

REFLECTIONS - MAY 2025

Sunday



Monday

Tuesday



Wednesday

Thursday

Friday

Saturday

Quotable Quotes

The world's favourite
season is the spring.
All things seem pos-
sible in May." -
Edwin Way Teale

“The earth laughs in
flowers.” - Ralph
Waldo Emerson

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
10:00 Positive News Exchange
10:30 Sun Salutation Exercise
11:00 Virtual Catholic Service
1:30 Gloss & Glamour Manicures
1:30 Movie: Age of Innocence
2:30 Rootbeer Floats
3:30 20 Questions Challenge
4:00 Meditative Movement
6:00 Musical Moments: Harp

5
10:00 History Unfolded
10:30 Outing: Ocean Blvd.
11:00 Ukulele Session with Mike
1:30 Barre & Balance Exercise
2:00 Music Therapy Workshop
3:00 Green Thumb Gardening
4:00 Musical Momentum
6:00 Hand Massages

6
10:00 Positive News Exchange
10:30 Nick Phaneuf Concert
11:00 Sugar & Spice Baking Club
1:30 Tai Chi for Arthritis
2:00 Engage Cardio Class
3:00 Event Planning Committee
4:00 Trivial Pursuit
6:00 Open Art Studio

7
10:00 History Unfolded
10:30 Engage Gym Session
10:30 Health Checkup Clinic
11:00 Men's Workshop
12:30 Community Bistro
1:30 Barre & Balance Exercise
3:00 Corks & Curds Social
4:00 The Art of Zen
6:00 Hand Massages

8
10:00 Positive News Exchange
10:30 Outing: The Shanty
11:00 Low Intensity Cardio
1:30 Resistance Bands
2:30 Tea Party Social
3:30 Pub Tournament Round 1
4:00 Eversound Audio Books
6:00 Open Art Studio

9
10:00 History Unfolded
10:30 Engage Gym Session
11:00 Sugar & Spice Baking Club
12:30 Community Bistro
1:30 Community Tai Chi
2:00 Andy Campbell Concert
4:00 NY Times Wordle
6:00 Who in the Room?

10 Happy BDay Peter!
10:00 Positive News Exchange
10:30 Strength & Balance
11:00 Audubon Birdwatchers Club
1:30 Court Case Discussion
2:30 Card Sharks Club
3:30 Gentle Yoga
4:00 Hymn Sing
6:00 Tune In Music Club

11 Mother's Day
10:00 Positive News Exchange
10:30 Sun Salutation Exercise
11:00 Virtual Catholic Service
1:30 Gloss & Glamour Manicures
1:30 Movie: Notting Hill
2:30 Mother's Day Tea Social
3:30 Classification Challenge
4:00 Meditative Movement
6:00 Musical Moments: Ukulele

12 Happy BDay Irene!
10:00 History Unfolded
10:30 Outing: Nubble Light
11:00 Ukulele Session with Mike
1:30 Barre & Balance Exercise
2:30 Green Thumb Gardening
3:00 Relax & Renew Exercise
4:00 Musical Momentum
6:00 Hand Massages

13
10:00 Positive News Exchange
10:30 Tai Chi for Arthritis
11:00 Sugar & Spice Baking Club
1:30 Chip & Dip Trivia
2:00 Engage Cardio Class
3:00 Event Planning Committee
4:00 Trivial Pursuit
6:00 Open Art Studio

14
10:00 History Unfolded
10:30 Firefly Pottery Workshop
10:30 Engage Gym Session
11:00 Men's Workshop
12:30 Community Bistro
1:30 Barre & Balance Exercise
3:00 Corks & Curds Social
4:00 The Art of Zen
6:00 Hand Massages

15
10:00 Positive News Exchange
10:30 Outing: Mainely Local
11:00 Dance Yoga
1:30 Resistance Bands
2:30 Tea Party Social
3:30 Pub Tournament Round 1
4:00 Eversound Audio Books
6:00 Open Art Studio

16
10:00 History Unfolded
10:30 Engage Gym Session
11:00 Sugar & Spice Baking Club
12:00 Spring Fling
1:30 Community Tai Chi
2:30 Pub Tournament Round 2
4:00 NY Times Wordle
6:00 Who in the Room?

17
10:00 Positive News Exchange
10:30 Strength & Balance
11:00 Audubon Birdwatchers Club
1:30 Court Case Discussion
2:30 Card Sharks Club
3:30 Gentle Yoga
4:00 Hymn Sing
6:00 Tune In Music Club

18
10:00 Positive News Exchange
10:30 Sun Salutation Exercise
11:00 Virtual Catholic Service
1:30 Gloss & Glamour Manicures
1:30 Movie: The Money Pit
2:30 Rootbeer Floats
3:30 20 Questions Challenge
4:00 Meditative Movement
6:00 Musical Moments: Flute

19
10:00 History Unfolded
10:30 Chris Eckblom Concert
11:00 Outing: Kittery Foreside
1:30 Barre & Balance Exercise
2:30 Green Thumb Gardening
3:00 Relax & Renew Exercise
4:00 Musical Momentum
6:00 Hand Massages

20
10:00 Positive News Exchange
10:30 Tai Chi for Arthritis
11:00 Sugar & Spice Baking Club
1:30 Chip & Dip Trivia
2:00 Engage Cardio Class
2:00 Annie Stone Painting
3:00 Event Planning Committee
4:00 Trivial Pursuit
6:00 Open Art Studio

21
10:00 History Unfolded
10:30 Engage Gym Session
11:00 Men's Workshop
12:30 Community Bistro
1:30 Barre & Balance Exercise
2:00 Pontine Theater
3:00 Corks & Curds Social
4:00 The Art of Zen
6:00 Hand Massages

22
10:00 Positive News Exchange
10:30 Outing: Kittery Art Show
11:00 Low Intensity Cardio
1:30 Resistance Bands
2:30 Tea Party Social
3:30 Resident Council Meeting
3:30 Pub Tournament Round 1
4:00 Eversound Audio Books
6:00 Open Art Studio

23
10:00 History Unfolded
10:30 Engage Gym Session
11:00 Sugar & Spice Baking Club
12:30 Community Bistro
1:30 Community Tai Chi
2:30 Pub Tournament Round 2
4:00 NY Times Wordle
6:00 Who in the Room?

24
10:00 Positive News Exchange
10:30 Strength & Balance
11:00 Audubon Birdwatchers Club
1:30 Court Case Discussion
2:30 Card Sharks Club
3:30 Gentle Yoga
4:00 Hymn Sing
6:00 Tune In Music Club

25
10:00 Positive News Exchange
10:30 Sun Salutation Exercise
11:00 Virtual Catholic Service
1:30 Gloss & Glamour Manicures
1:30 Movie: 13 Going on 30
2:30 Sundae Social
3:30 Classification Challenge
4:00 Meditative Movement
6:00 Musical Moments: Violin

26 Memorial Day
10:00 History Unfolded
10:30 Outing: The Berwicks
11:00 Green Thumb Gardening
1:30 Barre & Balance Exercise
2:00 Music Therapy Workshop
3:00 Relax & Renew Exercise
4:00 Musical Momentum
6:00 Hand Massages

27
10:00 Positive News Exchange
10:30 Tai Chi for Arthritis
11:00 Sugar & Spice Baking Club
1:30 Kevin Farley Concert
2:00 Engage Cardio Class
3:00 Event Planning Committee
4:00 Trivial Pursuit
6:00 Open Art Studio

28
10:00 History Unfolded
10:30 Engage Gym Session
11:00 Men's Workshop
12:30 Community Bistro
1:30 Barre & Balance Exercise
3:00 Corks & Curds Social
4:00 The Art of Zen
6:00 Hand Massages

29
10:00 Positive News Exchange
10:30 Outing: Patty B's
11:00 Dance Yoga
1:30 Resistance Bands
2:30 Tea Party Social
3:30 Pub Tournament Round 1
4:00 Eversound Audio Books
6:00 Open Art Studio

30
10:00 History Unfolded
10:30 Engage Gym Session
11:00 Sugar & Spice Baking Club
12:30 Community Bistro
1:30 Community Tai Chi
2:30 Pub Tournament Round 2
4:00 NY Times Wordle
6:00 Who in the Room?

31 Happy BDay Bob!
10:00 Positive News Exchange
10:30 Strength & Balance
11:00 Audubon Birdwatchers Club
1:30 Court Case Discussion
2:30 Card Sharks Club
3:30 Gentle Yoga
4:00 Hymn Sing
6:00 Tune In Music Club