

Signature Series: Discovering Genealogy

Mark your calendars on **Wednesday, July 9th**, for an interactive Signature Series Workshop: Discovering Genealogy. Led by **Teacher Naturalist and Family Historian Michael Scutari**, who will share his inspiring journey researching his Italian roots in both America and Italy. Discover how he built an extensive family tree and explore vital records from his ancestral towns in southern Italy. Enjoy a virtual tour of a charming hill town in Basilicata, hear poetry from a 19th-century Italian intellectual movement, and learn about unique Arbereshe customs. Michael will also sing a beautiful song of peace and hope in the Arbereshe language. Stay after for a Q&A session where Michael will help you get started on your own family tree. Don't miss this enriching, hands-on experience!

Signature Series: Seafood Celebration



Celebrate with us on **Wednesday, July 23rd** for the annual Signature Series: Seafood Celebration! Enjoy fresh, local seafood and live coastal-themed music on our beautiful patio. Sip chilled champagne, a refreshing Arnold Palmer, or a handcrafted sea-inspired cocktail. Delight in delicious food, great company, and seaside charm! **RSVP by Monday, July 21st** to reserve your spot at this unforgettable summer soirée!

Explore One of History's Greatest Art Heists!

We welcome you to join us on **Wednesday, July 30th** for The Gardner Museum Heist, an intriguing lecture by **Emmy Award-winning folklorist John Horrigan**. Discover the story behind the infamous 1990 theft of priceless masterpieces from Boston's **Isabella Stewart Gardner Museum**. Valued between \$500 million and \$1 billion, this daring robbery remains one of the most expensive and mysterious art thefts in history.

Horrigan will guide you through the details of the heist, the investigation, and the ongoing mystery that still captivates the world. Don't miss this chance to explore an unsolved crime filled with suspense, history, and art. Whether you're an art lover, history buff, or true crime fan, this lecture promises to be a memorable experience!

Celebrate the 4th of July with Us!



The Fourth of July marks a powerful moment in history—the birth of our nation and the adoption of the Declaration of Independence in 1776. It's a time to honor freedom, unity, and the American spirit. Join us on **Friday, July 4th** for our **Independence Day Cookout**, complete with delicious food, refreshing drinks, and festive summer fun! Enjoy **live music** by

Steve Lanzilotta, performing patriotic favorites everyone will love. Gather with friends, family, and neighbors for an afternoon of joy, laughter, and red, white, and blue celebration. We can't wait to see you there!

Stay Safe in the Summer Heat!

Join us **Thursday, July 24th**, for an informative wellness presentation by **Bayada Home Health**, focusing on dehydration and heat-related health concerns. As summer temperatures rise, learn to recognize the signs of heat exhaustion and dehydration, and discover practical tips to stay safe and hydrated. After the presentation, **relax at our Hydration Social** with refreshing drinks and light snacks. Don't miss this uplifting event designed to help you and your loved ones stay healthy all season long. We look forward to seeing you there and sharing ways to stay safe, informed, and hydrated all season long!



THE RESIDENCE AT PENNIMAN HILL Associates

Roberto Costa
Senior Executive Director

Debra Hyson
Sales & Marketing Director

Abby Rose Plourde
Business Office Director

Victoria Olivera
Resident Care Director

Crystal Costa
Restaurant Operations Director

Laura Lefebvre
Reflections Director

Kayla Vogler
Resident Engagement Director

Joshua Morel
Maintenance Director

Ellen Sherman
Customer Experience Coord.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



6

- 10:00 *Reflective Meditation
- 10:30 *Pet Therapy with Finn
- 10:30 *Full Body Workout
- 11:00 *Catholic Communion Service
- 11:00 *Knit & Crochet for Charity
- 1:15 *Bocce Challenge
- 1:15 *Penniman Walking Club
- 2:00 Candy Bar Bingo
- 3:00 *Science Lecture: Geological Wonders

7

- 10:00 *Low Intensity Cardio
- 10:30 *Tai Chi & Meditation
- 11:00 *Jeopardy Challenge
- 1:15 *Penniman Walking Club
- 2:00 *Artist Spotlight: Walt Disney
- 2:00 *Pianist: Mark D.
- 3:00 *Floral Design Workshop
- 4:00 *Cocktails and Conversations

13

- 10:30 *Pet Therapy with Finn
- 10:30 *Full Body Workout
- 11:00 *Catholic Communion Service
- 11:00 Pictionary Challenge
- 1:15 *Bocce Challenge
- 1:15 *Penniman Walking Club
- 2:00 Candy Bar Bingo
- 3:00 *Science Lecture: Geological Wonders
- 3:00 *Tap Dancer: Ted Powers

14

- 10:00 *Low Intensity Cardio
- 10:30 *Tai Chi & Meditation
- 11:00 *Trivia Challenge
- 1:15 *Penniman Walking Club
- 1:15 *Local Errands: Post Office
- 2:00 *First Ladies of the USA
- 3:00 *Floral Design Workshop
- 4:00 *Cocktails and Conversations
- 6:45 Movie Night

20

- 10:00 *Reflective Meditation
- 10:30 *Pet Therapy with Finn
- 10:30 *Full Body Workout
- 11:00 *Catholic Communion Service
- 11:00 *Knit & Crochet for Charity
- 1:15 *Bocce Challenge
- 1:15 *Penniman Walking Club
- 2:00 Candy Bar Bingo
- 3:00 *Science Lecture: Geological Wonders

21

- 10:00 *Low Intensity Cardio
- 10:30 *Tai Chi & Meditation
- 11:00 *Jeopardy Challenge
- 1:15 *Penniman Walking Club
- 1:15 *Local Errands: CVS
- 2:00 *Artist Spotlight: Great Cartoonists
- 3:00 *Floral Design Workshop
- 4:00 *Cocktails and Conversations

27

- 10:30 *Pet Therapy with Finn
- 10:30 *Full Body Workout
- 11:00 *Catholic Communion Service
- 11:00 Pictionary Challenge
- 1:15 *Bocce Challenge
- 1:15 *Penniman Walking Club
- 2:00 Candy Bar Bingo
- 3:00 *Science Lecture: Geological Wonders
- 4:00 *Mocktail Mix & Mingle

28

- 10:00 *Low Intensity Cardio
- 10:30 *Tai Chi & Meditation
- 11:00 *Trivia Challenge
- 1:15 *Penniman Walking Club
- 1:15 *Local Errands: Shaws
- 2:00 *First Ladies of the USA
- 3:00 *Floral Design Workshop
- 4:00 *Cocktails and Conversations
- 6:45 Movie Night

1

- Canada Day!
- 10:00 *Barre & Balance
 - 10:00 *REACT Neuro Sessions
 - 10:30 *Hand and Nail Spa
 - 11:00 Word Extraction
 - 1:15 Ultimate Frisbee Toss
 - 1:15 *Penniman Walking Club
 - 2:00 *Travel Lecture: Canada
 - 3:00 *Bakers Club: Banana Trifle
 - 4:00 *Soda Float Social
 - 6:00 *Vocalist: Paul Coronella

8

- 10:00 *Barre & Balance
- 10:30 *Hand and Nail Spa
- 11:00 Word Extraction
- 11:00 *Zumba with Chaboom
- 1:15 *Penniman Walking Club
- 1:15 Bowling Competition
- 2:00 *Ceramics Workshop
- 3:00 Rummikub Challenge
- 4:00 *Soda Float Social
- 6:00 *Vocalist: Paul Coronella

15

- 10:00 *Barre & Balance
- 10:00 *REACT Neuro Sessions
- 10:30 *Hand and Nail Spa
- 11:00 Word Extraction
- 11:00 *Bible Chat: Pastor Steve
- 1:15 Ultimate Frisbee Toss
- 1:15 *Penniman Walking Club
- 2:00 *Travel Lecture: Pacific Coast Highway
- 3:00 *Bakers Club: Oreo Layer

22

- 10:00 *Barre & Balance
- 10:30 *Hand and Nail Spa
- 11:00 Word Extraction
- 1:15 *Penniman Walking Club
- 1:15 Bowling Competition
- 2:00 *Ceramics Workshop
- 3:00 Rummikub Challenge
- 4:00 *Soda Float Social
- 6:00 *Vocalist: Paul Coronella

29

- 10:00 *Barre & Balance
- 10:00 *REACT Neuro Sessions
- 10:30 *Hand and Nail Spa
- 11:00 Word Extraction
- 1:15 Ultimate Frisbee Toss
- 1:15 *Penniman Walking Club
- 2:00 *Travel Lecture: England
- 3:00 Bakers Club: Amish Sugar Cookies
- 4:00 *Soda Float Social

2

- 10:00 *Falls & Balance Exercise
- 10:30 *Aromatherapy & Massage
- 11:00 NYT Crossword
- 1:15 *Penniman Walking Club
- 1:15 *Cardio Drumming
- 2:00 *Penniman Book Club
- 3:00 Karaoke Hour
- 4:00 *Wine & Hors d'oeuvres
- 6:00 *Evening Classical Piano

9

- 10:00 *Falls & Balance Exercise
- 10:30 *Aromatherapy & Massage
- 11:00 NYT Wordle
- 11:00 *St. Paul's Catholic Mass
- 11:30 *Accessories & Beyond Lobby Show
- 1:15 *Penniman Walking Club
- 1:15 *Cardio Drumming
- 2:00 *Sig Series: Discovering Genealogy with Michael S.

16

- 10:00 *Falls & Balance Exercise
- 10:30 *Aromatherapy & Massage
- 11:00 NYT Crossword
- 11:00 Community Picture Day!
- 12:00 *Men's Lunch Social
- 1:15 *Penniman Walking Club
- 1:15 *Cardio Drumming
- 2:00 *Penniman Book Club
- 2:30 *Culinary Committee Meeting
- 3:00 Karaoke Hour

23

- Happy Bday John K!
- 10:00 *Falls & Balance Exercise
 - 10:30 *Yoga with Suzanne!
 - 11:00 NYT Wordle
 - 1:15 *Penniman Walking Club
 - 1:15 *Cardio Drumming
 - 2:00 *Penniman Book Club
 - 2:30 *Sig Series: Seafood Celebration
 - 3:00 *Tropical Cocktail Hour
 - 6:00 *Evening Classical Piano

30

- 10:00 *Falls & Balance Exercise
- 10:30 *Aromatherapy & Massage
- 11:00 NYT Crossword
- 1:15 *Penniman Walking Club
- 1:15 *Cardio Drumming
- 2:00 *Guest Speaker: John Horrigan
- 3:00 *Penniman Book Club
- 4:00 *Wine & Hors d'oeuvres
- 6:00 *Evening Classical Piano

3

- Happy Bday Terrie!
- 10:00 *Weight Training
 - 10:30 *Hand & Nail Spa
 - 11:00 Group Rebus Puzzles
 - 1:15 *Penniman Walking Club
 - 1:15 *Barre & Balance
 - 1:30 *Acrylic Workshop: Patriotic Night Sky
 - 3:00 *Great Courses: Lifelong Health
 - 4:00 *High Tea

10

- 10:00 *Weight Training
- 10:30 *Hand & Nail Spa
- 1:15 *Barre & Balance
- 1:15 *Penniman Walking Club
- 1:30 *Acrylic Workshop: Round Canvas Melon
- 3:00 Putting Challenge
- 4:00 *Vet's Cafe
- 6:00 Resident Led Rummikub
- 6:45 Movie Night

17

- 10:00 *Weight Training
- 10:30 *Hand & Nail Spa
- 11:00 Group Rebus Puzzles
- 1:15 *Barre & Balance
- 1:15 *Penniman Walking Club
- 1:30 *Calendar Planning Meeting
- 2:00 *Resident Council Meeting
- 4:00 *High Tea
- 6:00 Resident Led Rummikub
- 6:45 Movie Night

24

- 10:00 *Weight Training
- 10:30 *Hand & Nail Spa
- 1:15 *Barre & Balance
- 1:15 *Penniman Walking Club
- 1:30 *Acrylic Workshop: Sunset for Two
- 2:00 *HealthTalk: Dehydration & Heat Related Issues
- 3:00 Putting Challenge
- 3:00 *Hydration Social

31

- 10:00 *Weight Training
- 10:30 *Hand & Nail Spa
- 11:00 Group Rebus Puzzles
- 1:15 *Barre & Balance
- 1:15 *Penniman Walking Club
- 1:30 *Watercolor Workshop: Paper Weaving
- 4:00 *High Tea
- 6:00 Resident Led Rummikub
- 6:45 Movie Night:

4

- Independence Day!
- 10:00 *Resistance Bands Class
 - 10:30 *Tai Chi for Arthritis
 - 11:00 NYT Connections Game
 - 12:00 *Fourth of July Cookout
 - 1:15 *Penniman Walking Club
 - 1:15 Cornhole Competition
 - 2:00 *History Lecture: Independence Day
 - 4:00 *Vocalist: Steve Lanzilotta
 - 4:00 *Sip & Socialize

11

- 10:00 *Resistance Bands Class
- 10:30 *Tai Chi for Arthritis
- 11:00 *Court Case Discussion
- 1:00 *Outing: Fuller Craft Museum
- 1:15 Cornhole Competition
- 1:15 *Penniman Walking Club
- 2:00 *Biography: Marilyn Monroe
- 3:45 *Vocalist: Steve King
- 4:00 *Birthday Social

18

- 10:00 *Resistance Bands Class
- 10:30 *Tai Chi for Arthritis
- 11:00 NYT Connections Game
- 11:00 *Lunch Outing: Sullivan's at Castle Island
- 1:15 Cornhole Competition
- 1:15 *Penniman Walking Club
- 2:00 *History Lecture: July in History
- 3:45 *Vocalist: Mike Dardis

25

- 10:00 *Resistance Bands Class
- 10:30 *Tai Chi for Arthritis
- 11:00 *Court Case Discussion
- 1:00 *Outing: Hingham Summer Sidewalk Sale
- 1:15 Cornhole Competition
- 1:15 *Penniman Walking Club
- 2:00 *Biography: Clark Gable
- 3:45 *Vocalist: Paul & Kate
- 4:00 *Sip & Socialize

5

- 10:00 *Full Body Stretch
- 10:30 *Yoga for Vitality
- 11:00 *Tech Education Session
- 1:15 *Penniman Walking Club
- 1:15 *Readers Theater
- 2:00 \$5 Bingo Bonanza
- 3:00 Classification Challenge
- 4:00 *Sundae Gathering
- 6:45 Movie Night

12

- 10:00 *Full Body Stretch
- 10:30 *Yoga for Vitality
- 11:00 *Tech Education Session
- 1:15 *Readers Theater
- 1:15 *Penniman Walking Club
- 2:00 \$5 Bingo Bonanza
- 3:00 Left, Right, Center
- 4:00 *Sundae Gathering
- 6:45 Movie Night

19

- 10:00 *Full Body Stretch
- 10:30 *Yoga for Vitality
- 11:00 *Tech Education Session
- 1:15 *Readers Theater
- 1:15 *Penniman Walking Club
- 2:00 \$5 Bingo Bonanza
- 3:00 Classification Challenge
- 4:00 *Sundae Gathering
- 6:45 Movie Night

26

- Happy Bday Sherman!
- 10:00 *Full Body Stretch
 - 10:30 *Yoga for Vitality
 - 11:00 *Tech Education Session
 - 1:15 *Readers Theater
 - 1:15 *Penniman Walking Club
 - 2:00 \$5 Bingo Bonanza
 - 3:00 Left, Right, Center
 - 4:00 *Sundae Gathering
 - 6:45 Movie Night

REMINDERS

Medical Appts

Tues & Thurs
9:00am-3:00pm

**Please schedule with Reception*

Outings

Mondays & Fridays

**Sign-up is required for all outings*

Salon Hours

Tues & Thurs
9:00am-3:00pm

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

