

Signature Series Events

Our Signature Series events are a great opportunity to showcase our gorgeous community. We'll welcome folks interested in making a move to The Residence at Melrose Station to our Spring Fling Party! Our Spring Fling Party will celebrate the joy of sunshine and warm days while showcasing an amazing spread created by Chef Tony and the restaurant team.

Our other Signature Series event this month is a Horticulture Workshop that will offer the opportunity for participants to get their hands dirty creating unique succulent gardens. Space for this workshop will be limited so please sign up with our Engagement Assistant, Michelle.



Signature Series events are always open to all of our residents. If you do not yet reside at our beautiful community and would like to attend one of our Signature Series events please contact our Sales and Marketing Director, Kelly Brosch at kbrosch@residencemelrostation.com.

Brain Health-SHIELD

We are proud and excited to offer our residents opportunities to incorporate SHIELD into their daily lives. The SHIELD method initiative was created by renowned Neurogeneticist, Dr. Rudy Tanzi to provide tangible ways for people of all ages to improve their brain health through a variety of lifestyle habits. Dr. Rudolph Tanzi is the Joseph P. and Rose F. Kennedy Professor of Neurology at Harvard University, and Vice-Chair of Neurology, Director of the Genetics and Aging Research Unit, and Co-Director of the Henry and Allison McCance Center for Brain Health at Massachusetts General Hospital.

Engagement offerings marked with an asterisk on our daily engagement sheet are part of the SHIELD method. To learn more about the SHIELD method for brain health visit any member of our Resident Engagement team and begin incorporating small steps to brain health by participating in our daily engagement offerings.



THE RESIDENCE at Melrose Station

Welcome, May!



May is a vibrant and meaningful month, where the spirit of spring is in full bloom and the days are filled with fresh energy, laughter, and thoughtful reflection. We'll enjoy the longer, warmer days with outdoor walks through our beautifully landscaped gardens, gardening clubs, and al fresco dining on the terrace.

Throughout the month, we offer a wide range of engaging events tailored to our residents' interests and lifestyles—from wellness workshops and painting classes to live music performances and our Signature Series events. The sense of community is stronger than ever, as neighbors come together to enjoy shared passions and make new memories.

A highlight of May is our Memorial Day celebration, a cherished tradition that honors the brave men and women who served our country. It's a time of remembrance, gratitude, and unity, followed by a festive cookout with classic favorites and all things red, white, and blue.

As May unfolds, we are reminded of the beauty of the spring colors as we celebrate the richness of life—past and present—at every opportunity.

THE RESIDENCE AT MELROSE STATION *Associates*

Bobbi Miller
Executive Director

Marianne Bettano
Business Office Director

Kelly Brosch
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



SundayMondayTuesdayWednesdayThursdayFridaySaturday



4
9:00 Bus to St. Mary's
9:30 Spiritual Services
10:00 Warm Up Work Out
10:45 Strength Training
11:30 Group Crossword
1:30 Open Art Studio
2:30 Root Beer Floats
3:45 Great Tours: Hawaii

5
10:00 Stretch and Flexibility
10:45 Barre and Balance
11:30 Great Courses: North American Natives
2:00 Charity Bingo-Melrose Vets
2:00 Baking Workshop: Guacamole
3:15 Philosophy of Humor
3:45 Wine and Cheese Social

6
10:00 Warm Up Work Out
10:45 Yoga with Marianne
11:30 Amazing Gardens Virtual Tour; Great Britain
1:30 Tai Chi for Arthritis
2:00 Music by Autumn Sol
3:45 Hors D'Oeuvres and Wine
6:00 Film Discussion and Screening

7
10:00 Walking Circuit Workout
10:45 Stretch and Strengthen
11:00 Handcrafters Circle
11:30 In the News Discussion
11:30 Trip: Polcari's Restaurant
2:00 Acrylic Painting with Kim
3:00 Technology Education
3:45 Wine and Cheese Social
6:00 Manicures and Hand Massages

1 May Day
10:00 Warm Up Workout
10:45 Barre and Balance
11:30 TED Talks Discussion
1:30 Chair Massage
3:15 SHIELD Check In
3:45 Cocktail Hour
6:30 Game of Chance Bingo

8
10:00 Chaboom Fitness
10:45 Barre and Balance
11:30 TED Talks Discussion
1:30 CareTenders Health Topics
1:30 Chair Massage
3:30 REACT Neuro Sessions
3:45 Cocktail Hour
6:30 Game of Chance Bingo

2
10:00 Walking Circuit Workout
10:45 Conditioning with Weights
11:30 Wordle Challenge
1:30 Tai Chi for Arthritis
2:00 Peabody Essex Museum Lecture
2:00 Trip: Kane's Donuts
3:45 Wine and Cheese Social
6:00 Jigsaw Puzzle Club

9
10:00 Walking Circuit Workout
10:45 Conditioning with Weights
11:30 Wordle Challenge
1:30 Tai Chi for Arthritis
2:00 Bobbi's Book Club- New Book
2:00 Trip: Lake Quannapowitt
3:45 Wine and Cheese Social
6:00 Jigsaw Puzzle Club

3 Happy Bday Dan!
10:00 Strength Training
11:00 Drumming for Fitness
11:30 Knowledge Bout Challenge
1:30 RMS University: The Kentucky Derby
3:00 Matinee Film Discussion and Screening
3:30 Tabletop Games
4:30 Guided Meditation

10
10:00 Strength Training
11:00 Drumming for Fitness
11:30 Knowledge Bout Challenge
1:30 RMS University: Mothers Day
3:00 Matinee Film Discussion and Screening
3:30 Tabletop Games
4:30 Guided Meditation

11 Happy Bday Carolyn!
9:00 Bus to St. Mary's
9:30 Spiritual Services
10:00 Warm Up Work Out
10:45 Strength Training
11:30 Anagrams
1:30 Open Art Studio
2:30 Sundaes on Sunday
3:45 Great Tours: Fiji

12
10:00 Stretch and Flexibility
10:45 Barre and Balance
11:30 Great Courses: North American Natives
2:00 Charity Bingo-Melrose Vets
2:00 Baking Workshop: Lemon Crumb Bars
3:15 Philosophy of Humor
3:45 Wine and Cheese Social

13
10:00 Warm Up Work Out
10:45 Drumming for Fitness
11:30 Amazing Gardens Virtual Tour; Spain
1:30 Tai Chi for Arthritis
1:30 Piano and Vocals with Nancy Day
3:45 Hors D'Oeuvres and Wine
6:00 Film Discussion and Screening

14 Happy Bday Joe!
10:00 Walking Circuit Workout
10:45 Stretch and Strengthen
11:00 Handcrafters Circle
11:00 Trip: Melrose Library
11:30 In the News Discussion
2:00 Melrose Test Kitchen
3:00 Technology Education
3:45 Wine and Cheese Social
6:00 Manicures and Hand Massages

15
10:00 Chaboom Fitness
10:45 Barre and Balance
11:30 TED Talks Discussion
1:30 Robin Shelgren Presents
1:30 Chair Massage
3:15 SHIELD Check In
3:45 Cocktail Hour
6:30 Game of Chance Bingo

16
10:00 Walking Circuit Workout
10:45 Conditioning with Weights
11:30 Wordle Challenge
1:30 Tai Chi for Arthritis
1:30 Trip: Market Street Shops
2:00 Horticulture Club
3:45 Wine and Cheese Social
6:00 Jigsaw Puzzle Club

17 Armed Forces Day
10:00 Strength Training
11:00 Drumming for Fitness
11:30 Knowledge Bout Challenge
1:30 RMS University: Gardens of the World
3:00 Matinee Film Discussion and Screening
3:30 Tabletop Games
4:30 Guided Meditation

18
9:00 Bus to St. Mary's
9:30 Spiritual Services
10:00 Warm Up Work Out
10:45 Strength Training
11:30 Group Crossword
1:30 Open Art Studio
2:30 Root Beer Floats
3:45 Great Tours: Guam

19
10:00 Stretch and Flexibility
10:45 Barre and Balance
11:30 Great Courses: North American Natives
2:00 Charity Bingo-Melrose Vets
2:00 Baking Workshop: Oreo Dirt Cake
3:15 Philosophy of Humor
3:45 Wine and Cheese Social

20
10:00 Warm Up Work Out
10:45 Yoga with Marianne
11:30 Amazing Gardens Virtual Tour; India
1:30 Tai Chi for Arthritis
2:00 Vocals with Bobby Kerrigan
3:45 Hors D'Oeuvres and Wine
6:00 Film Discussion and Screening

21
10:00 Walking Circuit Workout
10:45 Stretch and Strengthen
11:00 Handcrafters Circle
11:30 In the News Discussion
11:30 Trip: McDonald's
2:00 Mixology with Michelle: Tequila
3:00 Technology Education
3:45 Wine and Cheese Social
6:00 Manicures and Hand

22
10:00 Chaboom Fitness
10:45 Barre and Balance
11:30 TED Talks Discussion
1:30 Chair Massage
2:00 Travel Lecture with Ron Falong
3:15 Resident Council Meeting
3:30 REACT Neuro Sessions
3:45 Cocktail Hour
6:30 Game of Chance Bingo

23
10:00 Walking Circuit Workout
10:45 Conditioning with Weights
11:00 Trip: Molly's Bookstore
11:30 Wordle Challenge
1:30 Tai Chi for Arthritis
2:00 Horticulture Club
3:45 Wine and Cheese Social
6:00 Jigsaw Puzzle Club

24
10:00 Strength Training
11:00 Drumming for Fitness
11:30 Knowledge Bout Challenge
1:30 RMS University: Destination Mexico
3:00 Matinee Film Discussion and Screening
3:30 Tabletop Games
4:30 Guided Meditation

25 Happy Bday Andrea!
9:00 Bus to St. Mary's
9:30 Spiritual Services
10:00 Warm Up Work Out
10:45 Strength Training
11:30 Anagrams
1:30 Open Art Studio
2:30 Sundaes on Sunday
3:45 Great Tours: New Zealand

26 Happy Bday Pierrette!
10:00 Stretch and Flexibility
10:45 Barre and Balance
11:30 Great Courses: North American Natives
2:00 Charity Bingo-Melrose Vets
2:00 Baking Workshop: Thumbprint Cookies
3:15 Philosophy of Humor
3:45 Wine and Cheese Social

27
10:00 Warm Up Work Out
10:45 Drumming for Fitness
11:30 Amazing Gardens Virtual Tour; Iran
1:30 Tai Chi for Arthritis
2:00 Mind/Body Relaxation Session
3:45 Hors D'Oeuvres and Wine
6:00 Film Discussion and Screening

28
10:00 Walking Circuit Workout
10:30 Trip: Redstone Plaza
10:45 Stretch and Strengthen
11:00 Handcrafters Circle
11:30 In the News Discussion
1:30 Blood Pressure Clinic
2:00 Melrose Test Kitchen
3:00 Technology Education
3:45 Wine and Cheese Social
6:00 Manicures and Hand

29
10:00 Chaboom Fitness
10:45 Barre and Balance
11:30 TED Talks Discussion
1:30 Chair Massage
2:00 Signature Series: Spring Fling Garden Party
3:15 SHIELD Check In
3:45 Cocktail Hour
6:30 Game of Chance Bingo

30
10:00 Walking Circuit Workout
10:45 Conditioning with Weights
11:30 Wordle Challenge
1:30 Tai Chi for Arthritis
1:45 Trip: Saugus Iron Works
2:00 Bobbi's Book Club
3:45 Wine and Cheese Social
6:00 Jigsaw Puzzle Club

31
10:00 Strength Training
11:00 Drumming for Fitness
11:30 Knowledge Bout Challenge
1:30 RMS University: The Million Dollar Quartet
3:00 Matinee Film Discussion and Screening
3:30 Tabletop Games
4:30 Guided Meditation

Explore!

Live Concerts

Exercise Sessions

Signature Series
Events

Group Outings

Arts & Culture

Salon Services

Horticulture

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