REFLECTIONS - **MAY** 2025

SUFFIELD by the River

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 **10:00** Dawn Digest: Daily Update **10:30** Cinco De Mayo Dippers W/ Margaritas **1:30** Tai Chi For Arthritis **2:00** High Stakes Bingo **3:00** Community Social **3:30** Pilates Stretch **4:00** Daily Chronicle **6:00** Music Listening Hour	**2** **10:00** Holy Rosary **10:30** Anagrams **11:00** Barre & Balance Exercise **1:30** Upper Body Weight Training **2:00** Floral Arrangement Workshop **3:30** High Tea Social **4:00** Aromatherapy Session **6:00** Guided Meditation	**3** **10:00** Morning Inspirations **10:30** Virtual Travel: **11:00** Cardio Drumming **1:30** Intellectual Puzzles **2:00** Gloss & Glamour **3:00** Social Hour **4:00** Positive News Discussion **6:00** Guided Imagery
4 **10:00** Sunday Worship **11:00** Cardio Circuits **11:30** Jeopardy Challenge **1:30** Yoga for Vitality **2:00** Crafty Concoctions **3:00** Daily Chronicle **3:30** Bite & Buzz **6:00** Guided Imagery	**5** Cinco de Mayo **10:00** Dawn Digest: Daily Update **11:00** Barre & Balance Exercise **1:30** Resistance Band Strength Training **1:30** Pool Club **2:00** High Stakes Bingo **3:00** Community Social **4:00** Harmonious Gathering **4:30** Nature Journaling **6:00** Short Story Hour	**6** Happy B-Day Mary T **10:00** Holy Rosary **10:30** Mindful Movement **11:30** Live Catholic Mass **1:30** Tai Chi For Arthritis **2:00** Ink & Inspiration **3:00** Wine & Cheese Social **3:30** Spiritual Hymns **4:00** Travel & Discuss: **6:00** Mindful Meditation	**7** **10:00** Morning Muse **10:30** Art & Culture: Poetic Palette **11:00** Strengthen & Lengthen **1:30** Zumba Dance **2:30** Rock N Walk Club **3:00** Social Hour **4:00** Short Story Hour **6:00** Tranquil Touchup Hand Spa	**8** **10:00** Dawn Digest: Daily Update **10:30** Chocolate Dipped Bananas **1:30** Tai Chi For Arthritis **2:00** High Stakes Bingo **3:00** Community Social **3:30** Yoga Flow & Stretch **4:00** Daily Chronicle **6:00** Music Listening Hour	**9** **10:00** Holy Rosary **11:00** Rockin to 100 and Now & Then Singers **3:00** Social Hour **4:00** Aromatherapy Session **6:00** Guided Meditation	**10** Happy B-Day MaryAnn **10:00** Morning Inspirations **10:30** Virtual Travel: **11:00** Cardio Drumming **1:30** Music Knowledge **2:00** Gloss & Glamour **3:00** Social Hour **4:00** Positive News Discussion **6:00** Guided Imagery
11 Mother's Day **10:00** Sunday Worship **11:00** Cardio Circuits **11:30** Jeopardy Challenge **1:30** Yoga for Vitality **2:00** Crafty Concoctions **3:00** Daily Chronicle **3:30** Bite & Buzz **6:00** Guided Imagery	**12** **10:00** Dawn Digest: Daily Update **11:00** Barre & Balance Exercise **1:30** Resistance Band Strength Training **1:30** Pool Club **2:00** Tom Sansone Flute & Vocals **3:00** Tea with Mom's **4:00** Harmonious Gathering **6:00** Short Story Hour	**13** Support Group **10:00** Holy Rosary **10:30** Historical Moments **11:00** Mindful Movement **1:30** Tai Chi For Arthritis **2:00** Artventure Avenue **3:00** Wine & Cheese Social **3:30** Spiritual Hymns **4:00** Travel & Discuss: **6:00** Mindful Meditation	**14** **10:00** Morning Muse **11:00** Wisdom Quest **11:00** Cardio Drumming **1:30** Zumba Dance **2:30** Rock N Walk Club **3:00** Social Hour **4:00** Short Story Hour **6:00** Tranquil Touchup Hand Spa	**15** **10:00** Dawn Digest: Daily Update **10:30** Culinary Creations: Peach Cobbler **1:30** Tai Chi For Arthritis **2:00** High Stakes Bingo **3:00** Community Social **3:30** Pilates Stretch **4:00** Daily Chronicle **6:00** Music Listening Hour	**16** **10:00** Holy Rosary **10:30** Anagrams **11:00** Barre & Balance Exercise **1:30** Upper Body Weight Training **2:00** Shadow Box Decorating **3:30** High Tea Social **4:00** Aromatherapy Session **6:00** Guided Meditation	**17** **10:00** Morning Inspirations **10:30** Virtual Travel: **11:00** Cardio Drumming **1:30** Intellectual Puzzles **2:00** Gloss & Glamour **3:00** Social Hour **4:00** Positive News Discussion **6:00** Guided Imagery
18 Happy B-Day Joan U **10:00** Sunday Worship **11:00** Cardio Circuits **11:30** Jeopardy Challenge **1:30** Yoga for Vitality **2:00** Crafty Concoctions **3:00** Daily Chronicle **3:30** Bite & Buzz **6:00** Guided Imagery	**19** **10:00** Dawn Digest: Daily Update **11:00** Barre & Balance Exercise **1:30** Resistance Band Strength Training **1:30** Pool Club **2:00** High Stakes Bingo **3:00** Community Social **4:00** Harmonious Gathering **4:30** Nature Journaling **6:00** Short Story Hour	**20** **10:00** Holy Rosary **10:30** Historical Moments **11:00** Mindful Movement **11:15** Resident Council **1:30** Tai Chi For Arthritis **2:00** Blue Ribbon Singers **3:00** Wine & Cheese Social **3:30** Spiritual Hymns **4:00** Travel & Discuss: **6:00** Mindful Meditation	**21** **10:00** Morning Muse **10:30** Art & Culture: Poetic Palette **11:00** Outing: Riverside Reptile Museum **1:30** Zumba Dance **2:30** Rock N Walk Club **3:00** Social Hour **4:00** Short Story Hour **6:00** Tranquil Touchup Hand Spa	**22** **10:00** Dawn Digest: Daily Update **10:30** Flavor Expedition: No Bake Fudge **1:30** Tai Chi For Arthritis **2:00** High Stakes Bingo **3:00** Community Social **3:30** Yoga Flow & Stretch **4:00** Daily Chronicle **6:00** Music Listening Hour	**23** **10:00** Holy Rosary **10:30** Anagrams **11:00** Barre & Balance Exercise **1:30** Upper Body Weight Training **2:00** Vocalist Jimmy Mazz **3:30** High Tea Social **4:00** Aromatherapy Session **6:00** Guided Meditation	**24** **10:00** Morning Inspirations **10:30** Virtual Travel: **11:00** Cardio Drumming **1:30** Music Knowledge **2:00** Gloss & Glamour **3:00** Social Hour **4:00** Positive News Discussion **6:00** Guided Imagery
25 **10:00** Sunday Worship **11:00** Cardio Circuits **11:30** Jeopardy Challenge **1:30** Yoga for Vitality **2:00** Crafty Concoctions **3:00** Daily Chronicle **3:30** Bite & Buzz **6:00** Guided Imagery	**26** Memorial Day **10:00** Dawn Digest: Daily Update **11:00** Barre & Balance Exercise **1:30** Resistance Band Strength Training **1:30** Pool Club **2:00** High Stakes Bingo **3:00** Community Social **4:00** Harmonious Gathering **4:30** Nature Journaling **6:00** Short Story Hour	**27** **10:00** Holy Rosary **10:30** Historical Moments **11:00** Mindful Movement **1:30** Tai Chi For Arthritis **2:00** Artventure Avenue **3:00** Wine & Cheese Social **3:30** Spiritual Hymns **4:00** Travel & Discuss: **6:00** Mindful Meditation	**28** **10:00** Morning Muse **11:00** Wisdom Quest **11:00** Cardio Drumming **1:30** Outing: Big Y **2:30** Rock N Walk Club **3:00** Social Hour **4:00** Short Story Hour **6:00** Tranquil Touchup Hand Spa	**29** **10:00** Dawn Digest: Daily Update **10:30** Pineapple Upside Down Cake Creation **1:30** Tai Chi For Arthritis **2:00** Ritchie Mitnick **3:00** Community Social **4:00** Daily Chronicle **6:00** Music Listening Hour	**30** **10:00** Holy Rosary **10:30** Anagrams **11:00** Barre & Balance Exercise **1:30** Upper Body Weight Training **2:00** Suffield by the River Choir Concert **3:30** High Tea Social **4:00** Aromatherapy Session **6:00** Guided Meditation	**31** **10:00** Morning Inspirations **10:30** Virtual Travel: **11:00** Cardio Drumming **1:30** Intellectual Puzzles **2:00** Gloss & Glamour **3:00** Social Hour **4:00** Positive News Discussion **6:00** Guided Imagery

May Happenings

May 9th
Rockin to 100 and the
Now & Then Singers
May 12th
Tea With Moms
@ 3:00 pm
May 20th
Blue Ribbon Singers
@ 2:00 pm

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.