

REFLECTIONS - MAY 2025

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



4
10:00 Yoga Flow
10:30 New York Times Bee
11:00 Choir Practice
11:30 Spiritual Services
1:45 Steps in Motion
2:00 Stretch & Flex
2:30 Board Games Club
3:30 Sundae Gathering
4:15 Spa Session- Rejuvenate
6:00 Broadway Musicals

5
10:00 Dance & Movement
10:30 Word Extraction
11:00 Historical Events
11:30 Intro to Scrapbooking
1:45 Steps in Motion
2:00 Tai Chi Meditation
2:30 Studio Art
3:30 Monday Milkshakes
4:15 Travel and Discuss
6:00 Royal Symphony Orchestra

6
10:00 Cardio Circuits
10:30 Intellectual Puzzles
11:00 Person of Interest
11:30 Ceramic Workshop
1:45 Steps in Motion
2:00 Resistance Bands Strength
2:30 Jewelry Design Workshop
3:30 Tuesday's Tacos
4:15 Gratitude Journaling
6:00 1960's Classics

7 Sing w/Michael @2:00
10:00 Strength & Conditioning
10:30 Knowledge About
11:00 Positive Perspective
11:30 Watercolor Basics
1:45 Steps in Motion
2:00 Balance & Flex
2:30 Floral Design Workshop
3:30 Midweek Mingle
4:15 Mindful Meditation
6:00 New York Philharmonic

8 Margi Gianquinto @2:15
10:00 Cardio Circuits
10:30 Jeopardy
11:00 Current Events
11:30 Intro to Photography
1:45 Steps in Motion
2:00 Tai Chi for Arthritis
2:30 Culinary Creations
3:15 Martini Hour
4:15 Essential Oils Massage
6:30 Comedy Movie Night

9
10:00 Stretch &Tone with Tunes
10:30 Intellectual Puzzles
11:00 History Figures Unveiled
11:30 Drawing Session
1:45 Steps in Motion
2:00 Bone Builders
2:30 Garden Keepers
3:30 Fresh Fruit Fridays
4:15 Music and Memories
6:00 Elvis Presley Night

10 Frank Porto @3:30
Game Time w/Michael
10:00 Zumba Dance
10:30 NY Time Wordle
11:00 Renowned Profiles
11:30 Greeting Craft Workshop
1:45 Steps in Motion
2:00 Zumba Dance
2:30 Theater Group
3:30 High Tea Social
4:30 Gratitude Journaling
6:00 Boston Philharmonic

11 Mother's Day
10:00 Yoga Flow
10:30 New York Times Bee
11:00 Choir Practice
11:30 Spiritual Services
1:45 Steps in Motion
2:00 Stretch & Flex
2:30 Board Games Club
3:00 Mother's Day Tea Social
4:15 Spa Session- Rejuvenate
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6:15 Film Classics

15 Signature Series @2:00
10:00 Cardio Circuits
10:30 Jeopardy
11:00 Current Events
11:30 Intro to Photography
1:45 Steps in Motion
2:00 Tai Chi for Arthritis
2:30 Culinary Creations
3:30 Around the World Social
4:15 Essential Oils Massage
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16 Barbara Occhino 2:30
10:00 Stretch &Tone with Tunes
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17 Game Time w/Michael
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11:00 Renowned Profiles
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1:45 Steps in Motion
2:00 Core Endurance Class
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Reflections' Highlights

Happy Birthday!:
5/16 Nancy M.

Happy Mothers Day:
5/11

Signature Series:
5/15 Spring Fling

Family Support Group:
5/29 3:00-4:00pm

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