

REFLECTIONS - MAY 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Reflections Highlights

*Hair Salon Open
Tuesdays &
Thursdays*

*Live entertainment
every Friday*

*Mother's Day Tea
May 12th*

*Garden Party
May 22nd*

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** Kentucky Derby
- 10:00 Inspirational Narratives
 - 10:30 Strength & Balance Class
 - 11:00 Art Studio
 - 1:30 Lecture: Kentucky Derby
 - 2:30 Mint Julep Social
 - 3:30 Cardio Aerobics
 - 4:00 Cornhole Tournament
 - 6:00 Rejuvenating Facials & Hand Massage

- 11**
- 10:00 Inspirational Narratives
 - 10:30 Strength & Balance Class
 - 11:00 Art Studio
 - 1:30 Word Extraction
 - 2:00 Philosophy through Humor
 - 2:30 Tea Social
 - 3:30 Cardio Aerobics
 - 4:00 Bocce Tournament
 - 6:00 Dominos Challenge

- 18**
- 10:00 Inspirational Narratives
 - 10:30 Strength & Balance Class
 - 11:00 Art Studio
 - 1:30 Classification Challenge
 - 2:00 Philosophy through Humor
 - 2:30 Tea Social
 - 3:30 Cardio Aerobics
 - 4:00 Cornhole Tournament
 - 6:00 Rejuvenating Facials & Hand Massage

- 25**
- 10:00 Inspirational Narratives
 - 10:30 Strength & Balance Class
 - 11:00 Art Studio
 - 1:30 Word Extraction
 - 2:00 Philosophy through Humor
 - 2:30 Tea Social
 - 3:30 Cardio Aerobics
 - 4:00 Bocce Tournament
 - 6:00 Dominos Challenge

- 3**
- 10:00 Scenic Journey
 - 10:30 Cardio Drumming Class
 - 11:00 Music & Memories
 - 1:30 Watercolor Class
 - 2:00 Derby Competition
 - 2:30 Happy Hour
 - 3:30 Thera-band Strength Class
 - 4:00 Entertainment: Frank R.
 - 6:00 Scrabble Group

- 10**
- 10:00 Scenic Journey
 - 10:30 Cardio Drumming Class
 - 11:00 Music & Memories
 - 1:30 Watercolor Class
 - 2:00 Intellectual Puzzles
 - 2:30 Happy Hour
 - 3:30 Thera-band Strength Class
 - 4:00 Entertainment: Steve K.
 - 6:00 Scrabble Group

- 17**
- 10:00 Scenic Journey
 - 10:30 Cardio Drumming Class
 - 11:00 Music & Memories
 - 1:30 Watercolor Class
 - 2:00 Great Poets of America
 - 2:30 Happy Hour
 - 3:30 Thera-band Strength Class
 - 4:00 Entertainment: Stephen F.
 - 6:00 Scrabble Group

- 24**
- 10:00 Scenic Journey
 - 10:30 Cardio Drumming Class
 - 11:00 Music & Memories
 - 12:00 Memorial Day BBQ
 - 1:30 Watercolor Class
 - 2:00 Giant Dartboard
 - 2:30 Happy Hour
 - 3:30 Thera-band Strength Class
 - 4:00 Entertainment: Matt B.
 - 6:00 Scrabble Group

- 31**
- 10:00 Scenic Journey
 - 10:30 Cardio Drumming Class
 - 11:00 Music & Memories
 - 1:30 Watercolor Class
 - 2:30 Happy Hour
 - 2:30 BINGO
 - 3:30 Thera-band Strength Class
 - 4:00 Entertainment: Paul C.
 - 6:00 Scrabble Group

- 2**
- 10:00 History Review
 - 10:30 Anagrams
 - 10:30 Zumba Dance Class
 - 11:00 Derby Hat Workshop
 - 1:30 Lecture Series- Gold Rush
 - 2:30 Mixology Hour
 - 3:30 Tai Chi for Arthritis
 - 4:00 Nail Care & Spa
 - 4:30 Virtual Museum Tour
 - 6:00 Color Therapy

- 9**
- 10:00 History Review
 - 10:30 Zumba Dance Class
 - 11:00 Crossword
 - 1:30 Lecture Series- Peter Pan
 - 2:30 Mixology Hour
 - 3:30 Tai Chi for Arthritis
 - 4:00 Nail Care & Spa
 - 4:30 Virtual Museum Tour
 - 6:00 Color Therapy

- 16**
- 10:00 History Review
 - 10:30 Zumba Dance Class
 - 11:00 Lecture- Tony Bennett
 - 1:30 Resident Council Meeting
 - 2:30 Mixology Hour
 - 3:00 Spring Fling Tea Party
 - 3:30 Tai Chi for Arthritis
 - 4:00 Nail Care & Spa
 - 6:00 Color Therapy

- 23**
- 10:00 History Review
 - 10:30 Anagrams
 - 10:30 Zumba Dance Class
 - 1:30 Lecture-Olivia de Havilland
 - 2:30 Mixology Hour
 - 3:30 Tai Chi for Arthritis
 - 4:00 Nail Care & Spa
 - 4:30 Virtual Museum Tour
 - 6:00 Color Therapy

- 30**
- 10:00 History Review
 - 10:30 Anagrams
 - 10:30 Zumba Dance Class
 - 1:30 Lecture- Inspiring Women
 - 2:30 Mixology Hour
 - 3:30 Tai Chi for Arthritis
 - 4:00 Nail Care & Spa
 - 4:30 Virtual Museum Tour
 - 6:00 Color Therapy

- 1**
- 10:00 Positive News Report
 - 10:30 Wednesday Devotional
 - 10:30 Barre & Balance Class
 - 11:00 Chorus Practice
 - 1:30 Laughter Day Discussion
 - 2:00 Guitarist: Mark
 - 2:30 Pub Hour
 - 3:30 Ribbon Dance Class
 - 4:00 Aromatherapy Session
 - 6:00 Puzzles & Music

- 8**
- 10:30 Barre & Balance Class
 - 11:00 Full Service Catholic Mass
 - 11:00 Chorus Practice
 - 1:30 Beginner Sign Language
 - 2:00 Guitarist: Mark
 - 2:30 Nat'l Have A Coke Social
 - 3:30 Ribbon Dance Class
 - 4:00 Aromatherapy Session
 - 6:00 Puzzles & Music

- 15**
- 10:30 Wednesday Devotional
 - 10:30 Barre & Balance Class
 - 11:00 Chorus Practice
 - 1:30 Beginner Sign Language
 - 2:00 Guitarist: Mark
 - 2:30 Pub Hour
 - 3:30 Ribbon Dance Class
 - 4:00 Aromatherapy Session
 - 6:00 Puzzles & Music

- 22**
- 10:30 Wednesday Devotional
 - 10:30 Barre & Balance Class
 - 11:00 Chorus Practice
 - 1:00 Lecture- Alison O'leary
 - 2:00 Garden Party with Music
 - 2:30 Pub Hour
 - 3:30 Ribbon Dance Class
 - 4:00 Aromatherapy Session
 - 6:00 Puzzles & Music

- 29**
- 10:30 Wednesday Devotional
 - 10:30 Barre & Balance Class
 - 11:00 Chorus Practice
 - 1:30 Beginner Sign Language
 - 2:00 Guitarist- Mark
 - 2:30 Pub Hour
 - 3:30 Ribbon Dance Class
 - 4:00 Aromatherapy Session
 - 6:00 Puzzles & Music

- 7**
- 10:00 Short Story Readings
 - 10:30 Strength Training
 - 11:00 Workshop: Terrariums
 - 1:30 Travel & Discuss: China
 - 2:30 Chinese Appetizers Social
 - 3:30 Tai Chi for Arthritis
 - 4:00 Gratitude Journaling
 - 6:00 Entertainment- Paul C

- 14**
- 10:00 Short Story Readings
 - 10:30 Strength Training
 - 11:00 Workshop: Model Airplanes
 - 1:30 Travel & Discuss: Germany
 - 2:30 German Appetizer Social
 - 3:30 Tai Chi for Arthritis
 - 4:00 Gratitude Journaling
 - 6:00 Entertainment- Paul C

- 21** Happy Birthday Anna!
- 10:00 Short Story Readings
 - 10:30 Strength Training
 - 11:00 Horticulture Workshop
 - 1:30 Lecture- Amelia & Charles
 - 2:00 Model Airplane Launch
 - 2:30 Celebration Social
 - 3:30 Tai Chi for Arthritis
 - 4:00 Gratitude Journaling
 - 6:00 Entertainment- Paul C

- 28**
- 10:00 Short Story Readings
 - 10:30 Strength Training
 - 11:00 Workshop: Collages
 - 1:30 Travel- Nat'l Parks
 - 2:00 Farm Animal Visit
 - 2:30 Wine & Cheese Social
 - 3:30 Tai Chi for Arthritis
 - 4:00 Gratitude Journaling
 - 6:00 Entertainment- Paul C

- 6**
- 10:00 History Review
 - 10:30 Barre & Balance Class
 - 11:00 Floral Design Class
 - 1:00 Coastal Scenic Journey
 - 1:30 Crossword Challenge
 - 2:00 Short Stories
 - 2:30 Nt'l Beverage Day Social
 - 3:30 Lower Body Conditioning
 - 4:00 Nail Spa
 - 6:00 Board Games Night

- 13**
- 10:00 History Review
 - 10:30 Barre & Balance Class
 - 11:00 Floral Design Class
 - 1:00 Outing-Hornstra Farm
 - 1:30 Crossword Challenge
 - 2:00 Short Stories
 - 2:30 Refreshment Hour
 - 3:30 Lower Body Conditioning
 - 4:00 Nail Spa
 - 6:00 Board Games Night

- 20**
- 10:00 History Review
 - 10:30 Barre & Balance Class
 - 11:00 Floral Design Class
 - 1:00 Outing-That Bloomin Place
 - 1:30 Crossword Challenge
 - 2:00 Short Stories
 - 2:30 Refreshment Hour
 - 3:30 Lower Body Conditioning
 - 4:00 Nail Spa
 - 6:00 Board Games Night

- 27** Memorial Day
- 10:00 Memorial Day Discussion
 - 10:30 Barre & Balance Class
 - 11:00 Floral Design Class
 - 1:00 Coastal Scenic Journey
 - 1:30 Patriotic Choir Practice
 - 2:30 Refreshment Hour
 - 3:30 Lower Body Conditioning
 - 4:00 Nail Spa
 - 6:00 Board Games Night

- 5** Cinco de Mayo
- 10:00 History of Cinco de Mayo
 - 10:30 Mindful Movement Class
 - 11:00 Catholic Communion Svc.
 - 1:30 Baking Class: Guacamole
 - 2:00 Book Club
 - 2:30 Taco Bar Social
 - 3:30 Upper Body Conditioning
 - 4:00 Music Listening Hour
 - 6:00 Spa Session

- 12** Mother's Day
- 10:00 Mother's Day Discussion
 - 10:30 Mindful Movement Class
 - 11:00 Catholic Communion Svc.
 - 1:30 Baking: Tea Sandwiches
 - 2:00 Book Club
 - 2:30 Mother's Day Tea Social
 - 3:00 Music Performance-Ted P.
 - 3:30 Upper Body Conditioning
 - 4:00 Music Listening Hour
 - 6:00 Spa Session

- 19**
- 10:00 Viewpoints Discussion
 - 10:30 Mindful Movement Class
 - 11:00 Catholic Communion Svc.
 - 1:30 Baking Class:
 - 2:00 Book Club
 - 2:30 Culinary Creations Social
 - 3:30 Upper Body Conditioning
 - 4:00 Music Listening Hour
 - 6:00 Spa Session

- 26**
- 10:00 History of Memorial Day
 - 10:30 Mindful Movement Class
 - 11:00 Catholic Communion Svc.
 - 1:30 Baking Class:
 - 2:00 Book Club
 - 2:30 Culinary Creations Social
 - 3:30 Upper Body Conditioning
 - 4:00 Music Listening Hour
 - 6:00 Spa Session

- 23**
- 10:00 History of Memorial Day
 - 10:30 Mindful Movement Class
 - 11:00 Catholic Communion Svc.
 - 1:30 Baking Class:
 - 2:00 Book Club
 - 2:30 Culinary Creations Social
 - 3:30 Upper Body Conditioning
 - 4:00 Music Listening Hour
 - 6:00 Spa Session

Events are subject to change.