

# Connecticut River Valley Witch Hunting

Dr. Richard Ross, author, historian, and retired librarian at Trinity College, gave an insightful lecture on witch hunting in the CT River Valley dating back to the mid-1600's. He has done extensive research on the subject and wrote a fascinating book, *Before Salem Witch Hunting in CT River Valley 1647-1663*. Before the lecture, residents were served a bewitching and delicious Witches Brew cocktail!



# Associate of the Month



Alicia Lamere is a compassionate and dedicated team member who consistently goes above and beyond in her role. Her genuine care for the residents shines through in everything she does, and she continually steps up to support her colleagues and improve both the department and the community. Alicia also receives numerous compliments from our residents' family members. Congratulations Alicia!

# Staying Active & Connected

One of the best parts of living in a senior community is the opportunity to stay socially and physically active. Studies show that seniors who engage regularly with others and participate in light physical activity experience better mental and physical health, reduced risk of cognitive decline, and an overall happier outlook on life. Even just a daily chat over a cup of coffee with a friend can make a world of difference in boosting mood and well-being. Our Engagement program offers a variety of ways to stay involved.

The golden years are a time to enjoy life, make new friends, and focus on wellness. So lace up your sneakers, participate in a craft workshop, or simply enjoy a laugh with your neighbor.



# Signature Series Events for May

Our first Signature Series is a Horticulture event to be held May 21st. The Suffield Garden Club will be hosting a succulent dish garden workshop. Each resident will have the opportunity to create their own special garden.



Our second Signature Series on May 28th will be an elegant Garden Party on our beautiful patio. The event will feature an array of spring-themed garden pastries, including fresh fruit tarts, herb-infused finger sandwiches, and refreshing citrus cocktails. It's a perfect opportunity to relax, connect with friends, and welcome the warmth of summer.

# Flowers in Bloom & Warmer Weather

As the days grow longer and the sun warms the earth a little more each day, the month of May arrives with a gentle reminder summer is just around the corner. The gardens come alive with color, birds are singing, and fresh air fills our lungs with each walk or moment spent outdoors. Whether it's tending to potted plants on a balcony or simply enjoying a cup of tea by an open window, May offers countless pleasures. With warmer weather on the horizon, now is a great time to consider activities that bring joy whether it's reading a book in the sunshine, light gardening or reconnecting with friends.



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

Cheryl Jackson  
RN Designee



SundayMondayTuesdayWednesdayThursdayFridaySaturday



<b>4</b> 9:00 Church Trips- SH 10:00 Catholic Mass Televised 1:30 Stretch & Flexibility 2:00 Mah Jongg Group 2:00 Word Challenge 3:30 Wine & Cheese Social 6:30 Featured Film: Maid in Manhattan	<b>5</b> 10:15 Barre & Balance Class 11:30 Outing: Stop & Shop & Pedicures at Red Carpet 2:00 RACK-O Club 2:15 Walk for Fitness 2:30 Rummikub Group 3:30 Virtual Travel: Poland 6:30 Series: This Is Us	<b>6</b> 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 6:30 Left, Right, & Center	<b>7</b> 10:15 Exercise Circuit 11:15 Spa Offerings: Manicures 2:00 Canasta Club 2:00 Floral Hat Workshop 3:00 Rummikub Group 3:00 Matinee Movie 4:00 Mindful Aerobics 6:15 Bingo	<b>8</b> 10:15 Pilates for Fitness 11:00 Mah Jongg Group 11:00 SHIELD Check-ins 1:00 Tai Chi for Arthritis 2:00 Tea & Wellness Lecture “Hydration” 6:15 Wii Bowling 6:30 Divine Mercy Prayer Group	<b>9</b> 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 History of Hershey Chocolate 3:30 Pokeno 6:30 Featured Film: Uncle Buck	<b>10</b> 10:15 Resistance Band Training 11:15 Spa Offerings: Manicures 1:00 Scrabble Club 1:00 Tai Chi for Arthritis 2:00 Vocalist Erin Maloney 3:30 Music Knowledge 3:30 Happy Hour 6:30 Featured Film: The Miracle Club
<b>11</b> 9:00 Church Trips- SH 10:00 Catholic Mass Televised 1:30 Stretch & Flexibility 2:00 Mah Jongg Group 2:00 Word Challenge 3:30 Wine & Cheese Social 6:30 Featured Film: Find Me Falling	<b>12</b> 10:15 Barre & Balance Class 11:30 Outing - Target 1:15 Film Selection Committee 2:00 Tom Sansone Flute & Vocals 2:15 Walk for Fitness 2:30 Rummikub Group 3:30 Virtual Travel: Vienna 6:30 Series: This Is Us	<b>13</b> Bob P. Birthday 10:15 Weights & Plates 11:00 Wii Bowling 11:00 Technology Education 1:00 Pilates for Fitness 1:30 Cribbage Club 1:30 Engagement Planning 2:00 Protestant Service 3:00 Court Case Discussion 6:30 Left, Right, Center	<b>14</b> 10:15 Exercise Circuit 11:15 Spa Offerings: Manicures 1:30 Outing: CT Valley Brewery & Café 2:00 Canasta Club 3:00 Scrabble Group 3:30 Resident Ambassadors Meeting 6:15 Bingo	<b>15</b> 10:15 Pilates for Fitness 11:00 Mah Jongg Group 1:00 Tai Chi for Arthritis 2:00 Scam Lecture Suffield Police Dept. 3:15 Herbal Tea Social 6:15 Wii Bowling 6:30 Divine Mercy Prayer Group	<b>16</b> Ron B. Birthday 10:15 Barre & Balance Class 11:00 Barre & Balance Class 11:15 Discussion with Suffield Academy Students 1:00 Yoga for Vitality 1:30 Holy Rosary 2:00 Floral Arranging Workshop 3:30 Pokeno 6:30 Film: The Holiday	<b>17</b> 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: Happiness for Beginners
<b>18</b> Rene’s Birthday 9:00 Church Trips- SH 10:00 Catholic Mass Televised 1:30 Stretch & Flexibility 2:00 Mah Jongg Group 2:00 Word Challenge 3:30 Wine & Cheese Social 6:30 Featured Film: Trial by Fire	<b>19</b> 10:15 Barre & Balance Class 11:30 Outing - Kohl’s Plaza 1:15 Chef’s Culinary Meeting 2:00 RACK-O Club 2:00 Jewelry Design Workshop 2:30 Rummikub Group 3:15 Walk for Fitness 3:30 Virtual Travel: Berlin 6:30 Series: This Is Us	<b>20</b> 10:15 Core & Balance 11:00 Wii Bowling 11:00 Technology Education 1:00 Pilates for Fitness 1:30 Cribbage Club 2:00 Bible Study 3:00 REACT Neuro Sessions 3:00 Spa Offerings: Hand Massage 6:15 Twist on Trivia	<b>21</b> 10:15 Exercise Circuit 11:15 Spa Offerings: Manicures 2:00 Book Club 2:00 Canasta Club 2:00 Horticultural Event with Suffield Garden Club 3:30 Video & Discussion Rise & Fall of Mail Order Giants 6:15 Bingo	<b>22</b> 10:15 Pilates for Fitness 11:00 Mah Jongg Group 1:00 Tai Chi for Arthritis 2:00 Tea & Wellness Check 3:15 Community Meeting/Associate of the Month 6:15 Wii Bowling 6:30 Divine Mercy Prayer Group	<b>23</b> 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 3:30 Pokeno 6:30 Featured Film: The Founder	<b>24</b> Sandy’s Birthday 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: The Big Wedding
<b>25</b> 9:00 Church Trips- SH 10:00 Catholic Mass Televised 1:30 Stretch & Flexibility 2:00 Mah Jongg Group 2:00 Word Challenge 3:30 Wine & Cheese Social 6:30 Featured Film: Singing in the Rain	<b>26</b> Memorial Day 10:15 Barre & Balance Class 11:30 Outing - CVS 1:00 Chair Massage 2:00 New Resident Social 2:00 RACK-O Club 2:15 Walk for Fitness 2:30 Rummikub Group 3:30 Virtual Travel: Baltic Sisters 6:30 Series: This Is Us	<b>27</b> 10:15 Weights & Plates 11:00 Wii Bowling 11:00 Technology Education 1:00 Pilates for Fitness 1:30 Cribbage Club 2:00 Protestant Service 3:00 REACT Neuro Sessions 3:00 Matinee Movie 6:15 Twist on Trivia	<b>28</b> Jeanette M. Birthday 10:15 Exercise Circuit 11:15 Spa Offerings: Manicures 11:30 Garden Party on the Patio 2:00 Canasta Club 3:30 Court Case Discussion 4:30 Resident Ambassadors Meeting 6:15 Bingo	<b>29</b> 10:15 Pilates for Fitness 11:00 Mah Jongg Group 11:00 SHIELD Check-ins 1:00 Tai Chi for Arthritis 2:00 Richie Mitnick Entertains 3:00 Herbal Tea Social 6:15 Wii Bowling 6:30 Divine Mercy Prayer Group	<b>30</b> 10:15 Barre & Balance Class 11:00 Technology Education 11:00 Barre & Balance Class 1:00 Yoga for Vitality 1:30 Holy Rosary 2:00 Suffield by the River Choir Concert 3:00 Pokeno 6:30 Featured Film: The Lightkeepers	<b>31</b> 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: Seven Brides for Seven Brothers

Reminder

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 inquires.

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