

## Signature Series Events

### Chopped Challenge-Tuesday, March 19 2:00pm

Residents and associates came together for an epic Chopped-style challenge, showcasing their culinary skills in a thrilling three-team cooking competition!

### Charcuterie Workshop - Wednesday, March 27 3:00pm

Join us for a delightful charcuterie board workshop and demonstration hosted by our esteemed restaurant associate, Lily!



## Social Hour Update

Your feedback is invaluable to us, and we're always striving to tailor our community events to your preferences. Based on your suggestions, we're excited to introduce a new format for our pre-dinner hour activities.

Starting in March, our pre-dinner hour will feature either Social (Cocktail) Hour or Games, as indicated on the calendar. This means that on any given day, you can look forward to either enjoying a relaxed social atmosphere with drinks or engaging in fun and interactive games led by one of our enthusiastic engagement associates.

We believe this new approach will offer more focused and enjoyable experiences during the pre-dinner hour, catering to a variety of interests within our community, where everyone feels comfortable participating.



# THE RESIDENCE at Chadds Ford

## THE RESIDENCE AT CHADDS FORD *Associates*

**Patti Gray**

*Executive Director*

**Ingrid Bell**

*Reflections Director*

**Althia Wellington**

*Resident Care Director*

**Elizabeth Balch**

*Dir. of Restaurant Operations*

**Sara Fasulo**

*Resident Engagement Director*

**Nadine Fredericks**

*Business Office Director*

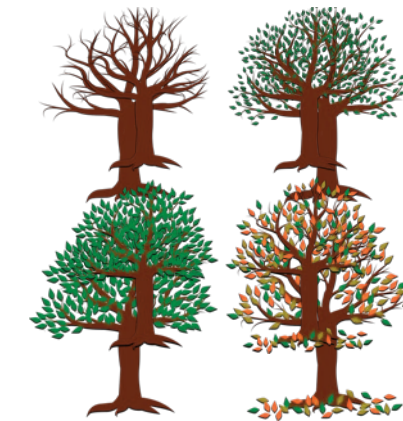
**Christopher Carter**

*Maintenance Director*

**Mindy Macauley**

*Sales & Marketing Director*

## March: Embracing Change Together



As March unfolds, our community eagerly welcomes the winds of change, embracing the season of transformation with open arms. In the spirit of renewal, we introduce an array of exciting activities to our calendar, promising residents opportunities for growth, connection, and exploration. One such highlight is our book club featuring "It Ends With Us" by

Colleen Hoover. This emotionally resonant novel invites readers to delve into themes of love, resilience, and self-discovery, sparking engaging discussions and fostering connections among participants. Alongside our literary pursuits, residents can indulge in a variety of activities designed to nurture creativity and camaraderie. From strategic gameplay in our mahjong sessions to several culinary adventures such as Sara's "Whisking Wonders" in the Bistro, there is something for everyone to enjoy.

Beyond the excitement of trying new activities, embracing change in March is also about fostering a sense of community and shared experiences. Our Men's Club provides a welcoming space for male residents to share stories, forge friendships, and offer support through life's twists and turns. Additionally, our Mystery Lunch Outing adds an element of spontaneity to dining experiences, encouraging residents to step out of their comfort zones and discover new culinary delights at undisclosed locations. And mark your calendars for Fridays, when our Bistro hosts Signature Cocktail Hour, featuring a special spirited drink crafted just for you.

As we embark on this journey of transformation together, let us celebrate the richness of our shared experiences and the bonds that unite us. In embracing change, we open ourselves to new possibilities, deepen our connections, and embark on a collective journey of growth and discovery.

Three CHEERS for Change! ~Sara



Good Times. Good Friends. *Great Care!*



MARCH	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	Easter 10:00 Catholic Mass & Communion 10:30 Wake Up & Workout 12:30 Bridge Group 1:00 Featured Film - Jesus Christ Superstar 1:30 Golf Tournament 2:30 Rummikub Club 5:00 Bingo for a Cause 6:00 Featured Film Replay					1 10:00 Low Impact Cardio 10:30 Nail Care & Aroma Therapy 11:00 Whisking Wonders with Sara 11:15 Trip to Target 1:00 A Way with Words 1:00 Tai Chi for Arthritis 2:00 Blackjack Game 3:00 Signature Cocktails	2 10:00 Strength with Resistance Bands 11:00 Concert Showing - Van Morrison Live 2021 11:00 Pet Visit with Paws for Change 12:30 Rummikub Club 1:30 Bingo Game 3:00 Social Hour 5:00 Documentary:
3	10:00 Catholic Mass & Communion 10:30 Wake Up & Workout 12:30 Bridge Group 1:00 Featured Film - Grumpy Old Men 1:30 Golf Tournament 2:30 Rummikub Club 5:00 Bingo for a Cause 6:00 Featured Film Replay	4 10:00 Strength & Conditioning 10:30 Tai Chi for Arthritis 10:45 Trip to Giant Grocery Store 11:00 Podcast & Discussion 12:00 SHIELD Check-in Meeting 12:30 Engagement Planning 1:00 Writing Workshop 2:00 Blackjack Game 3:00 Social Hour	5 Jean Z. Birthday 10:00 Barre & Balance 10:30 Cardio Drumming Class 11:15 Art Skills-Still Life Watercolor 1:30 Baking with Reflections 2:00 Men's Club 3:30 Games with James	6 10:00 Low Impact Aerobics 10:30 Yoga & Aroma Therapy 10:45 Drop off Pet Supply Donations 12:45 Wii Virtual Sports 1:00 Bridge Group 1:00 Floral Design Workshop 2:00 Bingo for Prizes 3:00 Social Hour 6:00 Pinochle Game	7 George's Birthday 10:00 Barre & Balance Class 11:00 Fall Prevention Lecture 1:00 Cardio Drumming Class 1:00 Movie Night - Angela's Ashes 2:00 Rummikub Club 3:00 Social Hour 3:00 Musical Performance - Tony Lombardi 5:15 Movie Replay	8 10:00 Low Impact Cardio 10:30 Nail Care & Aroma Therapy 11:00 Whisking Wonders with Sara 11:15 Trip to Barnes & Noble 1:00 A Way with Words 1:00 Tai Chi for Arthritis 2:00 Blackjack Game 3:00 Signature Cocktails	9 10:00 Strength with Resistance Bands 11:00 Concert Showing- Paul Anka 12:30 Rummikub Club 1:30 Bingo Game 3:00 Social Hour 5:00 Documentary: --
10	Daylight Savings 10:00 Catholic Mass & Communion 10:30 Wake Up & Workout 12:30 Bridge Group 1:00 Featured Film - The Man Who Knew Too Much 1:30 Golf Tournament 2:30 Rummikub Club 5:00 Bingo for a Cause 6:00 Featured Film Replay	11 10:00 Strength & Conditioning 10:30 Tai Chi for Arthritis 10:45 Trip to CVS 1:00 Writing Workshop 2:00 Blackjack Game 3:00 Social Hour 3:00 History Who's Who	12 Todd's Birthday 10:00 Barre & Balance 10:30 Cardio Drumming Class 11:15 Art Skills- Shamrock Greeting Card 1:00 Book Club 1:30 Baking with Reflections 2:00 Men's Club 3:30 Games with James 5:15 Mahjong Club	13 Jeanette's Birthday 10:00 Low Impact Aerobics 10:30 Yoga & Aroma Therapy 10:45 Scenic Excursion 12:45 Wii Virtual Sports 1:00 Bridge Group 1:00 Floral Design Workshop 2:00 Bingo for Prizes 3:00 Social Hour 6:00 Pinochle Game	14 10:00 Barre & Balance Class 11:00 Resident Council Meeting 11:15 Whisking Wonders with Sara - Irish Potatoes 1:00 Cardio Drumming Class 1:00 Movie Night - Braveheart 2:00 Rummikub Club 3:00 Social Hour 3:00 Musical Performance - Cindy McGrath	15 10:00 Low Impact Cardio 10:30 Nail Care & Aroma Therapy 10:45 Mystery Lunch Trip! 1:00 A Way with Words 1:00 Tai Chi for Arthritis 2:00 Blackjack Game 3:00 Signature Cocktails	16 10:00 Strength with Resistance Bands 11:00 Pet Visit with Paws for Change 11:00 Concert Showing- Celtic Woman Live from Slane Castle 12:30 Rummikub Club 1:30 Bingo Game 3:00 Social Hour
17	Happy Birthday Patti! 10:00 Catholic Mass & Communion 10:30 Wake Up & Workout 12:30 Bridge Group 1:00 Featured Film- The Day After Tomorrow 1:30 Golf Tournament 2:30 Rummikub Club 5:00 Bingo for a Cause 6:00 Featured Film Replay	18 10:00 Strength & Conditioning 10:30 Tai Chi for Arthritis 10:45 Scenic Excursion 11:00 Podcast & Discussion 1:00 Writing Workshop 2:00 Blackjack Game 3:00 Social Hour	19 10:00 Barre & Balance 10:30 Cardio Drumming Class 11:15 Art Skills- Marbled Egg 1:00 Ambassador Program 1:30 Baking with Reflections 2:00 Chopped Challenge 3:30 Games with James	20 Pat K's Birthday 10:00 Low Impact Aerobics 10:30 Yoga & Aroma Therapy 10:45 Scenic Excursion 11:00 Museum Matinee 12:45 Wii Virtual Sports 1:00 Bridge Group 1:00 Floral Design Workshop 2:00 Bingo for Prizes 3:00 Social Hour 6:00 Pinochle Game	21 10:00 Barre & Balance Class 11:15 Lecture to Learn - Limerick Writing 1:00 Cardio Drumming Class 1:00 Movie Night - Circle of Friends 2:00 Rummikub Club 3:00 Social Hour 3:00 Musical Performance - Reflexions Duo	22 10:00 Low Impact Cardio 10:30 Nail Care & Aroma Therapy 11:00 Whisking Wonders with Sara - Hamantaschen 11:15 Amish Market Outing 1:00 A Way with Words 1:00 Tai Chi for Arthritis 2:00 Blackjack Game 3:00 Signature Cocktails	23 10:00 Strength with Resistance Bands 11:00 Concert Showing-- 12:30 Rummikub Club 1:30 Bingo Game 3:00 Social Hour 5:00 Documentary: --
24	10:00 Catholic Mass & Communion 10:30 Wake Up & Workout 12:30 Bridge Group 1:00 Featured Film- Wizard of Oz 1:30 Golf Tournament 2:30 Rummikub Club 5:00 Bingo for a Cause 6:00 Featured Film Replay	25 10:00 Strength & Conditioning 10:30 Tai Chi for Arthritis 11:00 Ambassador Program 11:30 Rachel Kohl Library 1:00 Writing Workshop 2:00 Blackjack Game 3:00 Social Hour 3:00 History Who's Who	26 10:00 Barre & Balance 10:30 Cardio Drumming Class 11:15 Art Skills- Chocolate Egg 1:00 Book Club 1:30 Baking with Reflections 2:00 Men's Club 3:30 Games with James 5:15 Mahjong Club	27 10:00 Low Impact Aerobics 10:30 Yoga & Aroma Therapy 10:45 Scenic Excursion 11:00 Chocolate Egg Part 2 12:45 Wii Virtual Sports 1:00 Bridge Group 1:00 Floral Design Workshop 2:00 Bingo for Prizes 3:00 Charcuterie Creation Workshop	28 10:00 Barre & Balance Class 11:15 Lecture to Learn - Judy Garland 1:00 Cardio Drumming Class 1:00 Movie Night - Easter Parade (1948) 2:00 Rummikub Club 3:00 Social Hour 3:00 Musical Performance- Sean "Sinatra" Reilly	29 10:00 Low Impact Cardio 10:30 Nail Care & Aroma Therapy 11:00 Whisking Wonders with Sara - Assemble Chocolate Egg Baskets 1:00 A Way with Words 1:00 Tai Chi for Arthritis 2:00 Blackjack Game 3:00 Signature Cocktails	30 10:00 Strength with Resistance Bands 11:00 Concert Showing-- 11:00 Pet Visit with Paws for Change 12:30 Rummikub Club 1:30 Bingo Game 3:00 Social Hour 5:00 Documentary: --

“The only way to make sense out of change is to plunge into it, move with it, and join the dance.” - Alan Watts

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