

Wickham Park

Clarence H. Wickham willed 130 acres of his estate bordering Manchester & E.Hdft. to become a park. Today, Wickham Park bases its development around the enjoyment of nature, an idea the Wickhams promoted throughout their lives. The park contains 280 acres of gardens, woodlands, ponds, picnic areas, and other attractions. Our residents enjoyed the gardens and picnic lunch at this beautiful park.



Associate of the Month



Amber Gryszko, LPN

Amber’s extensive knowledge and compassionate approach make her a stand out team member. She consistently applies her expertise to provide exceptional care. Her calming presence and genuine concern for her residents create a warm and trusting environment. Amber takes extra time to ensure her residents feel valued and cared for. Congratulations Amber you truly make a difference!

Dog Days of Summer

The Dog Days of Summer are here, that hazy, golden stretch when the sun blazes high and time seems to slow down. Traditionally tied to the rising of Sirius, the brightest star in the night sky, these weeks from early July to mid-August have long been associated with heat, rest, and reflection. It’s a season of sun-drenched days and shimmering sidewalks, where the air is thick with warmth and the hum of cicadas. People seek refuge in cool lakes, splash in backyard pools, and sip ice-cold lemonade on shaded porches. The pace is slower, more relaxed an invitation to nap in a hammock, lose track of time, and savor the long, lingering evenings. Though the heat may be intense, there’s a quiet beauty to these days a celebration of the peak of summer before the first whisper of fall arrives.



Signature Series Events July

Our first Signature Series a Seafood Celebration will be held July 9th. It will be a vibrant gathering that brings the ocean’s bounty to the table! Along with seafood you will enjoy chilled white wine, tangy sauces, and seasonal sides. It’s not just a meal it’s a joyful tribute to the sea and the people who harvest its treasures.



Get ready to have a gouda time at our cheesy masterclass being held on Wed. July 23rd. A real big cheese in the dairy world is coming to spread the curd and teach us how to make our own wheely delicious creations. Don’t miss this grate opportunity — it’s nacho average event!

Honoring Our Nation

July is a time when the skies light up with fireworks and the air fills with the sweet sound of patriotic music. It’s a month that reminds us of the freedoms we enjoy and the sacrifices made to preserve them. As we celebrate Independence Day on July 4th, we reflect on the courage, resilience, and unity that built this great nation.

For many in our community, these values are not just part of history—they are lived experiences. Whether you served in the military, supported loved ones who did, or contributed on the home front, your story is part of America’s story. We are proud to celebrate this holiday with you.

As we gather for barbecues, parades, or simply a quiet moment of reflection, let’s remember the strength of our shared heritage and the hope we continue to carry forward.

SUFFIELD BY THE RIVER
Associates

Jim Tedone
Executive Director

Valentina Bouffard
Business Office Director

Tesha Rowe
Resident Care Director

Nancy Crommett
Resident Engagement Director

Derwin Roman
Restaurant Operations Director

Valerie Eklund
Sales & Marketing Director

John LeDoux
Maintenance Director

Kristy Hall
Reflections Director



SundayMondayTuesdayWednesdayThursdayFridaySaturday

Reminders

Please remember to sign up for trips and events in the Engagement Book, located in the lobby. Medical & Hair appointments can be made at the front desk. Please see an Engagement associate for any inquiries. Thank you

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



6 10:00 Catholic Mass Televised 10:00 Church Trips- SH 1:00 Stretch & Flexibility 2:00 Mah Jongg Group 2:00 Word Challenge 3:30 Happy Hour 6:30 Featured Film	7 10:15 Barre & Balance Class 11:30 Outing - Red Carpet Pedicures & Stop & Shop 2:00 RACK-O Club 2:15 Walk for Fitness 2:30 Rummikub Group 3:30 Virtual Travel: Iceland 6:30 Series: This Is Us
13 10:00 Catholic Mass Televised 10:00 Church Trips- SH 1:00 Stretch & Flexibility 2:00 Mah Jongg Group 2:00 Word Challenge 3:30 Happy Hour 6:30 Featured Film	14 10:15 Barre & Balance Class 11:30 Outing - Target 1:30 Film Selection Committee 2:30 Rummikub Group 3:00 Walk for Fitness 3:30 Virtual Travel: Sicily 6:30 Series: This Is Us
20 10:00 Catholic Mass Televised 10:00 Church Trips- SH 1:00 Stretch & Flexibility 2:00 Mah Jongg Group 2:00 Word Challenge 3:30 Happy Hour 6:30 Featured Film	21 10:15 Barre & Balance Class 11:30 Outing - CVS 2:00 Tom Sansone Flute & Sax 2:15 Walk for Fitness 3:00 Community Meeting/Associate of the Month 3:30 Virtual Travel: Iran 6:30 Series: This Is Us
27 10:00 Catholic Mass Televised 10:00 Church Trips- SH 1:00 Stretch & Flexibility 2:00 Mah Jongg Group 2:00 Word Challenge 3:30 Happy Hour 6:30 Featured Film	28 10:15 Barre & Balance Class 11:30 Outing - Kohl’s Plaza 1:00 Resident Photos 2:15 Walk for Fitness 2:30 Rummikub Group 3:30 Virtual Travel: Northern Ireland 6:30 Series: This Is Us

1 Sue C. Birthday 10:15 Weights & Plates 11:00 Wii Bowling 11:30 Live Catholic Mass 1:00 Pilates for Fitness 1:30 Cribbage Club 2:00 Bible Study 3:00 Rummikub Group 3:00 REACT Neuro Sessions 6:15 Twist on Trivia	8 10:15 Weights & Plates 11:00 Wii Bowling 11:00 Fall Risk Clinic 1:00 Pilates for Fitness 1:15 Engagement Planning 1:30 Cribbage Club 2:00 Bible Study 3:00 Rummikub Group 6:30 Left, Right, Center
15 10:15 Core & Balance Class 11:00 Wii Bowling 1:00 Pilates for Fitness 1:30 Cribbage Club 2:00 Bible Study 3:00 Rummikub Group 3:00 REACT Neuro Sessions 6:15 Twist on Trivia	22 10:15 Weights & Plates 11:00 Wii Bowling 11:00 Technology Education 1:00 Pilates for Fitness 1:30 Cribbage Club 2:00 Bible Study 3:00 Rummikub Group 6:30 Left, Right, Center
29 10:15 Weights & Plates 11:00 Wii Bowling 11:00 Technology Education 1:00 Pilates for Fitness 1:30 Cribbage Club 2:00 Bible Study 2:30 New Resident Social 3:00 Rummikub Group 6:15 Twist on Trivia	

2 10:15 Exercise Circuit 11:15 Spa Offerings: Manicures 1:30 Outing: CT Brewery & Bakery 2:00 Canasta Club 2:00 Rummikub Group 4:00 Court Case Discussion 6:15 Bingo	9 Beverly’s Birthday 10:15 Exercise Circuit 11:15 Spa Offerings: Manicures 12:00 Seafood Celebration 2:00 Canasta Club 2:00 Vocalist Sheri Ziccardi 3:30 Resident Ambassadors Meeting 6:15 Bingo
16 10:15 Exercise Circuit 11:00 SHIELD Check-ins 11:15 Spa Offerings: Manicures 2:00 Canasta Club 2:00 Lecture: Composer Chopin 3:00 Book Club 3:00 Matinee Movie 4:00 Mindful Aerobics 6:15 Bingo	23 Hugh’s Birthday 10:15 Exercise Circuit 11:15 Spa Offerings: Manicures 2:00 Canasta Club 2:00 Masterclass Cheese Making Workshop 3:30 Resident Ambassadors Meeting 6:15 Bingo
30 10:15 Exercise Circuit 11:00 SHIELD Check-ins 11:15 Spa Offerings: Manicures 2:00 Canasta Club 2:00 Floral Arranging Session 4:00 Court Case Discussion 6:15 Bingo	

3 10:15 Pilates for Fitness 11:00 Mah Jongg Group 11:00 SHIELD Check-ins 1:00 Tai Chi for Arthritis 2:00 History of S & H Green Stamps and Service Merchandise 3:30 Herbal Tea Social 6:15 Wii Bowling 6:30 Divine Mercy Prayer Group	10 Barbara L Birthday 10:15 Pilates for Fitness 11:00 Mah Jongg Group 1:00 Tai Chi for Arthritis 2:00 Jewelry Design Workshop 3:30 Tea & Wellness Lecture 6:15 Wii Bowling 6:30 Divine Mercy Prayer Group
17 10:15 Pilates for Fitness 11:00 Mah Jongg Group 1:00 Tai Chi for Arthritis 2:00 Greeting Card Workshop 3:15 Herbal Tea Social 6:15 Wii Bowling 6:30 Divine Mercy Prayer Group	24 10:15 Pilates for Fitness 11:00 Mah Jongg Group 1:00 Tai Chi for Arthritis 2:00 Display Cooking with Chef 2:00 Tea & Wellness Check 6:15 Wii Bowling 6:30 Divine Mercy Prayer Group
31 10:15 Pilates for Fitness 11:00 Mah Jongg Group 11:00 Spa Offerings: Hand Massage 1:00 Tai Chi for Arthritis 2:00 History of Coca-Cola 3:30 Herbal Tea Social 6:15 Wii Bowling	

4 Peggy’s Birthday 10:15 Barre & Balance Class 11:00 Barre & Balance Class 12:00 July 4th BBQ & Gary B. on the Keys 1:00 Yoga for Vitality 1:30 Chess Club 1:30 Holy Rosary 2:30 Pokeno 6:30 Featured Film	11 10:15 Barre & Balance Class 11:00 Barre & Balance Class 11:00 Choir Rehearsal 1:00 Yoga for Vitality 1:30 Holy Rosary 1:30 Outing: Hilltop Creamery 2:30 Pokeno 6:30 Featured Film
18 June L. Birthday 10:15 Barre & Balance Class 11:00 Technology Education 11:00 Barre & Balance Class 1:00 Yoga for Vitality 1:30 Chess Club 1:30 Holy Rosary 2:30 Pokeno 6:30 Featured Film	
25 10:15 Barre & Balance Class 11:00 Barre & Balance Class 11:00 Choir Rehearsal 1:00 Yoga for Vitality 1:30 Holy Rosary 2:00 Vocalist Jimmy Mazz 3:00 Pokeno 6:30 Featured Film	

5 10:15 Resistance Band Training 11:15 Spa Offerings: Manicures 1:00 Scrabble Club 1:00 Tai Chi for Arthritis 2:15 Bingo 3:30 Music Knowledge 3:30 Happy Hour 6:30 Featured Film	12 10:15 Resistance Band Training 11:15 Spa Offerings: Manicures 1:00 Scrabble Club 1:00 Tai Chi for Arthritis 2:15 Bingo 3:30 Music Knowledge 3:30 Happy Hour 6:30 Featured Film
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