

REFLECTIONS - MARCH 2024

March 31	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Easter 9:30 Global Culture and Events 10:00 Barre & Balance Class 10:00 Spiritual Services 11:00 Important Women: Golda Meir 1:15 Walking Group 2:00 Art Expressions Class 3:00 Sundae Social 4:00 Barbell Strength 6:30 Game Night- Board Games							
3 9:30 Global Culture and Events 10:00 Barre & Balance Class 10:00 Spiritual Services 11:00 Important Women: Sally Ride 1:15 Walking Group 2:00 Art Expressions Class 3:00 Sundae Social 4:00 Barbell Strength 6:30 Game Night- Board Games	4 9:30 Motivational Mondays 10:00 Tai Chi for Arthritis 11:00 Baking Class: Guinness Chocolate Brownies 1:15 Reflect and Pray 2:00 Vocalist: Josef Nocera 3:00 Refreshment Hour 4:00 Cardio Dance 6:30 Dealer's Choice: Card Games	5 9:30 Historical Moments 10:00 Yoga with Marianne 11:00 Chronology 1:15 Walking Group 2:00 Resident Council 3:00 Refreshment Hour 4:00 Resistance Band Training 6:30 Jigsaw Puzzlers Group	6 9:30 Good News of Today 10:00 Barre & Balance Class 11:00 Floral Arranging 1:15 Reflect and Pray 2:00 Aromatherapy Nail Spa 2:00 Resident Outing 3:00 Happy Hour Social 4:00 Barbell Strength 6:30 Game of Chance Bingo!	7 9:30 Global Culture and Events 10:30 Chaboom Fitness 11:00 Virtual Tourist: History of Irish Pubs 1:15 Walking Group 2:00 Irish Music with The Merry Minstrels 3:00 Refreshment Hour 4:00 Cardio Dance 6:00 Piano with Marie	8 Intl. Women's Day 9:30 Historical Moments 10:00 Yoga with Stacey 11:00 Choir Group 1:15 Reflect and Pray 2:00 Aromatherapy Nail Spa 2:00 Scenic Excursion: Nahant 3:00 Afternoon High Tea 4:00 Resistance Band Training 6:30 Feature Film of the Week	9 9:30 Good News of Today 10:00 Tai Chi for Arthritis 11:00 Knowledge Bout Challenge 1:15 Reflect and Pray 2:00 Jewelry Design Workshop 3:00 Refreshment Hour 4:00 Barbell Strength 6:00 Piano with Marie	
10 Daylight Saving Time 9:30 Global Culture and Events 10:00 Barre & Balance Class 10:00 Spiritual Services 11:00 Important Women: Michelle Obama 1:15 Walking Group 2:00 Art Expressions Class 3:00 Sundae Social 4:00 Barbell Strength 6:30 Game Night- Board Games	11 Happy Birthday Sheldon! 9:30 Motivational Mondays 10:00 Tai Chi for Arthritis 11:00 Gardening and Nature Club 1:15 Reflect and Pray 2:00 Baking Class: Irish Apple Cake 3:00 Refreshment Hour 4:00 Cardio Dance 6:30 Dealer's Choice: Card	12 9:30 Historical Moments 10:00 Yoga Flow 11:00 Chronology 1:15 Walking Group 1:30 Pianist/Vocalist: Nancy Day 3:00 Refreshment Hour 4:00 Resistance Band Training 6:30 Jigsaw Puzzlers Group	13 9:30 Good News of Today 10:00 Barre & Balance Class 11:00 Culture Café: Taste of Poland 1:15 Reflect and Pray 2:00 Aromatherapy Nail Spa 2:00 Resident Outing 3:00 Happy Hour Social 4:00 Barbell Strength 6:30 Game of Chance Bingo!	14 9:30 Global Culture and Events 10:00 Tai Chi for Arthritis 11:00 Virtual Tourist: Ireland 1:15 Walking Group 2:00 Art Skills- Color Therapy 3:00 Refreshment Hour 4:00 Cardio Dance 6:00 Piano with Marie	15 9:30 Historical Moments 10:00 Yoga Flow 11:00 Choir Group 1:15 Reflect and Pray 2:00 Aromatherapy Nail Spa 2:00 Excursion: Cedar Pond 3:00 Afternoon High Tea 4:00 Resistance Band Training 6:30 Feature Film of the Week	16 9:30 Good News of Today 10:00 Low Intensity Aerobics 11:00 Knowledge Bout Challenge 1:15 Reflect and Pray 2:00 Jewelry Design Workshop 3:00 Refreshment Hour 4:00 Barbell Strength 6:00 Piano with Marie	
17 St. Patrick's Day 9:30 Global Culture and Events 10:00 Barre & Balance Class 10:00 Spiritual Services 11:00 Important Women: The 19th Amendment 1:15 Walking Group 2:00 Art Expressions Class 3:00 Sundae Social 4:00 Barbell Strength 6:30 Game Night- Board Games	18 E. Orthodox Lent 9:30 Motivational Mondays 10:00 Tai Chi for Arthritis 11:00 Gardening and Nature Club 1:15 Reflect and Pray 2:00 Baking Class: Potato Candy 3:00 Refreshment Hour 4:00 Cardio Dance 6:30 Dealer's Choice: Card Games	19 Spring Begins 9:30 Historical Moments 10:00 Yoga with Marianne 11:00 Chronology 1:15 Walking Group 2:00 Vocalists: The Eric Baldwin Duo 3:00 Refreshment Hour 4:00 Resistance Band Training 6:30 Jigsaw Puzzlers Group	20 9:30 Good News of Today 10:00 Barre & Balance Class 11:00 Floral Arranging 1:15 Reflect and Pray 2:00 Aromatherapy Nail Spa 2:00 Resident Outing 3:00 Happy Hour Social 4:00 Barbell Strength 6:30 Game of Chance Bingo!	21 9:30 Global Culture and Events 10:30 Chaboom Fitness 11:00 Virtual Tourist: Great Irish Castles 1:15 Walking Group 2:00 Art Skills- Color Therapy 3:00 Refreshment Hour 3:00 The Shirt and Tie Society 4:00 Cardio Dance 6:00 Piano with Marie	22 9:30 Historical Moments 10:00 Yoga with Stacey 11:00 Choir Group 1:15 Reflect and Pray 2:00 Aromatherapy Nail Spa 2:00 Excursion: Pine Banks 3:00 Afternoon High Tea 4:00 Resistance Band Training 6:30 Feature Film of the Week	23 Purim Begins 9:30 Good News of Today 10:00 Tai Chi for Arthritis 11:00 Knowledge Bout Challenge 1:15 Reflect and Pray 2:00 Jewelry Design Workshop 2:30 Purim Megillah Reading 3:00 Refreshment Hour 4:00 Barbell Strength 6:00 Piano with Marie	
24 Palm Sunday 9:30 Global Culture and Events 10:00 Barre & Balance Class 10:00 Spiritual Services 11:00 Important Women: Matriarchs 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 Motivational Mondays 10:00 Tai Chi for Arthritis 11:00 Gardening and Nature Club 1:15 Reflect and Pray 2:00 Baking Class: Beer Bread 3:00 Refreshment Hour 4:00 Cardio Dance 6:30 Dealer's Choice: Card Games	26 9:30 Historical Moments 10:00 Yoga Flow 11:00 Chronology 1:15 Walking Group 2:00 Guest Lecture: Margie Arnold; Amelia Earhart- Beyond the Skies 3:00 Refreshment Hour 4:00 Resistance Band Training 6:30 Jigsaw Puzzlers Group	27 9:30 Good News of Today 10:00 Barre & Balance Class 11:00 Film Selection Committee 1:15 Reflect and Pray 1:30 Robin Shelgen Presents: Irish History and Culture 2:00 Resident Outing 3:00 Happy Hour Social 4:00 Barbell Strength 6:30 Game of Chance Bingo!	28 9:30 Global Culture and Events 10:00 Tai Chi for Arthritis 11:00 Virtual Tourist: Dublin, Ireland 1:15 Walking Group 2:00 Art Skills- Color Therapy 2:00 Travel Lecture with Ron 3:00 Refreshment Hour 4:00 Cardio Dance 6:00 Piano with Marie	29 Good Friday 9:30 Historical Moments 10:00 Yoga Flow 11:00 Choir Group 1:15 Reflect and Pray 2:00 Aromatherapy Nail Spa 2:00 Excursion: Horn Pond 3:00 Afternoon High Tea 4:00 Resistance Band Training 6:30 Feature Film of the Week	30 Happy Birthday Martha! 9:30 Good News of Today 10:00 Low Intensity Aerobics 11:00 Knowledge Bout Challenge 1:15 Reflect and Pray 2:00 Jewelry Design Workshop 3:00 Refreshment Hour 4:00 Barbell Strength 6:00 Piano with Marie	

Events are subject to change.

Notes

Resident Outings:

3/6 Red Rock Park

3/13 Revere Beach

3/20 Breakheart Re-servation

3/27 Elle Pond

Other:

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