REFLECTIONS - MAY 2025

THE RESIDENCE at Penniman Hill

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 **10:00** History Review **10:30** Upper Body Strengthening **11:00** Acrylics with Mary **1:15** Barre & Balance Class **2:00** Travel Lecture with Erin **2:45** Happy Hour **3:15** Weights for Bone Density **4:00** Lecture: May Lei Day **6:00** Evening Nail Salon	**2** **10:15** Daily Discussion **10:45** Friday Fitness **11:00** Outing: Scenic Ride **1:15** Après Lunch Walking Club **1:30** Tai Chi for Arthritis **2:15** Distinguished Am. Women **2:45** Mixology Social **3:00** Trivia Hour **4:00** Entertainment: Frank Ryan **6:00** Scrabble Group	**3** **10:00** Inspirational Narratives **10:30** Strength & Balance Class **11:00** Studio: Marbleized Paper **1:15** Crossword Challenge **2:00** Horseracing **2:45** Saturday Social **3:15** Yoga Flow & Meditation **4:00** Great American Courses **4:15** Knitting & Crochet Circle **6:00** Kentucky Derby Viewing
4 **10:00** Viewpoints Discussion **10:30** Mindful Movement Class **11:00** Catholic Communion Service **1:15** Après Lunch Walking Club **1:30** Culinary: Crockpot Create **2:00** Book Club **2:45** Culinary Creations Social **3:15** Upper Body Conditioning **4:00** Art: Cinco de Mayo Stars **6:00** Classic Movie Night	**5** **10:00** History: Cinco de Mayo **10:30** Strength and Balance **11:00** BINGO **11:15** Puzzle Club **12:45** Outing: 2nd Parish Church Hingham Art Show/Craft Fair **1:45** Floral Design Class **2:45** Cinco de Social **3:00** Tai Chi & Meditation **6:00** Board Game Night	**6** **10:00** Barre & Balance **10:30** New York Times Challenge **11:00** Step In Time Ballroom Exhibition **1:30** Bocce Tournament **2:30** Travel Lecture: Colombia **2:45** Tapas Tuesday Social **3:15** Expressive Composition **4:00** Nail Salon **6:00** Entertainment: Paul C	**7** **10:00** Podcast & Discussion **10:30** Yoga Flow **11:00** Choir Practice **1:30** Cardio Drumming **2:00** Giant Crossword **2:45** Pub Hour **3:15** Meditation & Sound Bath **3:45** Watercolors and Words **4:00** Movie Matinee **6:00** Intellectual Puzzles Club	**8** **10:00** History Review **10:30** Upper Body Strengthening **11:00** Workshop: Batik **1:15** Barre & Balance Class **2:00** Science: Butterflies **2:45** Happy Hour **3:15** Giant Dartboard **4:00** Art Lecture: Batik **6:00** Spa Session	**9** **10:15** Daily Discussion **10:45** Friday Fitness **11:00** Outing: Scenic Ride **1:30** Tai Chi for Arthritis **2:15** Music Therapy with Sara **2:45** Mixology Social **3:15** Short Story Hour **4:00** Entertainment: Steve King **6:00** Scrabble Group **8:45** Distinguished Am Women move	**10** **10:00** Inspirational Narratives **10:30** Strength & Balance Class **11:00** Studio: Flower Door Sign **1:15** Crossword Challenge **2:00** Giant Shuffleboard **2:45** Saturday Social **3:15** Cardio Aerobics **4:00** Great American Courses **4:15** Knitting & Crochet Circle **6:00** Rejuvenating Facials & Hand
11 **10:00** Viewpoints Discussion **10:30** Mindful Movement Class **11:00** Catholic Communion Service **11:15** Gospel Music **1:30** Mother's Day Craft **1:30** Après Lunch Walking Club **2:45** Mother's Day Tea Social **3:15** Upper Body Conditioning **4:00** Mother's Day Reminiscence **6:00** Classic Movie Night	**12** **10:00** History Review **10:30** Strength and Balance **11:00** BINGO **11:15** Puzzle Club **1:15** Outing: Scenic Ride **1:45** Floral Design Class **2:45** Tea Social **3:00** Tai Chi & Meditation **4:00** Aromatherapy Session **6:00** Board Game Night	**13** **10:00** New York Times Challenge **10:30** Workshop: Dali Bowl pt 1 **11:00** Chaboom! Fitness **12:30** Signature Series: Garden Party **2:00** Science Lecture: Space **2:45** Tapas Tuesday Social **3:15** Expressive Composition **4:00** Nail Salon **6:00** Entertainment: Paul C	**14** **10:00** Podcast & Discussion **10:30** Yoga Flow **11:00** Full Service Catholic Mass **12:00** Lunch Outing: Burtons **1:30** Cardio Drumming **2:00** Choir Practice **2:45** Pub Hour **3:15** Meditation & Sound Bath **3:45** Watercolors and Words **6:00** Intellectual Puzzles Club	**15** **10:00** History Review **10:30** Workshop: Art with Paul **11:30** Upper Body Strengthening **1:15** Barre & Balance Class **1:30** Resident Council Meeting **2:30** Travel Lecture with Erin **2:45** Happy Hour **3:15** Weights for Bone Density **4:00** Underappreciated Artists **6:00** Evening Nail Salon	**16** **10:15** Daily Discussion **10:45** Friday Fitness **11:00** Outing: Scenic Ride **1:30** Tai Chi for Arthritis **1:30** Après Lunch Walking Club **2:15** Distinguished Am. Women **2:45** Mixology Social **3:00** Trivia Hour **4:00** Entertainment: Frank Adam **6:00** Scrabble Group	**17** **10:00** Inspirational Narratives **10:30** Strength & Balance Class **11:00** Art Studio: Beadworking **1:15** Crossword Challenge **2:00** Giant Dartboard **2:45** Saturday Social **3:15** Cardio Aerobics **4:00** Great American Courses **4:15** Knitting & Crochet Circle **6:00** Rejuvenating Facials & Hand
18 **10:00** Viewpoints Discussion **10:30** Mindful Movement Class **11:00** Catholic Communion Service **11:15** Gospel Music **1:30** Culinary Creations **2:00** Book Club **2:45** Culinary Creations Social **3:15** Upper Body Conditioning **4:00** Gratitude Journaling **6:00** Classic Movie Night	**19** **10:00** History Review **10:30** Strength and Balance **11:00** BINGO **11:15** Puzzle Club **1:15** Outing: Scenic Ride **2:00** Haiti Appreciation Party **2:45** Tea Social **3:00** Tai Chi & Meditation **3:00** Entertainment: Tappin' Ted **4:00** Aromatherapy Session	**20** **10:00** Barre & Balance **10:30** New York Times Challenge **11:00** Floral Design Class **1:30** Cornhole Tournament **2:30** Travel: The Netherlands **2:45** Tapas Tuesday Social **3:15** Workshop: Dali Bowls Pt 2 **4:00** Nail Salon **6:00** Entertainment: Paul C	**21** Happy Birthday Anna! **10:00** Podcast & Discussion **10:30** Yoga Flow **11:00** Chat with Dr. Goswami: Blood Pressure & Cholesterol **1:30** Cardio Drumming **2:00** Entertainment: Matt B **2:45** Pub Hour **3:15** Meditation & Sound Bath **6:00** Intellectual Puzzles Club	**22** **10:00** History Review **10:30** Upper Body Strengthening **11:00** Workshop: Memorial Day **1:15** Barre & Balance Class **2:00** Science: Maritime History **2:45** Happy Hour **3:15** Weights for Bone Density **4:00** Weird History: Goth Day **6:00** Spa Session	**23** **10:15** Daily Discussion **10:45** Friday Fitness **11:00** Outing: Scenic Ride **1:30** Tai Chi for Arthritis **1:30** Après Lunch Walking Club **2:15** Music Therapy with Sara **2:45** Mixology Social **3:15** Short Story Hour **4:00** Entertainment: Steve L **6:00** Scrabble Group	**24** **10:00** Inspirational Narratives **10:30** Strength & Balance Class **11:00** Art Studio: Watercolors **1:15** Crossword Challenge **2:00** Bowling **2:45** Saturday Social **3:15** Cardio Aerobics **4:00** Great American Courses **4:15** Knitting & Crochet Circle **6:00** Rejuvenating Facials & Hand
25 **10:00** Viewpoints Discussion **10:30** Mindful Movement Class **11:00** Catholic Communion Service **11:15** Gospel Music **1:30** Culinary Creations **2:00** Book Club **2:45** Culinary Creations Social **3:15** Upper Body Conditioning **4:00** Gratitude Journaling **6:00** Classic Movie Night	**26** **10:00** History Review **10:30** Marching Memorial Moves **11:00** Memorial Day BINGO **1:30** History: Memorial Day **2:00** Memorial Day Block Party **3:00** Tai Chi & Meditation **4:00** Aromatherapy Session **6:00** Board Game Night	**27** **10:00** Barre & Balance **10:30** New York Times Challenge **11:00** Workshop: Sea Glass Jars **2:00** Sig Series: Horticulture Event **2:15** Lecture: Golden Gate **2:45** Tapas Tuesday Social **3:15** Expressive Composition **4:00** Nail Salon **6:00** Entertainment: Paul C	**28** **10:00** Podcast & Discussion **10:30** Yoga Flow **11:00** Choir Practice **1:30** Yoga with Suzanne! **2:00** Chef Showcase **2:15** Word Extractions **2:45** Pub Hour **3:15** Meditation & Sound Bath **3:45** Watercolors and Words **6:00** Intellectual Puzzles Club	**29** **10:00** History Review **10:30** Upper Body Strengthening **11:00** Workshop: **1:15** Barre & Balance Class **2:00** Travel Lecture with Erin **2:45** Happy Hour **3:15** Weights for Bone Density **4:00** Lecture: **6:00** Evening Nail Salon	**30** **10:15** Daily Discussion **10:45** Friday Fitness **11:00** Outing: Scenic Ride **1:30** Tai Chi for Arthritis **1:30** Après Lunch Walking Club **2:15** Distinguished Am. Women **2:45** Mixology Social **3:00** Trivia Hour **4:00** Entertainment: Mike D **6:00** Scrabble Group	**31** **10:00** Inspirational Narratives **10:30** Strength & Balance Class **11:00** Art Studio: Reindeer Day **1:15** Crossword Challenge **2:00** Shootout **2:45** Saturday Social **3:15** Cardio Aerobics **4:00** Great American Courses **4:15** Knitting & Crochet Circle **6:00** Rejuvenating Facials & Hand

Upcoming & Exciting

Mothers Day
Craft & Social (11th)

Memorial Day
Bingo, Puzzles and Discussion (26th)

Happy Birthday Anna M (21st) and Kate M (31st)!

Hair Salon Open Tuesdays

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

Events are subject to change.