

REFLECTIONS - MAY 2025

Sunday



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Notes

4
9:30 Global Culture and Events
10:00 Barre & Balance Class
10:00 *Spiritual Services*
11:00 Docuseries: Amazing Gardens; Great Britain
1:15 Walking Group
2:00 Art Expressions Class
3:00 Sundae Social
4:00 Barbell Strength
6:30 Game Night- Board Games

11 Mother's Day
9:30 Global Culture and Events
10:00 Barre & Balance Class
10:00 *Spiritual Services*
11:00 Docuseries: Amazing Gardens; Spain
1:15 Walking Group
2:00 Art Expressions Class
3:00 Sundae Social
4:00 Barbell Strength
6:30 Game Night- Board Games

18
9:30 Global Culture and Events
10:00 Barre & Balance Class
10:00 *Spiritual Services*
11:00 Docuseries: Amazing Gardens; India
1:15 Walking Group
2:00 Art Expressions Class
3:00 Sundae Social
4:00 Barbell Strength
6:30 Game Night- Board Games

25
9:30 Global Culture and Events
10:00 Barre & Balance Class
10:00 *Spiritual Services*
11:00 Docuseries: Amazing Gardens; Iran
1:15 Walking Group
2:00 Art Expressions Class
3:00 Sundae Social
4:00 Barbell Strength
6:30 Game Night- Board Games

5 Happy B-day Jean!
9:30 Motivational Mondays
10:00 Tai Chi for Arthritis
11:00 Gardening and Nature Club
1:15 Reflect and Pray
2:00 **Charity Bingo-Melrose Vets**
2:00 **Baking Workshop: Guacamole**
3:00 Refreshment Hour
4:00 Cardio Drumming
6:30 Dealer's Choice: Card Games

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9:30 Motivational Mondays
10:00 Tai Chi for Arthritis
11:00 Gardening and Nature Club
1:15 Reflect and Pray
2:00 **Charity Bingo-Melrose Vets**
2:00 **Baking Workshop: Lemon Crumb Bars**
3:00 Refreshment Hour
4:00 Cardio Drumming
6:30 Dealer's Choice: Card

19
9:30 Motivational Mondays
10:00 Tai Chi for Arthritis
11:00 Gardening and Nature Club
1:15 Reflect and Pray
2:00 **Charity Bingo-Melrose Vets**
2:00 **Baking Workshop: Oreo Dirt Cake**
3:00 Refreshment Hour
4:00 Cardio Drumming
6:30 Dealer's Choice: Card

26 Memorial Day
9:30 Motivational Mondays
10:00 Tai Chi for Arthritis
11:00 Gardening and Nature Club
1:15 Reflect and Pray
2:00 **Charity Bingo-Melrose Vets**
2:00 **Baking Workshop: Thumbprint Cookies**
3:00 Refreshment Hour
4:00 Cardio Drumming
6:30 Dealer's Choice: Card

6
9:30 Historical Moments
10:00 **Yoga with Marianne**
11:00 **Resident Council**
1:15 Walking Group
2:00 **Music by Autumn Sol**
2:00 Aromatherapy Nail Spa
3:00 Happy Hour Social
4:00 Resistance Band Training
6:30 Open Art Studio

13
9:30 Historical Moments
10:00 Yoga Flow
11:00 Chronology
1:15 Walking Group
1:30 **Piano and Vocals with Nancy Day**
2:00 Mind/Body Relaxation Session
3:00 Happy Hour Social
4:00 Resistance Band Training

20
9:30 Historical Moments
10:00 **Yoga with Marianne**
11:00 **Film Selection Committee**
1:15 Walking Group
2:00 **Vocals with Bobby Kerrigan**
3:00 Happy Hour Social
4:00 Resistance Band Training
6:30 Open Art Studio

27
9:30 Historical Moments
10:00 Yoga Flow
11:00 Culture Café: The Netherlands
1:15 Walking Group
2:00 **Mind/Body Relaxation Session**
3:00 Happy Hour Social
4:00 Resistance Band Training
6:30 Open Art Studio

7
9:30 Good News of Today
10:00 Barre & Balance Class
11:00 Jeopardy!
11:30 **Trip: Polcari's Restaurant**
1:15 Reflect and Pray
2:00 **Acrylic Painting with Kim**
3:00 Refreshment Hour
4:00 Barbell Strength
6:30 Game of Chance Bingo!

14 Happy B-day Joe!
9:30 Good News of Today
10:00 Barre & Balance Class
11:00 Floral Arranging
11:00 **Trip: Melrose Library**
1:15 Reflect and Pray
2:00 Aromatherapy Nail Spa
2:00 **Melrose Test Kitchen**
3:00 Refreshment Hour
4:00 Barbell Strength
6:30 Game of Chance Bingo!

21
9:30 Good News of Today
10:00 Barre & Balance Class
11:00 Jeopardy!
11:30 **Trip: McDonald's**
1:15 Reflect and Pray
2:00 Aromatherapy Nail Spa
2:00 **Mixology with Michelle: Tequila**
3:00 Refreshment Hour
4:00 Barbell Strength

28
9:30 Good News of Today
10:00 Barre & Balance Class
10:30 **Trip: Redstone Plaza**
11:00 Floral Arranging
1:15 Reflect and Pray
2:00 Aromatherapy Nail Spa
2:00 **Melrose Test Kitchen**
3:00 Refreshment Hour
4:00 Barbell Strength
6:30 Game of Chance Bingo!

1 May Day
9:30 Global Culture and Events
10:00 Low Intensity Aerobics
11:00 Vinyl Memories: Liberace
1:15 Walking Group
2:00 Art Expressions Class
3:00 Refreshment Hour
4:00 Cardio Drumming
6:30 Jigsaw Puzzlers Group

8
9:30 Global Culture and Events
10:00 **Chaboom Fitness**
11:00 Vinyl Memories: Gladys Knight
1:15 Walking Group
2:00 Art Expressions Class
3:00 Refreshment Hour
4:00 Cardio Drumming
6:30 Jigsaw Puzzlers Group

15
9:30 Global Culture and Events
10:00 **Chaboom Fitness**
11:00 Vinyl Memories: Bing Crosby
1:15 Walking Group
1:30 **Robin Shelgren Presents**
2:00 Art Expressions Class
3:00 Refreshment Hour
4:00 Cardio Drumming
6:30 Jigsaw Puzzlers Group

22
9:30 Global Culture and Events
10:00 **Chaboom Fitness**
11:00 Vinyl Memories: Fred Astaire
1:15 Walking Group
2:00 Art Expressions Class
2:00 **Travel Lecture with Ron**
3:00 Refreshment Hour
4:00 Cardio Drumming
6:30 Jigsaw Puzzlers Group

29
9:30 Global Culture and Events
10:00 **Chaboom Fitness**
11:00 Vinyl Memories: Bob Dylan
1:15 Walking Group
2:00 Art Expressions Class
2:00 **Signature Series: Spring Fling Garden Party**
3:00 Refreshment Hour
4:00 Cardio Drumming
6:30 Jigsaw Puzzlers Group

2
9:30 Historical Moments
10:00 Tai Chi for Arthritis
11:00 Choir Group
1:15 Reflect and Pray
2:00 Aromatherapy Nail Spa
2:00 **Peabody Essex Museum Lecture**
2:00 **Trip: Kane's Donuts**
3:00 Afternoon High Tea
4:00 Resistance Band Training

9
9:30 Historical Moments
10:00 Tai Chi for Arthritis
11:00 Choir Group
1:15 Reflect and Pray
2:00 Aromatherapy Nail Spa
2:00 **Trip: Lake Quannapowitt**
3:00 Afternoon High Tea
4:00 Resistance Band Training
6:30 Feature Film of the Week

16
9:30 Historical Moments
10:00 Tai Chi for Arthritis
11:00 Choir Group
1:15 Reflect and Pray
1:30 **Trip: Market Street Shops**
2:00 Aromatherapy Nail Spa
3:00 Afternoon High Tea
4:00 Resistance Band Training
6:30 Feature Film of the Week

23
9:30 Historical Moments
10:00 Tai Chi for Arthritis
11:00 Choir Group
11:00 **Trip: Molly's Bookstore**
1:15 Reflect and Pray
2:00 Aromatherapy Nail Spa
2:00 Poetry Hour
3:00 Afternoon High Tea
4:00 Resistance Band Training
6:30 Feature Film of the Week

30
9:30 Historical Moments
10:00 Tai Chi for Arthritis
11:00 Choir Group
1:15 Reflect and Pray
1:45 **Trip: Saugus Iron Works**
2:00 Aromatherapy Nail Spa
3:00 Afternoon High Tea
4:00 Resistance Band Training
6:30 Feature Film of the Week

3
9:30 Good News of Today
10:00 Yoga Flow
11:00 Knowledge Bout Challenge
1:15 Reflect and Pray
1:30 **RMS University: The Kentucky Derby**
2:00 Jewelry Design Workshop
3:00 Saturday Smoothie Café
4:00 Barbell Strength
6:30 Musical Favorites

10
9:30 Good News of Today
10:00 Yoga Flow
11:00 Knowledge Bout Challenge
1:15 Reflect and Pray
1:30 **RMS University: Mothers Day**
2:00 Jewelry Design Workshop
3:00 Saturday Smoothie Café
4:00 Barbell Strength
6:30 Musical Favorites

17 Armed Forces Day
9:30 Good News of Today
10:00 Yoga Flow
11:00 Knowledge Bout Challenge
1:15 Reflect and Pray
1:30 **RMS University: Gardens of the World**
2:00 Jewelry Design Workshop
3:00 Saturday Smoothie Café
4:00 Barbell Strength
6:30 Musical Favorites

24
9:30 Good News of Today
10:00 Yoga Flow
11:00 Knowledge Bout Challenge
1:15 Reflect and Pray
1:30 **RMS University: Destination Mexico**
2:00 Jewelry Design Workshop
3:00 Saturday Smoothie Café
4:00 Barbell Strength
6:30 Musical Favorites

31
9:30 Good News of Today
10:00 Yoga Flow
11:00 Knowledge Bout Challenge
1:15 Reflect and Pray
1:30 **RMS University: The Million Dollar Quartet**
2:00 Jewelry Design Workshop
3:00 Saturday Smoothie Café
4:00 Barbell Strength
6:30 Musical Favorites

Transportation:

Community van transportation days are Tuesdays and Thursdays from 9:30am-3:30pm.

Reservations are first come first served

Salon:

The hairdresser and nail technician is available every Wednesday and Friday

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