

March Signature Series Events



Vintage Treasures Showcase | Wednesday, March 12th

This is going to be such a fun event! Think Antiques Roadshow, but right here in our community. J. James Auctioneers & Appraisers will be here to help us discover if our most treasured possessions are worth millions of dollars or simply just our love & admiration! Residents or family members can bring 1 to 3 items for their session with the appraiser. A sign up sheet has been posted at the front desk.

A Taste of Culture Event | Thursday, March 20th

The Penniman Hill chefs are excited to prepare their interpretation of a special cultural dish for your delight. Let's celebrate their talent! These unique creations will be offered during lunch as an appetizer, along with a themed signature cocktail/mocktail.



Welcome, Chrystina!



Please join us in welcoming Chrystina Hammond to our community. Originally from Boston MA, Chrystina now lives in Weymouth. She is recently engaged to Steven. Chrystina enjoys cooking, spending time with family and close friends, and spending time with all of her friends at Penniman!



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

Christie Costa

Resident Engagement 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.



Happy Saint Patrick's Day!

St. Patrick's Day, celebrated on March 17, honors Ireland's patron saint, St. Patrick. Originally a religious holiday, it has grown into a global celebration of Irish culture, with parades, Irish music and food. While it began in Ireland, cities across the world like Boston, New York and Chicago hold grand festivities as well! At Penniman, we will take part in the fun all month long, with performances by the Singing Trooper & Mary on 3/6, the Irish Step Dancers on 3/11, a travel lecture to Ireland on 3/14, Patti's Irish Cabaret on St. Patrick's Day, and of course a party that day as well!



Celebrating National Reading Month



Here at Penniman Hill, we have relaunched our Book Club with great success with Marie Benedict's "The Personal Librarian." Book clubs can significantly benefit seniors by providing cognitive stimulation through reading, fostering social interaction to combat loneliness, promoting meaningful conversations, and enhancing critical thinking skills

through discussions about the chosen books, ultimately improving mental well-being and sense of community. Consider joining us for our current book, "The Mystery of Mrs Christie!" -Erin

Good Times. Good Friends. *Great Care!*

March	Sunday	March	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
30	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	31	9:30 Rummikub Game Play 10:00 Gentle Full Body Stretch 10:30 Outing: Pharmacy Run 11:00 Jeopardy 1:00 History Discussion 1:30 Bridge Club 2:15 Spotlight: Norman Rockwell 3:00 Outing: Scenic Ride 3:00 Tai Chi & Meditation 4:00 Cocktails and Conversations					1	10:00 Morning Meditation 10:15 Yoga for Vitality 11:00 Coffee & Tea w/Curator Program 1:30 Balance & Flex Class 2:00 Cornhole Competition 3:00 Ice Cream Bar Social 3:00 Documentary: Our Planet, Deserts/Grasslands 4:00 Jewelry Design Workshop				
2	Happy B-Day Alice P! 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	3	10:00 Gentle Full Body Stretch 10:30 Outing: Pharmacy Run 11:00 Jeopardy 11:00 Pastor Steve's Sermon on TV 1:00 Distinguished Am. Women 1:30 Bridge Club 2:00 Floral Design Workshop 3:00 Outing: Scenic Ride 3:00 Tai Chi & Meditation 4:00 Cocktails and Conversations	4	Fat Tuesday 10:00 Barre & Balance 11:00 Cash Bingo (\$2) 1:00 Hand Rejuvenation: Nails 1:30 Yoga Flow 2:00 Culture Club: Mardi Gras 2:45 Mardi Gras Social 3:15 Mardi Paw Parade 4:00 Teams Trivia Hour 6:00 Guitar Performance, Paul C. 6:45 Movie:	5	Ash Wednesday 9:15 Men's Coffee Social 10:00 Lengthen & Strengthen Stretch 10:45 Aromatherapy & Massage 11:00 Ash Wednesday Catholic Mass 1:30 Cardio Drumming 2:00 Calendar Planning Mtg 2:30 Craft Workshop: St. Pat's 3:30 Penniman Book Club 4:00 Wine & Hors d'oeuvres	6	Happy B-Day Cathy B! 10:00 Silver Lining Discussion 10:15 Weight Training 11:00 Acrylics with Mary 1:15 Barre & Balance Class 1:30 Steps in Motion 2:00 Entertainment: Singing Trooper Dan & Mary 3:00 Bingo & Brews (\$5) 3:00 Great Courses: B'way Musicals	7	10:00 Resistance Bands for Muscle Strength 10:00 Outing: Scenic Drive 11:00 Hand Rejuvenation: Nails 12:45 Outing: Hull Lifesaving 2:00 Tai Chi for Arthritis 3:00 Outing: Errands 3:00 Historic New England: The Boston Irish 3:45 Entertainment: Frank R.	8	Happy B-Day Ted O! 10:00 Morning Meditation 10:15 Yoga for Vitality 11:00 Travel & Discuss: Kenyan Safari (CL) 12:00 Movie Planning Committee 1:30 Balance & Flex Class 2:00 7 Little Words Game 3:00 Ice Cream Bar Social 3:00 Docu: Our Planet II, High Seas (N)
9	Daylight Savings! 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	10	10:00 Gentle Full Body Stretch 10:30 Outing: Pharmacy Run 11:00 Jeopardy 12:45 Outing: New England Wildlife Center 1:00 Parkinson's Support Group 1:30 Bridge Club 2:15 Art Spotlight: Louise Abbema 3:00 Tai Chi & Meditation	11	Happy B-Day Bill H! 10:00 REACT Neuro Sessions 10:00 Cash Bingo (\$2) 11:00 Chaboom! Fitness 12:00 Lunch with Pastor Steve 1:00 Hand Rejuvenation: Nails 1:00 Yoga Flow 1:30 Baking Group 2:00 Resident Council Meeting 2:30 Travel Lecture: Turkiye 4:30 Entertainment: Irish Step	12	10:00 SHIELD Check-Ins 10:00 Cardio Drumming 10:45 Aromatherapy & Massage 11:00 Full Service Catholic Mass 1:00 J. James Auctioneers Talk w/Josh 1:15 Vintage Treasures Showcase 4:00 Entertainment: The Hingham Singers 6:00 Evening Classical Piano	13	Happy BDay Cynthia H! 10:00 Podcast Listen/Discuss 11:00 Celebration Circle 11:15 Weight Training 1:15 Barre & Balance Class 1:30 Veterans Meeting 2:00 Bingo & Brews (\$5) 2:00 Steps in Motion 3:00 Penniman Book Club 4:00 Board Game Hour 6:30 NYT Game Hour!	14	10:00 Outing: Scenic Drive 10:00 Tai Chi for Arthritis 11:00 Hand Rejuvenation: Nails 12:45 Outing: Gallery Nantasket 1:30 Movement to Music 2:00 Travel Talk w/Dana: Ireland 3:00 Outing: Errands 3:00 Philosophy Discussion 4:00 Entertainment: Steve L 6:45 Night at the Movies!	15	10:00 Morning Meditation 10:15 Yoga for Vitality 11:00 Coffee & Tea w/Curator Program 1:30 Balance & Flex Class 2:00 Ladderball Competition 3:00 Ice Cream Bar Social 3:00 Documentary: Our Planet II, Fresh Water (N) 4:00 St Patty's Crafting
16	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	17	St. Patrick's Day 10:00 Gentle Full Body Stretch 10:30 Outing: Pharmacy Run 11:00 Jeopardy 1:00 Outing: Scenic Ride 1:30 Bridge Club 1:30 History Discussion 2:00 Entertainment: Patti C, Irish Cabaret 3:00 St. Patrick's Day Party! 4:00 Tai Chi & Massage	18	10:00 Barre & Balance 11:00 Cash Bingo (\$2) 1:00 Hand Rejuvenation: Nails 1:30 Yoga Flow 2:15 Craft Workshop Day 2:30 Men's Pool Table Hour w/Roberto 2:45 Tapas Tuesday Social 4:00 Teams Trivia Social 6:00 Guitar Performance, Paul C.	19	10:00 Lengthen & Strengthen Stretch 10:45 Aromatherapy & Massage 12:00 Men's Lunch Social 1:30 Cardio Drumming 2:00 Culinary Committee Mtng 3:00 Kings in Corner & Cribbage 3:00 Penniman Book Club 4:00 Wine & Hors d'oeuvres 6:00 Evening Classical Piano	20	First Day of Spring 11:00 Appreciation Spotlight 11:15 Weight Training 12:30 A Taste of Culture Event 1:15 Barre & Balance Class 2:00 Bingo & Brews (\$5) 2:00 Steps in Motion 3:00 The Great Courses: Broadway Musicals 4:00 Putting Challenge 6:00 Poker Night	21	Happy B-Day Vito A! 10:00 Resistance Bands for Muscle Strength 10:00 Outing: Scenic Drive 11:00 Hand Rejuvenation: Nails 11:30 Outing: Sandwich Glass Blowing Museum 2:00 Tai Chi for Arthritis 3:00 Lecture: Coldest Winter Ever in New England 3:45 Entertainment: Mike D.	22	10:00 Morning Meditation 10:15 Yoga for Vitality 11:00 Travel & Discuss: Scotland (CL) 1:30 Balance & Flex Class 2:00 7 Little Words Game 3:00 Ice Cream Bar Social 3:00 Documentary: Our Planet II, Forests (N) 4:00 Easter Greeting Card
23	10:00 Energize Fitness Class 10:30 Trivia Challenge 11:00 Catholic Communion Service 11:15 Poetry Listen & Discuss 1:30 Steps in Motion Walking 1:30 Online Lecture Series 2:00 Candy Bar Bingo 3:00 Entertainment: Tappin' Ted 4:00 Group Crossword Puzzles 6:45 Sunday Night Movie	24	10:00 Gentle Full Body Stretch 10:30 Outing: Pharmacy Run 11:00 Jeopardy 11:00 Pastor Steve's Sermon on TV 1:00 Distinguished Am. Women 1:30 Bridge Club 2:00 Floral Design Workshop 3:00 Outing: Scenic Ride/Library 3:00 Tai Chi & Meditation 4:00 Cocktails and Conversations	25	10:00 REACT Neuro Sessions 10:00 Barre & Balance 11:00 Cash Bingo (\$2) 11:00 Entertainment: Matt B 1:00 Hand Rejuvenation: Nails 1:30 Yoga Flow 3:00 Baking Group 4:00 Teams Trivia Social 6:00 Guitar Performance, Paul C. 6:45 Movie:	26	10:00 SHIELD Check-Ins 10:00 Lengthen & Strengthen Stretch 10:45 Aromatherapy & Massage 1:30 Yoga with Suzanne! 2:00 Chef Showcase 2:45 Pina Colada Social 3:00 Kings in Corner & Cribbage 3:00 Penniman Book Club 4:00 Wine & Hors d'oeuvres	27	10:00 Short Story Listen/Discuss 11:00 Lessons Learned Share 11:15 Weight Training 1:15 Barre & Balance Class 2:00 Wellness Lecture w/Bayada 2:00 Steps in Motion 3:00 The Great Courses: Broadway Musicals 3:00 Bingo & Brews (\$5) 4:00 Board Game Hour	28	10:00 Resistance Bands for Muscle Strength 10:00 Outing: Scenic Drive 11:00 Hand Rejuvenation: Nails 12:00 Lunch Outing 1:30 NYT Wordle 2:00 Tai Chi for Arthritis 3:00 Outing: Errands 3:00 Philosophy Discussion 3:45 Entertainment: Steve K.	29	10:00 Morning Meditation 10:15 Yoga for Vitality 11:00 Coffee & Tea w/Curator Program 1:30 Balance & Flex Class 2:00 Ring Toss Competition 3:00 Ice Cream Bar Social 3:00 Documentary: Our Planet, Behind the Scenes (N) 4:00 Easter Decor Painting Class

Reminders

Pharmacy/Errands:
M 10:30am
F 3:00pm

Scenic Drives:
M 3:00pm
F 10:00am

Outings:
7th: Hull Museum
10th: N.E. Wildlife
14th: Art Nantasket
21st: Glass Museum
28th: Lunch Outing

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