REFLECTIONS - MAY 2025

THE RESIDENCE at Orchard Grove

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 May Day **10:00** Good News of Today **10:30** Mindful Yoga with Toni **1:00** Ballroom Dance Class **1:30** Culinary Creations: Cookies **2:00** Bingo Game! **2:30** Classical Cardio Drumming **3:00** Music & Memories **3:30** Lecture to Learn: May Day **6:00** Hand Spa	**2** **10:00** Low Impact Fitness **10:15** Rosary Group **10:30** Crossword Challenge **11:15** Outing: Ice Cream **2:30** Literature Listening **3:00** Bowling Challenge **3:30** Guided Meditation **6:00** Knowledge Challenge **7:00** Classics	**3** Monica's Birthday **10:00** Upper Body Conditioning **10:30** Creative Writing Seminar **1:00** Tai Chi for Arthritis **1:30** Serenity Spa Time **1:30** Corn Hole Competition **2:30** Trivia Challenge **3:00** Healing Hand Massages **3:30** Wheel of Fortune **6:00** Game Night **7:00** Nightly Flick Musical
4 **10:00** Televised Catholic Mass **10:30** Low-Impact Stretching **11:00** Intellectual Puzzles **12:30** Barre & Balance **1:00** Stretch & Flex **2:00** Bingo Showdown **2:30** Cardio Tennis **3:00** Happy Hour with Friends **6:00** Aromatherapy Workshop **7:00** Movie: Comedy	**5** Cinco de Mayo **10:00** Low Impact Fitness **10:30** Cognitive Cardio **1:00** Art Expression **1:30** Scenic Journey: Walking Trail **2:00** Herbal Garden Presentation **2:30** Yoga for Flexibility **3:00** Game Challenge: Matching **3:30** Spa Nail Care	**6** Fred E. Birthday **10:00** Balance & Flex Class **10:30** Word Extraction **1:00** Tai Chi for Arthritis **1:30** Intro to Poetry Writing **2:00** Chorus Rehearsal **3:00** Happy Hour **3:00** Bingo Showdown **3:30** Color Therapy **6:00** Reflective Moments Discussion	**7** **10:00** Cardio Aerobics **10:00** Today in History **10:30** Catholic Mass **1:00** Barre & Balance **1:30** Gratitude Journaling **2:00** Craft Workshop **2:30** Bell Choir **2:30** Calendar Committee **3:30** Guided Meditation **3:30** Travelogue: The Vatican	**8** **10:00** Positive Stories **10:30** Mindful Yoga with Toni **1:15** Literature Listening Hour **1:30** Culinary Creations: Cake **2:00** Bingo Game! **2:30** Classical Cardio Drumming **3:00** Music & Memories **3:30** Lecture to Learn: Cool Crooners **6:00** Hand Spa	**9** **10:00** Low Impact Fitness **10:15** Rosary Group **10:30** Scattegories Challenge **11:15** Outing: Chinese **2:00** Delightful Tea Time **2:30** Literature Listening **3:00** Bowling Challenge **3:30** Guided Meditation **6:00** Knowledge Challenge **7:00** Classics	**10** **10:00** Upper Body Conditioning **10:30** Creative Writing Seminar **1:00** Tai Chi for Arthritis **1:30** Serenity Spa Time **1:30** Corn Hole Competition **2:30** Trivia Challenge **3:00** Healing Hand Massages **3:30** Wheel of Fortune **6:00** Game Night **7:00** Nightly Flick Musical
11 Mothers Day **10:00** Televised Catholic Mass **10:30** Low-Impact Stretching **11:00** Intellectual Puzzles **12:30** Barre & Balance **1:00** Stretch & Flex **2:00** Bingo Showdown **2:30** Cardio Tennis **3:00** Happy Hour with Friends **6:00** Aromatherapy Workshop **7:00** Movie: Comedy	**12** **10:00** Low Impact Fitness **10:30** Cognitive Cardio **1:00** Art Expression **1:30** Scenic Journey: Park **2:30** Yoga for Flexibility **2:30** Resident's Council **3:00** Game Challenge: Ring Toss **3:30** Word Extraction **6:00** Rosary Group **7:00** Movie: Musical	**13** **10:00** Balance & Flex Class **10:30** Word Extraction **1:00** Tai Chi for Arthritis **1:30** Intro to Poetry Writing **2:00** Chorus Rehearsal **3:00** Happy Hour **3:00** Bingo Showdown **3:30** Color Therapy **6:00** Reflective Moments Discussion	**14** **10:00** Cardio Aerobics **10:30** Today in History **11:00** Worship Service **1:00** Barre & Balance **1:30** Gratitude Journaling **2:00** Craft Workshop **2:30** Bell Choir **3:30** Guided Meditation **3:30** Travelogue: New England **6:00** Bingo	**15** **10:00** Good News of Today **10:30** Mindful Yoga with Toni **1:15** Literature Listening Hour **1:30** Culinary Creations: Brownies **2:00** Bingo Game! **2:30** Classical Cardio Drumming **3:00** Music & Memories **3:30** Lecture to Learn: Eva Gabor	**16** **10:00** Low Impact Fitness **10:15** Rosary Group **10:30** Crossword Challenge **11:15** Outing Post Office Pub **2:30** Literature Listening **3:00** Bowling Challenge **3:30** Guided Meditation **6:00** Knowledge Challenge **7:00** Classics	**17** **10:00** Upper Body Conditioning **10:30** Creative Writing Seminar **1:00** Tai Chi for Arthritis **1:30** Serenity Spa Time **1:30** Corn Hole Competition **2:30** Trivia Challenge **3:00** Healing Hand Massages **3:30** Wheel of Fortune **6:00** Game Night **7:00** Nightly Flick Musical
18 **10:00** Televised Catholic Mass **10:30** Low-Impact Stretching **11:00** Intellectual Puzzles **12:30** Barre & Balance **1:00** Stretch & Flex **2:00** Bingo Showdown **2:30** Cardio Tennis **3:00** Happy Hour with Friends **6:00** Aromatherapy Workshop **7:00** Movie: Comedy	**19** **10:00** Low Impact Fitness **10:30** Cognitive Cardio **1:00** Art Expression **1:30** Scenic Journey: Waterways **1:45** Joe Malone: **2:30** Yoga for Flexibility **3:00** International Cuisine **3:00** Game Challenge: Darts **3:30** Spa Nail Care **6:00** Rosary Group	**20** **10:00** Balance & Flex Class **10:30** Word Extraction **1:00** Tai Chi for Arthritis **1:30** Intro to Poetry Writing **2:00** Chorus Rehearsal **3:00** Happy Hour **3:00** Bingo Showdown **3:30** Color Therapy **6:00** Reflective Moments Discussion	**21** **10:00** Cardio Aerobics **10:00** Today in History **1:00** Barre & Balance **1:30** Gratitude Journaling **2:00** Craft Workshop **2:30** Bell Choir **3:30** Guided Meditation **3:30** Travelogue: Niagra Falls **6:00** Bingo **7:00** Movie: Romance	**22** **10:00** Positive Stories **10:30** Mindful Yoga with Toni **1:15** Literature Listening Hour **1:30** Culinary Creations: Muffins **2:00** Bingo Game! **2:30** Classical Cardio Drumming **3:00** Music & Memories **3:30** Lecture to Learn: Space Travel	**23** **10:00** Low Impact Fitness **10:15** Rosary Group **10:30** Scattegories Challenge **11:15** Outing: Ice Cream **2:30** Literature Listening **3:00** Bowling Challenge **3:30** Guided Meditation **6:00** Knowledge Challenge **7:00** Classics	**24** **10:00** Upper Body Conditioning **10:30** Creative Writing Seminar **1:00** Tai Chi for Arthritis **1:30** Serenity Spa Time **1:30** Corn Hole Competition **2:30** Trivia Challenge **3:00** Healing Hand Massages **3:30** Wheel of Fortune **6:00** Game Night **7:00** Nightly Flick Musical
25 **10:00** Televised Catholic Mass **10:30** Low-Impact Stretching **11:00** Intellectual Puzzles **12:30** Barre & Balance **1:00** Stretch & Flex **2:00** Bingo Showdown **2:30** Cardio Tennis **3:00** Happy Hour with Friends **6:00** Aromatherapy Workshop **7:00** Movie: Comedy	**26** Memorial Day **10:00** Low Impact Fitness **10:30** Cognitive Cardio **1:00** Art Expression **1:30** Scenic Journey: Trails **2:30** Yoga for Flexibility **3:00** Game Challenge: Shuffle Board **3:30** Word Extraction **6:00** Rosary Group **7:00** Movie: Musical	**27** **10:00** Balance & Flex Class **10:30** Word Extraction **1:00** Tai Chi for Arthritis **1:30** Intro to Poetry Writing **2:00** Calendar Club **2:00** Chorus Rehearsal **3:00** Happy Hour **3:00** Bingo Showdown **3:30** Color Therapy **6:00** Reflective Moments	**28** Fred B. Birthday **10:00** Cardio Aerobics **10:30** Today in History **1:00** Barre & Balance **1:30** Gratitude Journaling **2:00** Craft Workshop **2:00** Broadway Tunes by Alex **2:30** Bell Choir **3:30** Guided Meditation **3:30** Travelogue: New Orleans **6:00** Bingo	**29** **10:00** Good News of Today **10:30** Mindful Yoga with Toni **1:15** Literature Listening Hour **1:30** Culinary Creations: Pie **2:00** Bingo Game! **2:30** Classical Cardio Drumming **3:00** Music & Memories **3:30** Lecture to Learn: Rat Pack **6:00** Hand Spa	**30** **10:00** Low Impact Fitness **10:15** Rosary Group **10:30** Crossword Challenge **11:15** Outing: Italian **2:30** Literature Listening **3:00** Bowling Challenge **3:30** Guided Meditation **6:00** Knowledge Challenge **7:00** Classics	**31** **10:00** Upper Body Conditioning **10:30** Creative Writing Seminar **1:00** Tai Chi for Arthritis **1:30** Serenity Spa Time **1:30** Corn Hole Competition **2:30** Trivia Challenge **3:00** Healing Hand Massages **3:30** Wheel of Fortune **6:00** Game Night **7:00** Nightly Flick Musical

Events are subject to change.

Reminders:

Memory Care Caregiver Support Group is the second Wednesday of the month at 6pm.
Please let Mary know if you plan to Attend

The Hairdresser is here every Tuesday. Call the front desk to make an appointment.

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