

REFLECTIONS - MAY 2025

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Reflections

The only person you are destined to become is the person you decide to be.  
-Ralph Waldo Emerson

Happy Birthday  
Maryann E. 5/11

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**  
10:00 Stretch & Flexibility  
10:30 Spiritual Studies  
11:15 Bowling League  
1:30 Move to the Music  
2:00 Beginner Crossword  
2:30 Sunday Matinee:  
3:30 Sunday Soiree  
4:00 Cardio Movement  
6:00 Relaxation Session

**5** Cinco de Mayo  
10:00 Barre Balance Fitness  
10:30 Specialty Baking w/Jess  
11:00 Drawing Class  
1:30 Sing along to the Oldies  
1:45 Flower Arranging  
3:00 Low Intensity Workout  
3:30 Neighborhood Get Together  
4:00 Fireside Chat  
6:00 Monday Musicals

**6**  
10:15 Resistance Band Training  
10:45 Do you Remember When?  
11:15 Knitting/Crocheting Club  
1:30 Creative Writing  
2:00 Museum to You w/Darby  
3:00 Cardio Movement  
3:30 Wine & Cheese Social  
4:15 Gratitude Journaling  
6:00 Classic Film Night

**7**  
10:15 Light Weights  
10:30 Family Favorite Singalong  
11:00 Jeopardy!  
11:00 Learn Italian: Colors  
1:30 Teas of the World  
2:30 Communion Service  
3:30 Winter Mixer  
4:00 Documentary Series: Lewis & Clark  
6:00 Comedy Movie Night

**8**  
10:15 TheraBands  
10:30 Daily Chronicle  
11:00 Online Trivia Game  
11:30 Hand Massage  
1:30 Paint Demo: Watercolors  
2:00 Music by Grigory  
2:30 Cardio Partners  
3:30 Cafe Club Social  
4:00 Poetry Partners  
6:00 Mystery Movie Night

**9**  
10:15 Yoga Flow  
11:00 World News Quiz  
11:00 Mother's Day Garden Party  
11:15 Jeopardy!  
11:30 You Be the Judge  
1:30 Music with Tess  
2:30 Fred Astaire's Birthday: Seated Tap Dance  
3:30 Reflections Happy Hour  
6:00 Travel Movie Night

**10**  
10:30 Light Weights  
11:00 This Day in History  
1:30 Soundtrack Sing Along  
2:00 Prize BINGO  
2:30 Discussion: Then and Now  
2:30 Melody Makers  
3:30 Saturday Social Hour  
4:00 Self Care Saturday  
4:30 Saturday Stretch  
6:00 Netflix Movie Night

**11** Mother's Day  
10:00 Stretch & Flexibility  
10:30 Spiritual Studies  
11:15 Bowling League  
1:30 Move to the Music  
2:00 Beginner Crossword  
2:30 Sunday Matinee:  
3:30 Sunday Soiree  
4:00 Cardio Movement  
6:00 Relaxation Session

**12**  
10:00 Barre & Balance w/Sue  
10:30 Specialty Baking w/Jess  
10:45 This Day in History  
11:00 Drawing Class  
1:30 Sing along to the Oldies  
1:45 Flower Arranging: Daisy Chains  
3:00 Low Intensity Workout  
3:30 Neighborhood Get Together  
6:00 Monday Musicals

**13**  
10:15 Resistance Band Training  
10:45 Art Therapy with Sophie  
11:30 Reflections Council Meeting  
2:00 Airborne Trio  
2:30 Get Creative with Nicole  
3:00 Cardio Movement  
3:30 Wine & Cheese Social  
4:15 Gratitude Journaling  
6:00 Classic Film Night

**14**  
10:15 Light Weights  
10:30 Family Favorite Singalong  
11:00 Learn Italian: Colors  
1:30 Teas of the World  
1:30 Outing: Maritime Aquarium  
2:30 Communion Service  
3:30 Spring Mixer Social Event  
4:00 Documentary Series: Mr. Rogers  
6:00 Comedy Movie Night

**15**  
10:15 TheraBands  
10:30 Daily Chronicle  
11:00 Online Trivia Game  
1:30 Paint Demo: Watercolors  
2:30 Cardio Partners  
2:30 Frank Porto Band Performs  
3:30 Cafe Club Social  
4:00 Poetry Partners  
6:00 Mystery Movie Night

**16**  
10:15 Yoga Flow  
10:30 Positive News Reports  
11:15 Jeopardy!  
11:30 You Be The Judge  
1:30 Arts and Crafts: Rhinestone Cones  
2:30 Range of Motion Therapy  
3:30 Reflections Happy Hour  
4:00 Our Gang Memories YouTube  
6:00 Travel Movie Night

**17** Armed Forces Day  
10:30 Light Weights  
11:00 This Day in History  
1:30 Soundtrack Sing Along  
2:00 Prize BINGO  
2:30 Discussion: Then and Now  
2:30 Melody Makers  
3:30 Saturday Social Hour  
4:00 Self Care Saturday  
6:00 Netflix Movie Night

**18**  
10:00 Stretch & Flexibility  
10:30 Spiritual Studies  
11:15 Bowling League  
1:30 Move to the Music  
2:00 Beginner Crossword  
2:30 Sunday Matinee:  
3:30 Sunday Soiree  
4:00 Cardio Movement  
6:00 Relaxation Session

**19**  
10:00 Barre & Balance w/Sue  
10:30 Specialty Baking w/Jess  
10:45 This Day in History  
11:00 Drawing Class  
1:30 Sing along to the Oldies  
1:30 Outing: Westport Library  
1:45 Flower Arranging  
3:00 Low Intensity Workout  
3:30 Neighborhood Get Together  
6:00 Monday Musicals

**20**  
10:15 Resistance Band Training  
10:45 Do you Remember When?  
11:15 Knitting/Crocheting Club  
1:30 Creative Writing  
2:30 Get Creative with Nicole  
2:30 Tuesday Trivia  
3:00 Cardio Movement  
3:30 Wine & Cheese Social  
4:15 Gratitude Journaling  
6:00 Classic Film Night

**21**  
10:15 Light Weights  
10:45 Family Favorite Singalong  
11:00 Learn Italian: Colors  
1:30 Teas of the World  
1:30 Outing: Silverman's Farm  
2:30 Communion Service  
3:30 Winter Mixer  
4:00 Documentary Series: Beatles  
6:00 Comedy Movie Night

**22**  
10:15 TheraBands  
10:30 Daily Chronicle  
11:00 Online Trivia Game  
1:30 Paint Demo: Watercolors  
2:00 Opera Experience w/Gian  
2:30 Cardio Partners  
3:30 Cafe Club Social  
3:30 Billy G Performs  
4:00 Poetry Partners  
6:00 Mystery Movie Night

**23**  
10:15 Yoga Flow  
10:30 Positive News Reports  
11:00 Resident Memorial Day BBQ  
11:15 Jeopardy!  
11:30 You Be the Judge  
1:30 Music with Tess  
2:30 Range of Motion Therapy  
3:30 Reflections Happy Hour  
4:00 Our Gang Memories YouTube  
6:00 Travel Movie Night

**24**  
10:30 Light Weights  
11:00 This Day in History  
1:30 Soundtrack Sing Along  
2:00 Prize BINGO  
2:30 Discussion: Then and Now  
2:30 Melody Makers  
3:30 Saturday Social Hour  
4:00 Self Care Saturday  
4:30 Saturday Stretch  
6:00 Netflix Movie Night

**25**  
10:00 Stretch & Flexibility  
10:30 Spiritual Studies  
11:15 Bowling League  
1:30 Move to the Music  
2:00 Beginner Crossword  
2:30 Sunday Matinee:  
3:30 Sunday Soiree  
4:00 Cardio Movement  
6:00 Relaxation Session

**26** Memorial Day  
10:00 Barre & Balance  
10:30 Specialty Baking w/Jess  
10:45 This Day in History  
11:00 Drawing Class  
1:30 Sing along to the Oldies  
1:45 Flower Arranging  
3:00 Low Intensity Workout  
3:30 Neighborhood Get Together  
6:00 Monday Musicals

**27**  
10:15 Resistance Band Training  
10:45 Do you Remember When?  
11:15 Knitting/Crocheting Club  
2:00 Over Easy Perform  
2:30 Culinary Creations  
2:30 Get Creative with Nicole  
3:00 Cardio Movement  
3:30 Wine & Cheese Social  
4:15 Gratitude Journaling  
6:00 Classic Film Night

**28**  
10:15 Light Weights  
10:45 Family Favorite Singalong  
11:00 Learn Italian: Colors  
1:30 Teas of the World  
1:30 Outing: Stratford Antique  
2:30 Communion Service  
3:30 Spring Mixer Social Event  
4:00 Documentary Series: Bob Ross  
6:00 Comedy Movie Night

**29**  
9:00 Horticulture Event  
10:15 TheraBands  
11:00 Online Trivia Game  
1:30 Paint Demo: Watercolors  
2:00 Opera Experience w/Gian  
2:30 Cardio Partners  
3:30 Cafe Club Social  
4:00 Music Listening Hour: Broadway  
6:00 Mystery Movie Night

**30**  
10:15 Yoga Flow  
10:30 Positive News Reports  
11:00 World News Quiz  
11:15 Jeopardy!  
11:30 You Be The Judge  
1:30 Outing: Ice Cream Shoppe  
2:30 Range of Motion Therapy  
3:30 Reflections Happy Hour  
4:00 Our Gang Memories YouTube  
6:00 Travel Movie Night

**31**  
10:30 Light Weights  
11:00 This Day in History  
1:30 Soundtrack Sing Along  
2:00 Prize BINGO  
2:30 Discussion: Then and Now  
2:30 Melody Makers  
3:30 Saturday Social Hour  
4:00 Self Care Saturday  
4:30 Saturday Stretch  
6:00 Netflix Movie Night