

Engagement Opportunity: Music Together



Music classes that are intergenerational offer a unique blend of benefits by bringing together people of various age groups, from children to older adults. These classes promote a shared learning environment where participants can learn from each other's experiences, fostering mutual respect and understanding. Younger students can benefit from the wisdom and patience of older individuals, while older adults may experience the joy of connecting

with younger generations, rekindling memories, and even learning new musical styles and technologies. This cross-generational interaction can improve social bonds, reduce isolation, and provide emotional support across age groups. Additionally, research suggests that music itself can improve cognitive function, emotional well-being, and physical coordination, making intergenerational music classes a holistic and enriching experience for all involved.

Apple Country Music Together will be hosting a Music Together class for a six week session starting on Tuesday May 6th at 2:00pm. This is a wonderful opportunity to get see some little smiles and hear some giggles.

Meet New RCD: Kristen Droeske



I have over 13 years of experience in nursing and am passionate about being a positive and supportive presence to those around me. Outside of work, I love baking sweet treats and spending time with my son and my goldendoodle. I enjoy taking vacations to Maine and Vermont to relax and enjoy peaceful surroundings. I am excited to join the Orchard Grove community!

THE RESIDENCE at Orchard Grove

THE RESIDENCE AT ORCHARD GROVE *Associates*

Mia Crawford
Executive Director

Melissa Berardo
Sales & Marketing Director

Sandy Aker
Business Office Director

Mary Beth McCarthy
Resident Engagement Director

Alex Beret
Maintenance Director

Jeremy Shue
Director of Restaurant Operations

Kristen Droeske
Resident Care Director

Mary Scarlata-Rowe
Director of Reflections



A Delightful High Tea

Join us for an elegant afternoon of fine teas, delectable pastries and finger sandwiches in a charming setting. Indulge in delightful conversations with a touch of sophistication. It is the perfect moment to relax and celebrate Spring. A tea party is a moment to slow down, sip, and savor life's little pleasures. Save the date for Friday, May 9th at 2:00.



Celebrate The Magic of Herbs

From fragrant basil to calming lavender, you'll discover how these lovely plants can bring joy and flavor into your life. Discover the healing and cooking benefits of herbs and create your very own herb garden pot to take home. A herb garden is a simple way to bring more flavor, wellness, and tranquility into your life. Mark your calendars for Wednesday, May 21st at 2:00pm.



SundayMondayTuesdayWednesdayThursdayFridaySaturday

Reminders:

Front Desk Phone
Number:
508-841-5735

Doctor Appointments
are on Tuesday and
Thursdays from
9:30am to 3:00pm

Appointments must
be made 72 hours in
advance. Hair-
dresser is by appoint-
ment only on
Tuesdays.

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



- 4**
- 10:15 Spiritual Services
 - 10:30 Current Events
 - 11:00 Rooted Yoga
 - 1:00 Stretch & Flex
 - 1:45 Bingo
 - 3:00 Happy Hour
 - 3:30 Wheel of Fortune
 - 6:00 Trivia Night

- 5**
- 10:00 Crossword Challenge
 - 11:00 Cardio Aerobics
 - 1:30 Low-impact Fitness
 - 2:00 Coaster Design Workshop
 - 3:00 Cinco De Mayo Party
 - 3:30 Classification Challenge
 - 6:00 Tai Chi & Gratitude
 - 6:30 Movie- Resident Choice

- 6**
- 10:00 Learn Mexican Train
 - 10:30 Divine Mercy Prayer
 - 11:00 Dr. Clermont Total Fit
 - 1:15 Barre & Balance Class
 - 2:00 Chorus Rehearsal
 - 2:00 Corn Hole Tournament
 - 3:00 Happy Hour
 - 3:30 NYT Spelling Bee
 - 6:00 Bingo Night!

- 7**
- 10:15 Learn to Play Wordscapes
 - 10:30 Catholic Mass
 - 11:00 Barre and Balance
 - 11:30 Lunch Outing: Longhorns
 - 1:15 Resistance Band Training
 - 2:00 Abstract Art: Alcohol Ink
 - 2:30 Bell Choir
 - 2:45 Calendar Committee
 - 3:00 Men’s Happy Hour
 - 3:00 Happy Hour

- 1**
- 10:00 SHIELD Check-Ins
 - 10:30 Cognitive Cardio
 - 11:00 Wellness Reset
 - 1:00 Ballroom Dance Class
 - 1:15 Low Impact Fitness
 - 2:00 Bingo Game!
 - 3:00 Cocktail Hour
 - 3:15 Blank Slate Challenge
 - 3:30 Series: Red Sox: Club House

- 8**
- 10:00 SHIELD Check-Ins
 - 10:30 Cognitive Cardio
 - 11:00 Wellness Reset
 - 1:00 Floral Design: Tea Tin Florals
 - 1:15 Low Impact Fitness
 - 2:00 Bingo Game!
 - 3:00 Cocktail Hour
 - 3:15 Blank Slate Challenge
 - 3:30 Series: Red Sox: Club House

- 2**
- 10:00 Blood Pressure Clinic
 - 10:15 Rosary Group
 - 11:00 3-1 Yoga
 - 1:15 Tai Chi for Arthritis
 - 2:00 Bake and Taste: Banana Cheesecake
 - 2:30 Film Selection Meeting
 - 3:00 Wine Social
 - 3:30 Poker Club
 - 6:00 Blockbuster Movies

- 9**
- 10:00 Blood Pressure Clinic
 - 10:15 Rosary Group
 - 11:00 3-1 Yoga
 - 1:00 React
 - 1:15 Tai Chi for Arthritis
 - 2:00 Delightful Tea Time
 - 3:00 Wine Social
 - 3:30 Poker Club
 - 6:00 Blockbuster Movies

- 3**
- 10:00 Coffee Connoisseurs
 - 11:00 Resistant Band Training
 - 1:00 Springtime Stompers
 - 1:30 Serenity Spa-Manicures
 - 2:00 Bocce Challenge
 - 3:00 Happy Hour
 - 3:30 Words with Friends
 - 6:00 Movie Night

- 10**
- 10:00 Coffee Connoisseurs
 - 11:00 Resistant Band Training
 - 1:00 Springtime Stompers
 - 1:30 Serenity Spa Time
 - 2:00 Jewlery Designs Workshop
 - 3:00 Happy Hour
 - 3:30 Court Case Discussions
 - 6:00 Movie Night

- 11** Mother’s Day
- 10:15 Spiritual Services
 - 10:30 Mimosa’s For Mothers
 - 11:00 Rooted Yoga
 - 1:00 Stretch & Flex
 - 1:45 Bingo
 - 3:00 Happy Hour
 - 3:30 Wheel of Fortune
 - 6:00 Trivia Night

- 12**
- 10:00 Crossword Challenge
 - 11:00 Cardio Aerobics
 - 1:30 Low-impact Fitness
 - 2:00 Books In Bloom Art Class
 - 3:00 Pub Hour
 - 3:30 Word Extraction
 - 6:00 Tai Chi & Gratitude
 - 6:30 Movie- Resident Choice

- 13**
- 10:00 Learn Mexican Train
 - 10:30 Divine Mercy Prayer
 - 11:00 Dr. Clermont Total Fit
 - 1:15 Barre & Balance Class
 - 2:00 Chorus Rehearsal
 - 2:00 Mini Golf Challenge
 - 3:00 Happy Hour
 - 3:30 NYT Spelling Bee
 - 6:00 Bingo Night!

- 14** Happy Bday Tom
- 10:15 Learn to Play Wordscapes
 - 11:00 Barre and Balance
 - 1:00 Outing: Gerado’s Bakery
 - 1:15 Resistance Band Training
 - 2:15 Watercolors: Poppy Field
 - 2:30 Bell Choir
 - 3:00 Men’s Happy Hour
 - 3:00 Happy Hour
 - 3:30 NY Times Word Games
 - 6:00 Night at The Movies

- 15**
- 10:00 SHIELD Check-Ins
 - 10:30 Cognitive Cardio
 - 11:00 Wellness Reset
 - 1:15 Low Impact Fitness
 - 1:15 Seed to Stem Gardeners
 - 2:00 Bingo Game!
 - 3:00 Cocktail Hour
 - 3:15 Blank Slate Challenge
 - 3:30 Series: Red Sox: Club House

- 16**
- 10:00 Blood Pressure Clinic
 - 10:15 Rosary Group
 - 11:00 3-1 Yoga
 - 1:15 Tai Chi for Arthritis
 - 2:00 Jazz Concert with Clyde
 - 3:00 Wine Social
 - 3:30 Poker Club
 - 6:00 Blockbuster Movies

- 17**
- 10:00 Coffee Connoisseurs
 - 11:00 Resistant Band Training
 - 1:00 Springtime Stompers
 - 1:30 Serenity Spa Time
 - 2:00 Ice Cream Social
 - 3:00 Happy Hour
 - 3:30 Words with Friends
 - 6:00 Movie Night

- 18**
- 10:15 Spiritual Services
 - 10:30 Current Events
 - 11:00 Rooted Yoga
 - 1:00 Stretch & Flex
 - 1:45 Bingo
 - 3:00 Happy Hour
 - 3:30 Wheel of Fortune
 - 6:00 Trivia Night

- 19**
- 10:00 Crossword Challenge
 - 11:00 Cardio Aerobics
 - 12:00 Welcome Lunch
 - 1:30 Low-impact Fitness
 - 1:45 Joe Malone: American Crooners
 - 3:00 Pub Hour
 - 3:30 Classification Challenge
 - 6:00 Tai Chi & Gratitude
 - 6:30 Movie- Resident Choice

- 20**
- 10:00 Learn Mexican Train
 - 10:30 Divine Mercy Prayer
 - 11:00 Dr. Clermont Total Fit
 - 1:15 Barre & Balance Class
 - 2:00 Chorus Rehearsal
 - 2:00 Bowling Tournament
 - 3:00 Happy Hour
 - 3:30 NYT Spelling Bee
 - 6:00 Bingo Night!

- 21**
- 10:15 Learn to Play Wordscapes
 - 11:00 Barre and Balance
 - 11:00 Pretty Little Things Pop up Shop
 - 1:15 Resistance Band Training
 - 1:30 Resident’s Council
 - 2:00 Herbs and More: Cooking Demo
 - 2:30 Bell Choir
 - 3:00 Men’s Happy Hour

- 22**
- 10:00 SHIELD Check-Ins
 - 10:30 Cognitive Cardio
 - 11:00 Wellness Reset
 - 1:15 Low Impact Fitness
 - 1:15 Sound Bowl Mediation
 - 2:00 Bingo Game!
 - 3:00 Cocktail Hour
 - 3:15 Karaoke Studio Hits
 - 3:30 Series: Red Sox: Club House

- 23** Happy Bday Jean
- 10:00 Blood Pressure Clinic
 - 10:15 Rosary Group
 - 11:00 3-1 Yoga
 - 1:15 Tai Chi for Arthritis
 - 2:00 Share the Faith
 - 2:00 Craft: Make Your Own Tic Tac Toe Board
 - 3:00 Wine Social
 - 3:30 Poker Club
 - 6:00 Blockbuster Movies

- 24**
- 10:00 Coffee Connoisseurs
 - 11:00 Resistant Band Training
 - 1:00 Springtime Stompers
 - 1:30 Serenity Spa Time
 - 2:00 Music Appreciation: Country Hits
 - 3:00 Happy Hour
 - 3:30 Court Case Discussions
 - 6:00 Movie Night

- 25**
- 10:15 Spiritual Services
 - 10:30 Current Events
 - 11:00 Rooted Yoga
 - 1:00 Stretch & Flex
 - 1:45 Bingo
 - 3:00 Happy Hour
 - 3:30 Wheel of Fortune
 - 6:00 Trivia Night

- 26** Memorial Day
- 10:00 Crossword Challenge
 - 11:00 Cardio Aerobics
 - 1:30 Low-impact Fitness
 - 2:00 Patriotic Music Event
 - 3:00 Pub Hour
 - 3:30 Word Extraction
 - 6:00 Tai Chi & Gratitude
 - 6:30 Movie- Resident Choice

- 27**
- 10:00 Learn Mexican Train
 - 10:30 Divine Mercy Prayer
 - 11:00 Dr. Clermont Total Fit
 - 1:15 Barre & Balance Class
 - 2:00 Chorus Rehearsal
 - 2:00 Historical Facts
 - 3:00 Happy Hour
 - 3:30 NYT Spelling Bee
 - 6:00 Bingo Night!

- 28**
- 9:30 Outing: Garden in the Woods
 - 10:15 Learn to Play Wordscapes
 - 11:00 Barre and Balance
 - 1:15 Resistance Band Training
 - 2:00 Broadway Tunes by Alex
 - 2:30 Bell Choir
 - 3:00 Men’s Happy Hour
 - 3:00 Happy Hour
 - 3:30 NY Times Word Games

- 29**
- 10:00 SHIELD Check-Ins
 - 10:30 Cognitive Cardio
 - 11:00 Wellness Reset
 - 1:15 Low Impact Fitness
 - 1:15 Sound Bowl Mediation
 - 2:00 Bingo Game!
 - 3:00 Cocktail Hour
 - 3:15 Blank Slate Challenge
 - 3:30 Series: Red Sox: Club House

- 30**
- 10:00 Blood Pressure Clinic
 - 10:15 Rosary Group
 - 11:00 3-1 Yoga
 - 1:15 Tai Chi for Arthritis
 - 1:15 Movie Matinee
 - 2:00 Timeless Moments: Wedding Photos
 - 3:00 Wine Social
 - 3:30 Poker Club
 - 6:00 Blockbuster Movies

- 31**
- 10:00 Coffee Connoisseurs
 - 11:00 Resistant Band Training
 - 1:00 Springtime Stompers
 - 1:30 Serenity Spa Time
 - 1:45 Outing:Dean Park
 - 3:00 Happy Hour
 - 3:30 Words with Friends
 - 6:00 Movie Night