

## Daylight Savings Time Begins



Spring is on the way! Sunday, March 10th is the beginning of Daylight Savings time. That means its time to spring forward.

Remember to turn you clock ahead one hour before you go to bed on Saturday, March 9th.

## On the Road

Don't forget to sign up for the following excursions by the date indicated.

**March 6th**~ Liquid Fireworks Show Sign up by March 4th

**March 8th**~ Scenic Excursion: Nahant. Sign up by March 6th

**March 15th**~ Cedar Pond Sign up by March 11th

**March 16th**~ Blue of a Kind Concert. Sign up by March 12th

**March 20th**~ Lunch at Bunratty's Irish Tavern. Sign up by March 15th

**March 22nd**~ Pine Banks. Sign up by March 20th

**March 29th**~ Heritage Film/Lecture- Gettysburg. Sign up by March 26th

## A Holiday Reminder



Easter is quickly approaching! Chef Tony and his culinary team are planning a delicious Easter dinner! In order to best serve all of our residents and their families, holiday meals require advance reservations. If you plan to have guests for Easter dinner, please be sure to make a reservation at the front desk. If you plan to be out for the holiday meal, please be sure to let the receptionist know.

# THE RESIDENCE at Melrose Station

## THE RESIDENCE AT MELROSE STATION *Associates*

**Andrew Goshert**

*Executive Director*

**Marianne Bettano**

*Business Office Director*

**Kathryn Koenig**

*Community Sales Director*

**Susan Hawes**

*Resident Care Director*

**Shamika Johnson-Adams**

*Reflections Director*

**Julie Grotto**

*Resident Engagement Director*

**Steven Chakalis**

*Maintenance Director*

**Anthony Difrumolo**

*Culinary Service Director*



## Charcuterie Workshop

Our March Signature Series Event is sure to please!

Bring your taste buds and creativity to a Charcuterie Workshop on Wednesday, March 20th from 5 -7pm. Savor a glass of wine and enjoy great company as this chef led workshop teaches you the basics.

You will create a delectable individual charcuterie tray to take with you!



If you would like to join us, please RSVP by March 15th by calling Kathryn at 781-620-8965.

We look forward to seeing you there!

## Chopped Challenge

Attention Foodies! Do you love to watch cooking challenges that pit creative chefs against one another? Have we got the event for you! The Melrose Station Chopped Challenge!

On March 27th, 2 teams, each consisting of a Melrose Station Chef and a member of the Melrose Station leadership team, will go head to head to create the best dish using an assortment of mystery ingredients! We will watch as they put their culinary knowledge and creativity to the test. We will also taste the resulting dishes to crown one team the winners of the Chopped Challenge.





MARCH	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	Easter Sunday 9:00 Bus to St. Mary's 9:30 Warm Up Work Out 9:30 Spiritual Services 10:30 Strength Training 11:30 Anagrams 1:30 Woodworking 2:30 Sundaes on Sunday 3:45 The Great Courses: Life Lessons from The Great Books			Good times, good friends, good health to you and the luck of the Irish in all that you do!		1 Happy Bday Glenna! 10:00 Walking Circuit Workout 10:45 Conditioning with Weights 11:30 Wordle Challenge 2:00 PEM Docent Lecture 2:00 Scenic Excursion- Lake Quannapowit 3:00 Guided Meditation 3:45 Wine and Cheese Social 6:00 Jigsaw Puzzle Club 6:00 Piano with Marie	2 10:00 Strength Training 10:45 Drumming for Fitness 11:30 Knowledge Bout Challenge 1:15 Art Skills- Color Therapy 2:15 Musicals 101: Funny Girl 3:30 Tabletop Games 3:45 Happy Hour 6:00 Piano with Marie
3	9:00 Bus to St. Mary's 9:30 Warm Up Work Out 9:30 Spiritual Services 10:30 Strength Training 11:30 Anagrams 1:30 Woodworking 2:30 Sundaes on Sunday 3:45 The Great Courses: Life Lessons from The Great Books	4 10:00 Stretch and Flexibility 10:45 Barre and Balance 11:30 The Great Tours: Ireland- A Destination Like No Other 2:00 Vocalist Josef Nocera 3:00 Laugh Yoga 3:45 Wine and Cheese Social 6:00 Piano with Marie	5 10:00 Warm Up Workout 10:45 Yoga with Marianne 11:30 Poetry: Intro to American Poetry 1:30 Tai Chi for Arthritis 2:00 Bingo 3:45 Hors D'Oeuvres and Wine 6:00 Piano with Marie	6 10:00 Walking Circuit Workout 10:45 Barre and Balance 11:00 Handcrafters Circle 11:00 Excursion: Liquid Fireworks Show 11:30 In the News Discussion 3:30 Horticulture Club 4:15 Sports Talk with Dom 6:00 Greenhouse Cocktail Hour 6:00 Manicures and Mocktails	7 10:00 Warm Up Workout 10:30 Chaboom Fitness 11:30 Film Discussion:The Biggest Little Farm Part 1 1:30 Tai Chi for Arthritis 2:00 Irish Music with The Merry Minstrels 3:00 Technology Education 3:45 Cocktail Hour 6:00 Piano with Marie	8 10:00 Walking Circuit Workout 10:45 Yoga with Stacey 11:30 Wordle Challenge 2:00 My Story Studio 2:00 Scenic Excursion: Nahant 3:00 Guided Meditation 3:45 Wine and Cheese Social 6:00 Jigsaw Puzzle Club 6:00 Piano with Marie	9 10:00 Strength Training 10:45 Drumming for Fitness 11:30 Knowledge Bout Challenge 1:15 Art Skills- Color Therapy 2:15 RMS University: Illusion of Beauty~ Cosmetics through the Ages 3:30 Tabletop Games 3:45 Happy Hour 6:00 Piano with Marie
10	9:00 Bus to St. Mary's 9:30 Warm Up Work Out 9:30 Spiritual Services 10:30 Strength Training 11:30 Group Crossword 1:30 Woodworking 2:30 Root Beer Floats 3:45 The Great Courses: Life Lessons from The Great Books	11 10:00 Stretch and Flexibility 10:45 Barre and Balance 11:30 The Great Tours: Ireland- Dublin's Fair City 1:30 Bingo 2:45 Humor for Health 3:45 Wine and Cheese Social 6:00 Piano with Marie	12 10:00 Warm Up Workout 10:45 Drumming for Fitness 11:30 Poetry 101: Modern American Poetry 1:30 Pianist/Vocalist Nancy Day 2:30 Tai Chi for Arthritis 3:45 Hors D'Oeuvres and Wine 6:00 Piano with Marie	13 10:00 Walking Circuit Workout 10:45 Stretch and Strengthen 11:00 Handcrafters Circle 11:30 In the News Discussion 3:30 Melrose Test Kitchen: Irish Soda Bread 4:15 Sports Talk with Dom 6:00 Greenhouse Cocktail Hour 6:00 Manicures and Mocktails	14 10:00 Warm Up Workout 10:45 Barre and Balance 11:30 Film Discussion:The Biggest Little Farm Part 2 1:30 CareTenders Health Topics 2:30 Tai Chi for Arthritis 3:00 REACT Neuro Sessions 3:45 Cocktail Hour 6:00 Piano with Marie	15 10:00 Walking Circuit Workout 10:45 Conditioning with Weights 11:30 Wordle Challenge 2:00 Engagement Planning Committee 2:00 Excursion~ Cedar Pond 3:00 Guided Meditation 3:45 Wine and Cheese Social 6:00 Jigsaw Puzzle Club 6:00 Piano with Marie	16 10:00 Strength Training 10:45 Drumming for Fitness 11:30 Knowledge Bout Challenge 1:15 Art Skills- Color Therapy 2:30 RMS University: Over the Rainbow~ Films of 1939 2:30 Excursion: Blue of a Kind Concert 3:30 Tabletop Games 3:45 Happy Hour
17	St. Patrick's Day 9:00 Bus to St. Mary's 9:30 Warm Up Work Out 9:30 Spiritual Services 10:30 Strength Training 11:30 Anagrams 1:30 History Huddle: The Real St. Patrick 2:30 Taste of Ireland: Irish Bites and Beer 3:45 The Great Courses: Life	18 10:00 Stretch and Flexibility 10:45 Barre and Balance 11:30 The Great Tours: Ireland- Dublin's Museums 1:30 Bingo 3:00 Laugh Yoga 3:45 Wine and Cheese Social 6:00 Piano with Marie	19 Happy Bday Pat H! 10:00 Warm Up Workout 10:45 Yoga with Marianne 11:30 Poetry: More American Poets 1:30 Tai Chi for Arthritis 2:00 Vocalists The Eric Baldwin Duo 3:45 Hors D'Oeuvres and Wine 6:00 Piano with Marie	20 10:00 Walking Circuit Workout 10:45 Barre and Balance 11:00 Handcrafters Circle 11:30 In the News Discussion 11:45 Trip: Bunratty's Tavern 3:30 Horticulture Club 4:15 Sports Talk with Dom 5:00 Charcuterie Workshop 6:00 Greenhouse Cocktail Hour 6:00 Manicures and Mocktails	21 10:00 Warm Up Workout 10:30 Chaboom Fitness 11:30 TED Talks Discussion 1:30 Tai Chi for Arthritis 2:30 Technology Education 3:00 The Shirt and Tie Society: Brews on the Green 3:45 Cocktail Hour 6:00 Piano with Marie	22 10:00 Walking Circuit Workout 10:45 Yoga with Stacey 11:30 Wordle Challenge 2:00 My Story Studio 2:00 Excursion: Pine Banks 3:00 Guided Meditation 3:45 Wine and Cheese Social 6:00 Jigsaw Puzzle Club 6:00 Piano with Marie	23 Purim Happy Bday Mary C! 10:00 Strength Training 10:45 Drumming for Fitness 11:30 Knowledge Bout Challenge 1:15 Art Skills- Color Therapy 2:30 Purim Megillah Reading 3:30 Tabletop Games 3:45 Happy Hour 6:00 Piano with Marie
24	Palm Sunday 9:00 Bus to St. Mary's 9:30 Warm Up Work Out 9:30 Spiritual Services 10:30 Strength Training 11:30 Group Crossword 1:30 Woodworking 2:30 Root Beer Floats 3:45 The Great Courses: Life Lessons from The Great Books	25 10:00 Stretch and Flexibility 10:45 Barre and Balance 11:30 The Great Tours: Ireland- Kilkenny, The Rock of Cashel and Cahir 1:30 Bingo 2:45 Humor for Health 3:00 SHIELD Check ins 3:45 Wine and Cheese Social 6:00 Piano with Marie	26 10:00 Warm Up Workout 10:45 Drumming for Fitness 11:30 Poetry 101: Spoken Word Poetry 1:30 Tai Chi for Arthritis 2:00 Guest Lecture: Margie Arnold~ Amelia Earhart- Beyond the Skies 3:45 Hors D'Oeuvres and Wine 6:00 Piano with Marie	27 10:00 Walking Circuit Workout 10:45 Stretch and Strengthen 11:00 Handcrafters Circle 11:30 In the News Discussion 1:30 Robin Shelgen Presents: Irish History and Culture 3:30 Melrose Test Kitchen 4:15 Sports Talk with Dom 6:00 Greenhouse Cocktail Hour 6:00 Manicures and Mocktails	28 10:00 Warm Up Workout 10:45 Barre and Balance 11:30 TED Talks Discussion 1:30 Tai Chi for Arthritis 2:00 Travel Lecture with Ron 3:00 REACT Neuro Sessions 3:15 Resident Council Meeting 3:45 Cocktail Hour 6:00 Piano with Marie	29 10:00 Walking Circuit Workout 10:15 Trip: HW Library~ Heritage Films Gettysburgh 10:45 Conditioning with Weights 11:30 Wordle Challenge 2:00 Excursion: Horn Pond 2:00 April Coming Attractions 3:00 Guided Meditation 3:45 Wine and Cheese Social 6:00 Piano with Marie	30 Good Friday 10:00 Strength Training 10:45 Drumming for Fitness 11:30 Knowledge Bout Challenge 1:15 Art Skills- Color Therapy 2:15 Hollywood History: Fred Astaire and Ginger Rogers 3:30 Tabletop Games 3:45 Happy Hour 6:00 Piano with Marie

Melrose  
Memos

The following are by appointment. Please reserve at the Front Desk:

Transportation~ Tuesdays & Thursdays 9:30am-3:30pm.  
*Transportation is First Reserved, First Served.*

Salon~ Wednesdays & Fridays  
Chair Massage~ Wednesdays

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