Current Events
1:00 Still Life in Charcoal
2:00 History Who's Who
2:45 Barre & Balance
3:30 Pub Social
4:00 Music & Memories

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10:00 Guided Imagery Meditation
10:30 Total Body Fitness
11:00 World Now Current Events
1:00 Still Life in Charcoal
2:00 History Who's Who
2:45 Barre & Balance
3:30 Pub Social
4:00 Music & Memories



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10:00 Nature Stroll & Sunshine
10:30 Total Body Fitness
11:00 Knowledge Bout Trivia
1:30 Matinee Film Showing
1:45 Quarter Bingo
3:00 20 Min Circuit Fitness
3:30 Happy Hour
4:30 Guided Meditation
7:00 Adventure Movie Night

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10:00 Nature Stroll & Sunshine
10:30 Total Body Fitness
11:00 Knowledge Bout Trivia
1:30 Matinee Film Showing
1:45 Quarter Bingo
3:00 20 Min Circuit Fitness
3:30 Happy Hour
4:30 Guided Meditation
7:00 Adventure Movie Night

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10:00 Nature Stroll & Sunshine
10:30 Total Body Fitness
11:00 Knowledge Bout Trivia
1:30 Matinee Film Showing
1:45 Quarter Bingo
3:00 20 Min Circuit Fitness
3:30 Happy Hour
4:30 Guided Meditation
7:00 Adventure Movie Night

26

10:00 Nature Stroll & Sunshine
10:30 Total Body Fitness
11:00 Knowledge Bout Trivia
1:30 Matinee Film Showing
1:45 Quarter Bingo
3:00 20 Min Circuit Fitness
3:30 Happy Hour
4:30 Guided Meditation
7:00 Adventure Movie Night

Highlights

Film Series

Lectures

Interactive Outings

Discussion Groups

Art Workshops

Spiritual
Connections

Fitness Classes

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