

Brain Health with REACT Neuro

REACT Neuro is a unique cognitive wellness program, exclusive to LCB, that helps you stay in tune with how your memory, attention, and processing speed may shift over time. Using short, interactive games, it offers a fun and approachable way to check in on key areas of brain health.

The experience is simple, comfortable, and designed with older adults in mind. It's not about pass or fail—it's about learning more about yourself and supporting long-term wellness. Many residents find the sessions surprisingly enjoyable and even a bit competitive!

At our upcoming info session, we'll explain how REACT works, what to expect during a session, and how to get started. It's also a chance to see how this technology fits into our broader commitment to healthy aging and lifelong learning.

Whether you're curious or already participating, we'd love to have you join the conversation.



Technology to Measure and Improve Cognitive Wellness
The Future of Brain Health

Good Neighbor Referral



Do you know someone who would enjoy life at The Residence at Chadds Ford? When you refer a friend and they move in, you could receive a \$5,000 Great Neighbors Reward! It's easy—just complete a referral form and return it to the Executive Director. Once your referral signs a long-term lease and reaches 60 days of residency, the reward is yours. Some restrictions apply.



THE
RESIDENCE
at Chadds Ford

Welcome July!

Fireworks, flag cake, and the sound of laughter drifting in from the patio—July has arrived. This month brings the start of our Art in America series, a look at the artists and movements that helped shape the country's creative spirit.

We'll keep the summer energy going with a Seafood Celebration, a little mid-season cheer for Christmas in July, and our new Sips & Sunshine afternoons—weather permitting, of course. As always, you can count on live music during Thursday Happy Hours.

We're also planning a trip to Big Fish Grill on the Riverfront to close out the month with great food and a change of scenery. Be sure to sign up early if you'd like to join.

It's a great time to slow down, try something new, and enjoy the season together.

Reflect & Write: A Literary Series

Join us for a five-week journey through short stories that spark thought and conversation. Each week, we'll read a short piece of literature together and reflect through guided gratitude journaling. Thursdays at 10:30 am in the Cafe. Coffee will be served.



Stories We'll Explore:

- The Bet – Anton Chekhov
- Thank You, Ma'am – Langston Hughes
- The Last Leaf – O. Henry
- The Open Window – Saki
- A Worn Path – Eudora Welty

Good Times. Good Friends. *Great Care!*

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

Edwin Feliciano
Maintenance Director

Mindy Macauley
Sales & Marketing Director



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Bus Sched:

Tu & Th Dr Appoint-
ments

2 – Hangry Bear

7 – Walmart

9 – Mystery Lunch

14 – Wegmans

18 – Amish Market

21 – CVS

23 – Big Fish Grill

28 – Giant

30 – Woodside
Creamery

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



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10:00 Catholic Communion
10:15 St Patrick Cathedral Mass
10:30 Wake Up & Workout:
1:00 Bridge Group
1:00 Featured Film: Key Largo
2:00 Rummikub Club
6:00 Featured Film Replay

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10:00 Zumba
10:15 Scenic Drive
10:45 Team Scrabble Game
11:30 Trip to Walmart
1:00 Paint Studio Watercolors
1:00 Memory Lane Scrapbooking
2:00 Billiards Club
3:00 Signature Series Event
6:00 Netflix Series: The Crown

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10:00 Catholic Communion
10:15 St Patrick Cathedral Mass
10:30 Wake Up & Workout:
1:00 Bridge Group
1:00 Featured Film: Suspicion
2:00 Rummikub Club
6:00 Featured Film Replay

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10:00 Zumba
10:15 Scenic Drive
11:00 Travel & Discuss:
11:30 Trip to Wegman’s
1:00 Mimosas & Manicures
2:00 WII Sports
3:00 Happy Hour
6:00 Netflix Series: The Crown

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10:00 Catholic Communion
10:15 St Patrick Cathedral Mass
10:30 Wake Up & Workout:
1:00 Bridge Group
1:00 Featured Film: Laura
2:00 Rummikub Club
6:00 Featured Film Replay

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10:00 Zumba
10:15 Scenic Drive
10:45 Blank Slate Challenge
11:30 Trip to CVS
12:30 Planning Committee
1:00 Memory Lane Scrapbooking
2:00 Billiards Club
3:00 Signature Series
6:00 Netflix Series: The Crown

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10:00 Catholic Communion
10:15 St Patrick Cathedral Mass
10:30 Wake Up & Workout:
1:00 Bridge Group
1:00 Film: Double Indemnity
2:00 Rummikub Club
6:00 Featured Film Replay

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10:00 Zumba
10:15 Scenic Drive
10:45 Team Scrabble Game
11:30 Trip to Giant
2:00 WII Sports
3:00 Happy Hour
6:00 Netflix Series: The Crown

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10:00 Barre & Balance
10:30 Tai Chi
10:30 Garden Keepers
11:00 REACT/SHIELD Check-in
1:00 Jewelry Making Workshop
1:30 In the Kitchen with Cathy
2:00 Broadway Hits Listening
Hour
2:00 New York Times Games
3:00 Games with James

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10:00 Barre & Balance
10:30 Tai Chi
10:30 Garden Keepers
11:00 Technology Support
11:30 Cooking Demo:
1:30 In the Kitchen with Cathy
2:00 SingFit
2:00 New York Times Games
3:00 Games with James
5:00 Crystal Bowl Soundbath

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10:00 Barre & Balance
10:30 Tai Chi
10:30 Garden Keepers
12:00 New Resident Luncheon
1:00 Patti’s Card of the Month
1:30 In the Kitchen with Cathy
2:00 New York Times Games
3:00 Games with James
5:00 Crystal Bowl Soundbath

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10:00 Barre & Balance
10:30 Tai Chi
10:30 Garden Keepers
1:00 Aromatherapy:
1:30 In the Kitchen with Cathy
2:00 New York Times Games
3:00 Games with James
5:00 Crystal Bowl Soundbath

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10:00 Barre & Balance
10:30 Tai Chi
10:30 Garden Keepers
1:00 Jewelry Making Workshop
1:30 In the Kitchen with Cathy
2:00 SingFit
2:00 New York Times Games
3:00 Games with James
5:00 Crystal Bowl Soundbath

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10:00 Yoga Flow
10:30 Cardio Circuit
11:00 Community Jigsaw Puzzle
11:00 Trip to the Ice Cream Shop
1:00 Bridge Group
1:00 Floral Design Workshop
1:30 Scenic Excursion
2:00 Bingo for Prizes
3:00 Summer Sips & Sunshine

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Happy BDay Lorraine!
10:00 Yoga Flow
10:30 Cardio Circuit
11:00 Community Jigsaw Puzzle
11:30 Mystery Lunch
1:00 Bridge Group
1:00 Floral Design Workshop
1:30 Scenic Excursion
2:00 Bingo for Prizes
3:00 Summer Sips & Sunshine

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10:00 Yoga Flow
10:30 Cardio Circuit
11:00 RC Mass w Fr Diamond
11:00 Community Jigsaw Puzzle
1:00 Bridge Group
1:00 Floral Design Workshop
1:30 Scenic Excursion
2:00 Bingo for Prizes
3:00 Summer Sips & Sunshine

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Happy BDay Susan!
10:00 Yoga Flow
10:30 Cardio Circuit
11:00 Community Jigsaw Puzzle
11:00 Big Fish Grill Waterfront
1:00 Bridge Group
1:00 Floral Design Workshop
1:30 Scenic Excursion
2:00 Bingo for Prizes
3:00 Summer Sips & Sunshine

30

10:00 Yoga Flow
10:30 Cardio Circuit
11:00 Community Jigsaw Puzzle
11:00 Trip to the Ice Cream Shop
1:00 Bridge Group
1:00 Floral Design Workshop
1:30 Scenic Excursion
2:00 Bingo for Prizes
3:00 Summer Sips & Sunshine

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10:30 Short Story Literature
10:45 Gratitude Journaling
11:00 Resident Dining Committee
1:00 DrumFit Cardio
1:30 Yoga Flow
2:00 New York Times Games
2:00 Rummikub Club
3:00 Happy Hour
3:00 Live Piano Jimmy Edwards
6:00 Netflix: Queen’s Gambit

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Happy BDay Jim R!
10:30 Short Story Literature
10:45 Gratitude Journaling
11:00 Resident Council Meeting
1:00 Zumba
1:30 Yoga Flow
2:00 New York Times Games
2:00 Rummikub Club
3:00 Signature Cocktail Hour:
3:00 Live Guitar M. Kropp
6:00 Netflix Series: The Crown

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10:30 Short Story Literature
10:45 Gratitude Journaling
12:00 New Resident Luncheon
1:00 DrumFit Cardio
1:30 Yoga Flow
2:00 New York Times Games
2:00 Rummikub Club
3:00 Signature Cocktail Hour:
3:00 Jazz Piano Craig Satchell
6:00 Netflix Series: The Crown

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10:30 Short Story Literature
10:45 Gratitude Journaling
1:00 Zumba
1:30 Yoga Flow
2:00 New York Times Games
2:00 Rummikub Club
3:00 Signature Cocktail Hour:
3:00 Sean ‘Sinatra’ Reilly
6:00 Netflix Series: The Crown

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10:30 Short Story Literature
10:45 Gratitude Journaling
1:00 DrumFit Cardio
1:30 Yoga Flow
2:00 New York Times Games
2:00 Rummikub Club
3:00 Signature Cocktail Hour:
3:00 Joey D Guitarist
6:00 Netflix Series: The Crown

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Happy BDay Jane V!
10:00 Adoration St Cornelius
10:30 Guided Meditation
10:30 Low Impact Cardio
11:00 Wii Games with James
1:00 Journey Through U.S. Art
1:30 Fresh Flicks Cinema!
2:00 Blackjack Game
3:00 Cocktail & Pizza Social
4th of July!

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10:30 Guided Meditation
10:30 Low Impact Cardio
11:00 Wii Games with James
1:00 Journey Through U.S. Art
1:30 Fresh Flicks! Last Breath
2:00 Blackjack Game
3:00 Cocktail & Pizza Social
6:00 Cinema Replay

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10:30 Guided Meditation
10:30 Low Impact Cardio
11:00 Amish Market
11:00 Wii Games with James
1:00 Journey Through U.S. Art
1:30 Fresh Flicks! Valiant One
2:00 Blackjack Game
3:00 Cocktail & Pizza Social
6:00 Cinema Replay

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10:30 Guided Meditation
10:30 Low Impact Cardio
11:00 Bible Study
11:00 Wii Games with James
1:00 Journey Through U.S. Art
1:30 Fresh Flicks! Black Bag
2:00 Blackjack Game
3:00 Cocktail & Pizza Social
6:00 Cinema Replay

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10:30 Community Puzzle
10:30 Seated Cardio
12:30 Cardio Fit Drumming
1:00 Rummikub Club
1:00 Art Expressions
2:00 Candy Bar Bingo
3:00 Happy Hour
3:15 Concert & Cocktails
5:00 American Masters Series -

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10:30 Community Puzzle
10:30 Seated Cardio
12:30 Cardio Fit Drumming
1:00 Rummikub Club
2:00 Candy Bar Bingo
3:00 Happy Hour
3:15 Concert & Cocktails
5:00 American Masters Series -

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10:30 Community Puzzle
10:30 Seated Cardio
12:30 Cardio Fit Drumming
1:00 Rummikub Club
1:00 Art Expressions
2:00 Candy Bar Bingo
3:00 Happy Hour
3:15 Concert & Cocktails
5:00 American Masters Series -

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10:30 Community Puzzle
10:30 Seated Cardio
12:30 Cardio Fit Drumming
1:00 Rummikub Club
2:00 Candy Bar Bingo
3:00 Happy Hour
3:15 Concert & Cocktails
5:00 American Masters Series -