

# Chair Fitness is Booming



Three troopers push it at a workout.

There are no longer many empty seats at Afternoon exercise class. While attendance in the morning remains strong, we have discovered several fitness/Yoga/Aerobics instructors who have resonated with our group. Sherry Zak is our Yoga go-to, providing some easier movements at a slower pace to follow. We are disciples of Ian who provides fast-paced moves with a variety of Motown, Hip-hop and pop sounds encouraging a quicker pace. Recently, the participants have taken to an everyday host-trainer- Paul Eugene, much more of a jolly, happy, and low-impact guy.

“It’s a lot of fun, and exhilarating at the same time. The music and the personalities of these trainers are different, but all good in their own way,” said frequent flyer Anita Barkin. It is a low-pressure environment, particularly because the trainers are not live and can’t observe and comment- that is, unless we start taking the interactive zoom classes.

This increase in attendance is particularly satisfying because of the need for physical fitness or activity at all ages and the difficulty finding activities that have stimulated participation.

# Easter and Passover Celebrations

Thirty people,including residents and guests, attended a Passover Seder on April 12th which I had the privilege and honestly the challenge to lead. We read the traditional prayers and, of course, ate the traditional Matzah, bitter herbs and apples, and I hid the customary afikomen but forgot to tell everyone. It’s probably for the better.

Our chef’s made the most out of the Easter Meal. Take a look at the Ham that was prepared in addition to some sumptuous desserts. Special mimosas were offered and relished by those who are able to enjoy alcohol. Non-alcohol substitutes were equally yummy.

# THE RESIDENCE at Summer Street

## THE RESIDENCE AT SUMMER STREET Associates

**Dawn Amorosa**  
*Executive Director*

**Linda Burney**  
*Resident Care Director*

**Missy Milbrun**  
*Business Director*

**Michael Lubell**  
*Engagement Director*

**Rachel San Marco**  
*Reflections Director*

**Apollo Awayan**  
*Director of Restaurant Ops.*

**TJ Nunez**  
*Maintenance Director*

**Danielle Lomba, RN**  
*RN Designee*



# Arboretum Spearheads Spring Fling

One of the most successful and well-attended events last year was our Spring Fling presented by Bartlett Arboretum of Stamford. We are expecting their director Michelle Vitaglione to bring in the best and freshest spring florals, including more common plants and cuttings that are a little more difficult to find. We wouldn’t be surprised if there were a few edibles to try. JUST a tiny, tiny taste is recommended. While we have Michelle with us, we will schedule a walking bird watching tour for later in the spring/summer.



# Other May Highlights

In keeping with the emphasis on program diversity we will be featuring a variety of our favorites in May. Jessie McGarty, a former Engagement associate with us took her music act on the road and will be coming our way as a performer on the 1st of May. She will be followed by an old-fashioned Songbook group, The Frank Porto Band, on the third. Later in the month, we will see the long-awaited return of Margi Gianquinto (5/8), Barbara Occhino and the master guitarist Carmine

Marino (5/16). Suzanne Sheridan will close out the month Memorial Day weekend.

As we did last year, we will be highlighting The Kentucky Derby and Cinco de Mayo will some appropriate music and cocktails. Want to join us for Mother’s Day on 5/11- don’t forget to sign up for that Celebration.

Good Times. Good Friends. *Great Care!*

SundayMondayTuesdayWednesdayThursdayFridaySaturday



4  
10:00 Low Impact Aerobics  
10:45 Family Feud  
1:15 Yoga w. Sherry Zak  
1:30 Sunday Matinee Movie  
2:00 Bingo 4 A Cause  
3:30 Happy Hour  
7:00 Sunday Night Crime Movie-

5 Your Day Joe V!  
10:00 Low Impact Aerobics  
10:45 Musical Appreciation: Video Review  
1:00 Poker Club  
1:00 Afternoon Walk for all levels  
1:15 Creative Art Expression  
3:00 Intellectual Puzzles  
7:00 Musical Movie Night

6  
10:00 Low Impact Aerobics  
10:45 Wheel of Fortune  
1:00 Fastpaced Seated Aerobics  
1:00 Docuseries: Science or Literary Focus  
1:30 Poker Club  
2:00 Board games/Charades  
2:00 Father Demayo Leads Mass  
3:45 Pool Golf Happy Hour  
7:00 Movie- Sports or Documentary

7  
10:00 Low Impact Aerobics  
10:00 Local trip shop/errands  
10:45 Fireside Chat  
11:45 Bistro Lunch  
1:00 Docuseries: Food & Travel  
1:15 Fastpaced Seated Aerobics  
1:30 Relaxing with Art  
2:00 Singing Favorites Led by Michael  
3:15 Music Trivia

8  
10:00 Low Impact Aerobics  
10:45 Pictionary  
1:15 Recreational Walk  
1:15 Museum Comes to Us  
2:00 Bingo for a cause  
2:15 margi gianquinto in concert  
4:00 Happy Hour  
7:00 Adventure Film Night

9 HB Phil & Charlotte  
10:00 Low Impact Aerobics  
10:45 Short-story/current culture  
11:45 Bistro Lunch  
1:15 Fastpaced seated Aerobics  
1:30 Resident Led Poker  
2:00 Bingo 4 A Cause  
4:00 Happy Hour  
7:00 Romance Movie Night

10 Rhea's Big Day  
10:00 Low Impact Aerobics  
10:00 Low Impact Aerobics  
10:45 Tribute to the Stars Challenge  
1:15 The Writing Group- discussion  
2:00 Feature Film Matinee  
2:00 Word Puzzles/Brain Challenges  
2:15 Resident Led Poker  
3:00 Chair Dance and Aerobicize  
3:45 Happy Hour

11  
10:00 Low Impact Aerobics  
10:45 Family Feud  
1:15 Yoga w. Sherry Zak  
1:30 Sunday Matinee Movie  
2:00 Bingo 4 A Cause  
3:30 Happy Hour  
7:00 Sunday Night Crime Movie-

12  
10:00 Low Impact Aerobics  
10:45 Musical Appreciation: Video Review  
1:00 Poker Club  
1:00 Afternoon Walk for all levels  
1:15 Creative Art Expression  
3:00 Intellectual Puzzles  
7:00 Musical Movie Night

13 Ray Z Birthday Wishes  
10:00 Low Impact Aerobics  
10:45 Wheel of Fortune  
11:00 Resident Council Meeting  
11:30 Lunch out Tuesday's  
1:00 Scenic Stamford Tour  
1:00 Fastpaced Seated Aerobics  
1:30 Poker Club  
2:00 Father Demayo Leads Mass  
3:00 Schulster presents Opera  
3:45 Pool Golf Happy Hour

14  
10:00 Low Impact Aerobics  
10:00 Local trip shop/errands  
10:45 Fireside Chat  
11:45 Bistro Lunch  
1:00 Docuseries: Food & Travel  
1:15 Fastpaced Seated Aerobics  
1:30 Relaxing with Art  
2:00 Singing Favorites Led by Michael  
3:15 Music Trivia

15  
10:00 Low Impact Aerobics  
10:45 Pictionary  
1:15 Recreational Walk  
1:45 Tournament Scrabble  
2:15 Spring Fling with Bartlett's Arboretum  
2:30 Music Knowledge  
4:00 Happy Hour  
7:00 Adventure Film Night

16 BD Hugs 2 NancyM  
10:00 Low Impact Aerobics  
10:45 Short-story/current culture  
11:45 Bistro Lunch  
1:15 Fastpaced seated Aerobics  
1:30 Resident Led Poker  
2:00 Bingo 4 A Cause  
4:00 Happy Hour  
7:00 Romance Movie Night

17  
10:00 Low Impact Aerobics  
10:00 Low Impact Aerobics  
10:45 Tribute to the Stars Challenge  
1:15 The Writing Group- discussion  
2:00 Feature Film Matinee  
2:00 Word Puzzles/Brain Challenges  
2:15 Resident Led Poker  
3:00 Chair Dance and Aerobicize  
3:45 Happy Hour

18  
10:00 Low Impact Aerobics  
10:45 Family Feud  
1:15 Yoga w. Sherry Zak  
1:30 Sunday Matinee Movie  
2:00 Bingo 4 A Cause  
3:30 Happy Hour  
3:45 Live Music  
7:00 Sunday Night Crime Movie-

19  
10:00 Low Impact Aerobics  
10:45 Musical Appreciation: Video Review  
1:00 Poker Club  
1:00 Afternoon Walk for all levels  
1:15 Creative Art Expression  
3:00 Intellectual Puzzles  
7:00 Musical Movie Night

20  
10:00 Low Impact Aerobics  
10:45 Wheel of Fortune  
1:00 Fastpaced Seated Aerobics  
1:30 Poker Club  
2:00 Board games/Charades  
2:00 Father Demayo Leads Mass  
3:45 Pool Golf Happy Hour  
7:00 Movie- Sports or Documentary Night

21  
10:00 Low Impact Aerobics  
10:00 Local trip shop/errands  
10:45 Fireside Chat  
11:45 Bistro Lunch  
1:00 Docuseries: Food & Travel  
1:15 Fastpaced Seated Aerobics  
1:30 Relaxing with Art  
2:00 Singing Favorites Led by Michael  
3:15 Music Trivia

22  
10:00 Low Impact Aerobics  
10:45 Pictionary  
1:15 Recreational Walk  
2:00 Book Club Monthly Meeting  
3:00 Eternal Gamers  
3:00 Museum Comes to Us  
4:00 Happy Hour  
7:00 Adventure Film Night

23  
10:00 Low Impact Aerobics  
10:45 Short-story/current culture  
11:45 Bistro Lunch  
1:15 Fastpaced seated Aerobics  
1:30 Resident Led Poker  
2:00 Bingo 4 A Cause  
4:00 Happy Hour  
7:00 Romance Movie Night

24  
10:00 Low Impact Aerobics  
10:00 Low Impact Aerobics  
10:45 Tribute to the Stars Challenge  
1:15 The Writing Group- discussion  
2:00 Feature Film Matinee  
2:00 Word Puzzles/Brain Challenges  
2:15 Resident Led Poker  
3:00 Chair Dance and Aerobicize  
3:45 Happy Hour

25  
10:00 Low Impact Aerobics  
10:45 Family Feud  
1:15 Yoga w. Sherry Zak  
1:30 Sunday Matinee Movie  
2:00 Bingo 4 A Cause  
3:30 Happy Hour  
7:00 Sunday Night Crime Movie-

26  
10:00 Low Impact Aerobics  
10:45 World Music and Music History  
10:45 Musical Appreciation: Video Review  
1:00 Poker Club  
1:00 Afternoon Walk for all levels  
1:15 Creative Art Expression  
3:00 Intellectual Puzzles  
7:00 Musical Movie Night

27  
10:00 Low Impact Aerobics  
10:45 Wheel of Fortune  
1:00 Fastpaced Seated Aerobics  
1:30 Poker Club  
2:00 Father Demayo Leads Mass  
3:00 Schulster presents Opera  
3:45 Pool Golf Happy Hour  
7:00 Movie- Sports or Documentary Night

28  
10:00 Low Impact Aerobics  
10:00 Local trip shop/errands  
10:45 Fireside Chat  
11:45 Bistro Lunch  
1:00 Docuseries: Food & Travel  
1:15 Fastpaced Seated Aerobics  
1:30 Relaxing with Art  
2:00 Singing Favorites Led by Michael  
3:15 Music Trivia

29  
10:00 Low Impact Aerobics  
10:45 Pictionary  
1:15 Recreational Walk  
1:45 Tournament Scrabble  
4:00 Happy Hour  
7:00 Adventure Film Night

30  
10:00 Low Impact Aerobics  
10:45 Short-story/current culture  
11:45 Bistro Lunch  
1:15 Fastpaced seated Aerobics  
1:30 Resident Led Poker  
2:00 Bingo 4 A Cause  
4:00 Happy Hour  
7:00 Romance Movie Night

31  
10:00 Low Impact Aerobics  
10:00 Low Impact Aerobics  
10:45 Tribute to the Stars Challenge  
1:15 The Writing Group- discussion  
2:00 Feature Film Matinee  
2:00 Word Puzzles/Brain Challenges  
2:15 Resident Led Poker  
3:00 Chair Dance and Aerobicize  
3:45 Happy Hour

Integrated Campus

Always a fixture at our Musical Events, we will be starting a brain challenge series where we will join the two campuses seeking to solve puzzles with some timely clues.

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