

Happy Mother's Day!



Mother's Day is a special chance to show appreciation and love for all the mothers who have made an impact in our lives. Make the most of it by spending quality time together—whether through a heartfelt meal or simply a warm conversation. However you celebrate, let it come from the heart—it's what matters most.

Signature Series Events!

Spring Fling Garden Party | Tuesday, May 13th at 12:30pm

Join us for a celebration of this magical season! Enjoy light spring fare on the patio with live music.

Horticulture Event | Tuesday, May 27th at 2:00pm

Join us for a fun workshop, we'll get our hands dirty and walk away with a new skill!



Older Americans Month



Every May, the Administration for Community Living (ACL) celebrates Older Americans Month. This month's theme is Aging Unbound, which explores the diverse aging experience and how communities can combat older adult stereotypes. Research shows that it is vital for older adults to stay active. Here at Penniman, we offer two exercise classes every single day, of varying difficulty. Please come & join us!

THE RESIDENCE at Penniman Hill

THE RESIDENCE AT PENNIMAN HILL *Associates*

Roberto Costa
Senior Executive Director

Victoria Olivera
Resident Care Director

Debra Hyson
Sales & Marketing Director

Abby Rose Plourde
Business Office Director

Joshua Morel
Maintenance Director

Crystal Costa
Dir of Restaurant Operations

Laura Lefebvre
Reflections Director

Ellen Sherman
Customer Experience Coord.



Welcome, Spring!

Spring brings a vibrant sense of renewal and joy, with nature awakening in a burst of color & life. Blossoming flowers, chirping birds, and longer days lift spirits and invite people outdoors. The fresh scent of blooming trees & the breeze feel like nature's embrace. Spring is a time of hope and new beginnings—a natural reset that inspires optimism & gratitude, leisurely walks and afternoons basking in golden sunlight. The world feels lighter, brighter, and full of possibility. In every petal & breeze, there's a quiet celebration of growth & changing seasons. Enjoy! Love to you all, Christie



Celebrating Crissy!

Crissy Tompkins has been our beloved van driver for more than 3 years. She is known for her scenic rides, fun outings to museums, lunches, & shopping trips. She found her calling 15 years ago volunteering for Meals on Wheels, then driving the town van for the COA, which led to being the site manager for Meals on Wheels where she cooks lunches twice weekly @ Brockton COA. In her spare time she volunteered at the Spinal Cord Injury Unit at Brockton VA for 4 years. She and her 3 kids rang the bell when she was the kettle coordinator for the Salvation Army in Halifax for 8 years. Crissy LOVES being a part of our community!



SundayMondayTuesdayWednesdayThursdayFridaySaturday

Reminders

Pharmacy/Errands:

M 10:30am
F 3:00pm

Scenic Drives:

M 3:00pm
F 10:00am

Outings:

2nd: Summer Aft
5th: Art/Craft Show
9th: Burton’s
12th: Falmouth Art
23rd: Hornstra

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
10:00 Energize Fitness Class
10:30 Trivia Challenge
11:00 Catholic Communion Service
11:15 Poetry Listen & Discuss
1:00 Steps in Motion Walking
1:30 Candy Bar Bingo
2:30 Tea & Cookie Social
3:15 Group Crossword Puzzles
4:15 Board Game Hour
6:45 Sunday Night Movie

5
10:00 Gentle Full Body Stretch
10:30 Outing: Pharmacy Run
11:00 Jeopardy
12:45 Outing: 2nd Parish Church
Hingham Art Show/Craft Fair
1:30 Bridge Club
1:30 First Ladies of the USA
2:00 Floral Design Workshop
3:00 Outing: Scenic Ride/Library
3:00 Tai Chi & Meditation

6
10:00 REACT Neuro Sessions
10:00 Barre & Balance
11:00 Cash Bingo (\$2)
11:00 Step In Time Ballroom
Exhibition
1:00 Hand Rejuvenation: Nails
1:30 Yoga Flow
2:30 Travel Lecture: Colombia
3:00 Baking Group
4:00 Teams Trivia Social

7 Marilyn R B-day!
9:15 Men’s Coffee Social
10:00 SHIELD Check-Ins
10:00 Morning Stretch
10:45 Aromatherapy & Massage
1:30 Cardio Drumming
2:00 Calendar Planning Mtg
2:15 Afternoon Tea Time!
3:00 Penniman Book Club
3:00 Poker & Cribbage Hour
4:00 Wine & Hors d’oeuvres

8
10:00 Short Story Listen/Discuss
11:00 Laughter Yoga
11:15 Weight Training
1:15 Barre & Balance Class
1:30 Wellness Workshop
2:00 Bingo & Brews (\$5)
2:00 Steps in Motion
3:00 The Great Courses:
Experiencing America
4:00 Board Game Hour

9 Military Spouses Day
10:00 Outing: Scenic Drive
10:00 Resistance Bands Class
11:00 Hand Rejuvenation: Nails
11:45 Lunch Outing: Burton’s!
1:30 NYT Connections Game
2:00 Tai Chi for Arthritis
3:00 Outing: Errands
3:00 Philosophy Discussion
4:00 Entertainment: Steve King
6:45 Night at the Movies!

10
10:00 Morning Meditation
10:15 Yoga for Vitality
11:00 Coffee & Tea w/Curator
Program
11:00 Mandarin w/Hingham HS!
1:30 Veterans Meeting
1:30 Balance & Flex Class
2:00 Cornhole Competition
3:00 Ice Cream Bar Social
4:00 Jewelry Design Workshop

11 Barbara C B-day!
Happy Mother’s Day!
10:00 Energize Fitness Class
10:30 Morning Meditation
11:00 Knit/Crochet for Charity
11:00 Catholic Communion Service
1:00 Steps in Motion Walking
1:30 Candy Bar Bingo
2:30 Tea & Cookie Social
3:15 Group Crossword Puzzles
4:15 Board Game Hour

12
10:00 Gentle Full Body Stretch
10:30 Outing: Pharmacy Run
11:00 Jeopardy
11:30 Outing: Falmouth Art Ctr
1:00 History Discussion
1:30 Bridge Club
2:15 Artist Spotlight
3:00 Outing: Scenic Ride
3:00 Tai Chi & Meditation
4:00 Cocktails and Conversations

13
10:00 Cash Bingo (\$2)
10:00 Rummy 500
11:00 Chaboom! Fitness
12:30 Signature Series: Garden
Party
1:00 Hand Rejuvenation: Nails
1:30 Yoga Flow
2:15 Craft Workshop Day
4:00 Teams Trivia Social
6:00 Entertainment: Paul C

14
10:00 Morning Stretch
10:45 Aromatherapy & Massage
11:00 Full Service Catholic Mass
1:00 Outing: Secrets of the Mary
Celeste Lecture at HCAL
1:30 Cardio Drumming
2:00 Resident Council Meeting
3:00 Penniman Book Club
3:00 Poker & Cribbage Hour
4:00 Wine & Hors d’oeuvres

15
11:00 Gratitude Discussion
11:15 Weight Training
1:15 Barre & Balance Class
1:30 Resident Council Meeting
2:00 Bingo & Brews (\$5)
2:00 Steps in Motion
3:00 The Great Courses:
Experiencing America
4:00 Putting Challenge
6:00 Poker Night

16
10:00 Outing: Scenic Drive
10:00 Resistance Bands Class
11:00 Hand Rejuvenation: Nails
11:30 Friday Outing!
1:30 NYT Connections Game
2:00 Tai Chi for Arthritis
3:00 Outing: Errands
3:00 Historic N.E. Discussion
4:00 Entertainment: Frank Adam
6:45 Night at the Movies!

17 Armed Forces Day
10:00 Morning Meditation
10:15 Yoga for Vitality
11:00 Travel & Discuss
11:00 Mandarin w/Hingham HS!
1:30 Balance & Flex Class
2:00 7 Little Words Game
3:00 Ice Cream Bar Social
4:00 Greeting Card Workshop
6:00 Documentary Hour
6:45 Saturday Night Movie

18
10:00 Energize Fitness Class
10:30 Trivia Challenge
11:00 Catholic Communion Service
11:15 Poetry Listen & Discuss
1:00 Steps in Motion Walking
1:30 Candy Bar Bingo
2:30 Tea & Cookie Social
3:15 Group Crossword Puzzles
4:15 Board Game Hour
6:45 Sunday Night Movie

19 Bob P B-day!
10:00 Gentle Full Body Stretch
10:30 Outing: Pharmacy Run
11:00 Jeopardy
1:30 Bridge Club
1:30 First Ladies of the USA
2:00 Floral Design Workshop
3:00 Outing: Scenic Ride/Library
3:00 Tai Chi & Meditation
3:00 Entertainment: Tappin’ Ted
4:00 Cocktails and Conversations

20
10:00 REACT Neuro Sessions
10:00 Barre & Balance
11:00 Cash Bingo (\$2)
12:00 Lunch with Pastor Steve
1:00 Hand Rejuvenation: Nails
1:30 Yoga Flow
2:30 Travel: The Netherlands
3:00 Baking Group
4:00 Teams Trivia Social
6:00 Entertainment: Paul C

21
10:00 SHIELD Check-Ins
10:00 Morning Stretch
10:45 Aromatherapy & Massage
11:00 Dr. Goswami: BP &
Cholesterol
12:00 Men’s Lunch Social
1:30 Cardio Drumming
2:30 Culinary Committee Mtng
3:00 Penniman Book Club
3:00 Poker & Cribbage Hour

22
10:00 Short Story Listen/Discuss
11:00 Little Known Fact Sharing
11:15 Weight Training
1:15 Barre & Balance Class
2:00 Wellness Lecture w/Bayada
2:00 Bingo & Brews (\$5)
2:00 Steps in Motion
3:00 The Great Courses:
Experiencing America
4:00 Board Game Hour

23
10:00 Outing: Scenic Drive
10:00 Resistance Bands Class
11:00 Hand Rejuvenation: Nails
1:30 NYT Connections Game
1:30 Hornstra Farms Ice Cream
Social!
2:00 Tai Chi for Arthritis
3:00 Outing: Errands
3:00 Philosophy Discussion
4:00 Entertainment: Steve L

24
10:00 Morning Meditation
10:15 Yoga for Vitality
11:00 Coffee & Tea w/Curator
Program
11:00 Mandarin w/Hingham HS!
1:30 Balance & Flex Class
2:00 Cornhole Competition
3:00 Ice Cream Bar Social
3:00 Documentary Hour
4:00 Still Life Drawing

25
10:00 Energize Fitness Class
10:30 Morning Meditation
11:00 Knit/Crochet for Charity
11:00 Catholic Communion Service
1:00 Steps in Motion Walking
1:30 Candy Bar Bingo
2:30 Tea & Cookie Social
3:15 Group Crossword Puzzles
4:15 Board Game Hour
6:45 Sunday Night Movie

26 Memorial Day
10:00 Gentle Full Body Stretch
10:00 Sequence Board Game
10:30 Outing: Pharmacy Run
11:00 Jeopardy
1:00 History Discussion
1:30 Bridge Club
2:15 Artist Spotlight
3:00 Outing: Scenic Ride
3:00 Tai Chi & Meditation
4:00 Cocktails and Conversations

27
10:00 Barre & Balance
10:00 Rummy 500
11:00 Cash Bingo (\$2)
11:00 Workshop: Sea Glass Jars
1:00 Hand Rejuvenation: Nails
1:30 Yoga Flow
2:00 Sig Series: Horticulture
Event
4:00 Teams Trivia Social
6:00 Entertainment: Paul C

28 Diane W B-day!
10:00 Morning Stretch
10:45 Aromatherapy & Massage
11:15 NYT Wordle
1:30 Yoga with Suzanne!
2:00 Chef Showcase
3:00 Penniman Book Club
3:00 Poker & Cribbage Hour
4:00 Wine & Hors d’oeuvres
6:00 Evening Classical Piano
6:45 Movie Night

29
11:00 Gratitude Discussion
11:15 Weight Training
1:15 Barre & Balance Class
2:00 Bingo & Brews (\$5)
2:00 Steps in Motion
3:00 The Great Courses:
Experiencing America
4:00 Putting Challenge
6:00 Poker Night
6:45 Movie Night

30
10:00 Outing: Scenic Drive
10:00 Resistance Bands Class
11:00 Hand Rejuvenation: Nails
11:30 Friday Outing!
1:30 NYT Connections Game
2:00 Tai Chi for Arthritis
3:00 Outing: Errands
3:00 Historic N.E. Discussion
4:00 Entertainment: Mike D
6:45 Night at the Movies!

31
10:00 Morning Meditation
10:15 Yoga for Vitality
11:00 Travel & Discuss
11:00 Mandarin w/Hingham HS!
1:30 Balance & Flex Class
2:00 7 Little Words Game
3:00 Ice Cream Bar Social
4:00 Greeting Card Workshop
6:00 Documentary Hour
6:45 Saturday Night Movie