

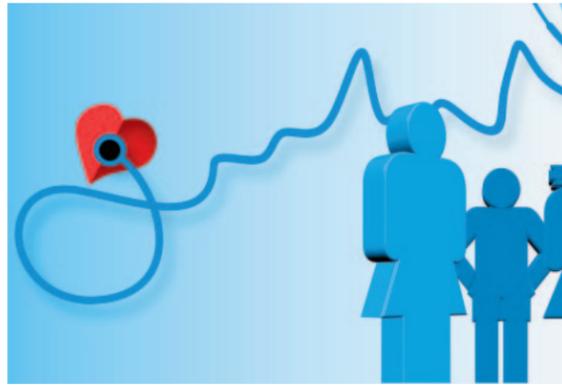
## Parkinson's Support Group

All are welcome—let's face this journey together

Join us where individuals with Parkinson's disease and their families can come together in a safe, supportive environment. Led by a trained Parkinson's Support Liaison, topics discussed include individual safety

assessments, symptom management troubleshooting, case studies, new treatments, and medication options. We also offer visiting lectures by healthcare professionals and provide valuable peer-to-peer support.

Whether you're seeking emotional support, learning coping strategies, or connecting with others, we're here to support one another. For questions or to RSVP, please contact Julia Loda, 475-328-1234.

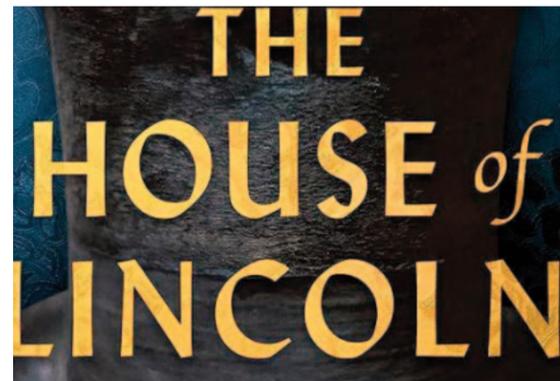


## May Book Club Selection

House of Lincoln" by Nancy Horan

Join our book club this month as we delve into the captivating world of "The House of Lincoln" by Nancy Horan. This richly detailed historical narrative offers an insightful account of Lincoln's unwavering dedication to democracy, as seen through the perspective of a young immigrant who embarks on a remarkable journey from Madeira, Portugal to Lincoln's home in Springfield, Illinois.

Brimming with historical accuracy, the narrative follows the story of 14-year-old Anna, a young girl who defies societal norms and expectations by securing a position in the Lincoln household. Tasked with assisting Mary Lincoln with the care of their children and various hosting duties, Anna exhibits intelligence and resilience beyond her years.



## Mother's Day Celebration

Sunday, May 11, 2025

Mother's Day Brunch - 11:00am to 2:00pm

We invite you to join us on Mother's Day for our highly anticipated annual Mother's Day celebration. Indulge in a delectable brunch crafted by our skilled chef and culinary team, available from noon to two.

Following the delightful brunch, our engaging department will be hosting musical concert along with a special specialty cocktail.



### THE RESIDENCE AT SELLECK'S WOODS Associates

Lidia Ayala

Executive Director

Julia Loda

Marketing & Sales Director

Danielle Marques

Business Office Director

Sherly Bilyard

Resident Care Director

Mavel Jones

Engagement Director

Dawn Clark

Reflections Director

Dane Shouder

Director of Culinary Operations

Mo Manzoor

Maintenance Director



## Garden & Gather

Wednesday, May 7, 2:00pm to 4:00pm

Join us in our enchanting garden courtyard for an afternoon filled with delightful light bites, fragrant herbal teas, and invigorating spring refreshments. As you indulge in these delectable treats, you will also be serenaded by the soothing melodies of live acoustic music.



## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

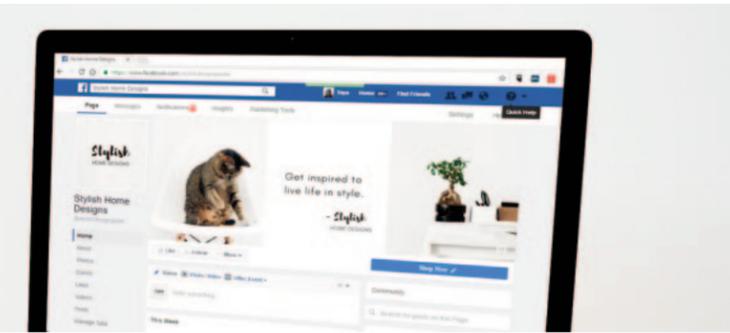
## Facebook

We wanted to remind you to take a moment to visit our Facebook page. By doing so, you can stay updated on the latest activities and news from our vibrant community. Don't forget to hit that 'like' button to show your support!

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**
- 8:00 Cardio Circuit
  - 9:00 Cardio Circuit
  - 10:15 Spiritual Services
  - 11:00 Flower Decor
  - 11:00 Barista Hour
  - 1:00 Root Beer Floats
  - 1:30 Intellectual Puzzles
  - 2:00 Rummikub
  - 4:00 JENGA

- 5** Cinco de Mayo
- 8:00 Cardio Circuit
  - 10:00 Dance & Rhythm
  - 11:00 Jewelry Design
  - 1:30 Current Events
  - 2:00 Scrabble
  - 2:00 Canasta
  - 2:30 Watercolor Painting
  - 3:30 Brain Fitness
  - 5:00 Fireside Chat with MJ

- 6**
- 8:00 Cardio Circuit
  - 9:00 Trip: Shop Rite
  - 10:00 Pilates & Tone
  - 11:00 Trip: Trader Joe's
  - 12:00 Chef's Table
  - 2:00 Bridge Club
  - 2:00 SPADES
  - 2:00 Poker
  - 4:00 John's Piano Hour
  - 6:30 Bingo 4 A Cause

- 7**
- 8:00 Cardio Circuit
  - 10:00 Yoga for Life
  - 11:00 Intellectual Puzzles
  - 12:00 REACT Nero
  - 12:00 Tai Chi
  - 12:00 Chef's Table
  - 1:30 Mah-Jongg
  - 2:00 NY Times Wordle
  - 2:00 SS: Garden Gather
  - 3:00 International Cocktail Hr.

- 8**
- 9:00 Trip: Shop Rite
  - 10:00 Barre Balance
  - 10:30 Barre Balance
  - 11:00 Trip: Trader Joe's
  - 11:00 NYT Crossword
  - 12:00 Chef's Table
  - 1:30 Short Story
  - 2:00 Bridge Club
  - 2:00 Opera with Jerry
  - 6:30 Bingo 4 A Cause

- 9**
- 8:00 Cardio Circuit
  - 10:15 Flex & Balance
  - 11:00 Brain Fitness
  - 12:00 S.H.I.E.L.D Support
  - 12:00 Tai Chi
  - 12:00 Chef's Table
  - 1:00 Meet Me at the Museum
  - 2:00 Scrabble
  - 3:00 Wine Tasting

- 10** Happy Bday Bette P.!
- 8:00 Cardio Circuit
  - 9:00 National Geographic
  - 10:00 Brain Fitness
  - 11:15 Dance & Rhythm
  - 1:30 Mah-Jongg
  - 2:00 Rummikub
  - 2:00 Poker Game
  - 2:00 Brain Teasers
  - 4:00 Live Music Happy Hour

- 11** Mother's Day
- 8:00 Cardio Circuit
  - 9:00 Cardio Circuit
  - 10:15 Spiritual Services
  - 11:00 Flower Decor
  - 11:00 Barista Hour
  - 1:00 Root Beer Floats
  - 1:30 Intellectual Puzzles
  - 2:00 Rummikub
  - 4:00 JENGA

- 12**
- 8:00 Cardio Circuit
  - 10:00 Dance & Rhythm
  - 1:30 Current Events
  - 2:00 Scrabble
  - 2:00 Canasta
  - 2:30 Watercolor Painting
  - 3:30 Brain Fitness
  - 5:00 Fireside Chat with MJ
  - 7:00 History Lecture

- 13**
- 8:00 Cardio Circuit
  - 9:00 Trip: Shop Rite
  - 10:00 Pilates & Tone
  - 11:00 Trip: Trader Joe's
  - 12:00 Chef's Table
  - 2:00 Bridge Club
  - 2:00 SPADES
  - 4:00 John's Piano Hour
  - 6:30 Bingo 4 A Cause

- 14**
- 8:00 Cardio Circuit
  - 10:00 Yoga for Life
  - 11:00 Intellectual Puzzles
  - 12:00 REACT Nero
  - 12:00 Tai Chi
  - 12:00 Chef's Table
  - 1:30 Mah-Jongg
  - 2:00 Rummikub
  - 2:00 NY Times Wordle
  - 3:00 International Cocktail Hr.

- 15**
- 9:00 Trip: Shop Rite
  - 10:00 Barre Balance
  - 10:30 Barre Balance
  - 11:00 Trip: Trader Joe's
  - 11:00 NYT Crossword
  - 12:00 Chef's Table
  - 1:30 Short Story
  - 2:00 Bridge Club
  - 6:30 Bingo 4 A Cause

- 16**
- 8:00 Cardio Circuit
  - 10:15 Flex & Balance
  - 11:00 Brain Fitness
  - 12:00 S.H.I.E.L.D Support
  - 12:00 Tai Chi
  - 12:00 Chef's Table
  - 1:00 Meet Me at the Museum
  - 2:00 Scrabble
  - 3:00 Wine Tasting

- 17**
- 8:00 Cardio Circuit
  - 9:00 National Geographic
  - 10:00 Brain Fitness
  - 11:15 Dance & Rhythm
  - 1:30 Trip with Loretta
  - 1:30 Mah-Jongg
  - 2:00 Rummikub
  - 2:00 Poker Game
  - 2:00 Brain Teasers
  - 4:00 Live Music Happy Hour

- 18**
- 8:00 Cardio Circuit
  - 9:00 Cardio Circuit
  - 10:15 Spiritual Services
  - 11:00 Flower Decor
  - 11:00 Barista Hour
  - 1:00 Root Beer Floats
  - 1:30 Intellectual Puzzles
  - 2:00 Rummikub
  - 4:00 JENGA

- 19**
- 8:00 Cardio Circuit
  - 10:00 Dance & Rhythm
  - 1:30 Current Events
  - 2:00 Scrabble
  - 2:00 Canasta
  - 2:30 Watercolor Painting
  - 3:30 Brain Fitness
  - 5:00 Fireside Chat with MJ

- 20**
- 8:00 Cardio Circuit
  - 9:00 Trip: Shop Rite
  - 10:00 Pilates & Tone
  - 11:00 Trip: Trader Joe's
  - 12:00 Chef's Table
  - 2:00 Bridge Club
  - 2:00 SPADES
  - 4:00 John's Piano Hour
  - 6:30 Bingo 4 A Cause

- 21**
- 8:00 Cardio Circuit
  - 10:00 Yoga for Life
  - 11:00 Intellectual Puzzles
  - 12:00 REACT Nero
  - 12:00 Tai Chi
  - 12:00 Chef's Table
  - 1:30 Mah-Jongg
  - 2:00 Rummikub
  - 2:00 NY Times Wordle
  - 3:00 International Cocktail Hr.

- 22**
- 9:00 Trip: Shop Rite
  - 10:00 Barre Balance
  - 10:30 Barre Balance
  - 11:00 Trip: Trader Joe's
  - 11:00 NYT Crossword
  - 12:00 Chef's Table
  - 1:30 Short Story
  - 2:00 Bridge Club
  - 6:30 Bingo 4 A Cause

- 23**
- 8:00 Cardio Circuit
  - 10:15 Flex & Balance
  - 11:00 Brain Fitness
  - 11:00 Residents Council
  - 12:00 S.H.I.E.L.D Support
  - 12:00 Tai Chi
  - 12:00 Chef's Table
  - 1:00 Meet Me at the Museum
  - 2:00 Scrabble
  - 3:00 Wine Tasting

- 24**
- 8:00 Cardio Circuit
  - 9:00 National Geographic
  - 10:00 Brain Fitness
  - 11:15 Dance & Rhythm
  - 1:30 Mah-Jongg
  - 2:00 Rummikub
  - 2:00 Poker Game
  - 2:00 Brain Teasers
  - 4:00 Live Music Happy Hour

- 25** Happy Bday Richard V!
- 8:00 Cardio Circuit
  - 9:00 Cardio Circuit
  - 10:15 Spiritual Services
  - 11:00 Flower Decor
  - 11:00 Barista Hour
  - 1:00 Root Beer Floats
  - 1:30 Intellectual Puzzles
  - 2:00 Rummikub
  - 4:00 JENGA

- 26** Memorial Day
- 8:00 Cardio Circuit
  - 10:00 Dance & Rhythm
  - 1:30 Current Events
  - 2:00 Scrabble
  - 2:00 Canasta
  - 2:30 Watercolor Painting
  - 3:30 Brain Fitness
  - 5:00 Fireside Chat with MJ
  - 6:45 History Lecture

- 27**
- 8:00 Cardio Circuit
  - 9:00 Trip: Shop Rite
  - 10:00 Pilates & Tone
  - 11:00 Trip: Trader Joe's
  - 12:00 Chef's Table
  - 2:00 Bridge Club
  - 2:00 SPADES
  - 4:00 John's Piano Hour
  - 6:30 Bingo 4 A Cause

- 28** Happy Bday Ken!
- 8:00 Cardio Circuit
  - 10:00 Yoga for Life
  - 11:00 Intellectual Puzzles
  - 12:00 REACT Nero
  - 12:00 Tai Chi
  - 12:00 Chef's Table
  - 1:30 Mah-Jongg
  - 2:00 NY Times Wordle
  - 2:00 SS: Garden Party
  - 3:00 International Cocktail Hr.

- 29** Bday Marlene & Philip!
- 9:00 Trip: Shop Rite
  - 10:00 Barre Balance
  - 10:30 Barre Balance
  - 11:00 Trip: Trader Joe's
  - 11:00 NYT Crossword
  - 12:00 Chef's Table
  - 1:30 Short Story
  - 2:00 Bridge Club
  - 2:00 Broadway with Jerry
  - 6:30 Bingo 4 A Cause

- 30**
- 8:00 Cardio Circuit
  - 10:15 Flex & Balance
  - 11:00 Brain Fitness
  - 12:00 S.H.I.E.L.D Support
  - 12:00 Tai Chi
  - 12:00 Chef's Table
  - 1:00 Meet Me at the Museum
  - 2:00 Scrabble
  - 2:30 Lidia Town Hall
  - 3:00 Wine Tasting

- 31**
- 8:00 Cardio Circuit
  - 9:00 National Geographic
  - 10:00 Brain Fitness
  - 11:15 Dance & Rhythm
  - 1:30 Trip with Loretta
  - 1:30 Mah-Jongg
  - 2:00 Rummikub
  - 2:00 Poker Game
  - 2:00 Brain Teasers
  - 4:00 Live Music Happy Hour