

Signature Series

Bloom, Sip & Celebrate!

Celebrate the spring season with us at Freeman Lake on May 14th at 12pm. Enjoy a delicious meal, refreshing cocktails, and live music. Don't forget to wear your spring florals. Let's bloom together!

Please RSVP by Wednesday, May 14th.

Create, Learn and Grow!

Come join us on Friday, May 23rd at 1:30pm for a fun, hands-on workshop where you'll create your own tiny ecosystem in a glass jar! Learn about the magic of terrariums and discover how plants thrive in their own little worlds.

Please RSVP by Friday, May 23rd.



Mother's Day



Join us on Sunday, May 11th at 8am for a special Mother's Day Breakfast celebration! Enjoy delicious food, fresh coffee, and sweet moments with Mom. Let's honor the amazing women in our lives with a morning full of love, laughter, and gratitude. Come make beautiful memories together. Don't miss this heartfelt event!

THE RESIDENCE at Freeman Lake

THE RESIDENCE AT FREEMAN LAKE *Associates*

Desiree Vieira
Executive Director

Caitlynn Wilson
Sr. Resident Care Director

Michelle Mannion
Business Office Director

Ani Castagnette
Sales and Marketing Director

James Hayes
Engagement Director

Joao Ficher
Restaurant Operations Director

Aaron Miller
Maintenance Director

Jonathan Arias-Ovalles
Reflections Director



Magic of May: Blossoms & Breezes



May arrives like a soft breath of fresh air, carrying with it the full bloom of spring and the promise of long, sun-drenched days ahead. The chill of winter is now a distant memory, and the tentative whispers of early spring give way to vibrant life, color, and energy. Nature is in full celebration—trees wear lush green coats, gardens burst into a riot of blossoms, and birdsong fills

the early morning air with joy.

This month is a time of renewal, where growth is not only seen in nature but felt within ourselves. There's something about May that encourages us to slow down, take deep breaths, and reconnect—with the world, with others, and with ourselves. It's a gentle invitation to step outside, feel the warmth of the sun on your skin, and let your thoughts wander like dandelion seeds on the breeze.

In many places, May brings longer days, golden hour strolls, and the scent of freshly cut grass. It's the season of picnics in the park, barefoot afternoons, and the excitement of planting new things—flowers, ideas, or intentions. May feels like potential in motion, like the world is stretching and smiling.

It's also a month rich with celebrations. From Mother's Day to May Day, from graduations to garden parties, May is steeped in tradition and festivity. There's a sense of transition in the air—spring reaching its peak, summer waiting just beyond the horizon. For students, it marks the beginning of endings and new beginnings. For dreamers, it's a fertile season to plant seeds of hope.

Good Times. Good Friends. *Great Care!*

SundayMondayTuesdayWednesdayThursdayFridaySaturday



Notes

Mon-Reflections Outings
Tues-Doctor Appts
Wed-Trad Outings
Thurs-Doctors Appts
Fri-Scenic Outings
Sign up required for all Transportation Needs

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
9:30 Sunday Services
10:00 Strength Training Class
10:30 NYTimes- Mini Crosswords
1:30 Midday Matinee - Grown Ups
2:30 Barre & Stretch
3:00 Sunday Sensations - Banana Splits
3:30 Trivial Pursuit Challenge
6:00 Roundtable Talks

5 Happy B-Day Marilyn P.
9:30 Gourmet Cafe Social
10:00 Interval Training Fitness
11:00 Special Events Meeting
11:00 The World Today
1:00 SHIELD Check In Visits
1:30 Learners Lounge-Mayans Ruins CL
2:30 Strength & Balance
3:15 Vintage Vibes & Cocktails
6:00 Card Player's Group-UNO

6
10:00 Barre & Balance
11:00 Biographies - F.D.R
11:00 About Cinco de Mayo w/ Ron
1:30 Art of Baking-Strawberry Cheesecake
1:30 The Cards Club
2:00 Catholic Mass
2:30 Yoga for Vitality
3:00 Bingo and Bites
6:00 Feature Film-Resident Pick

7
10:00 Resistance Bands Training
11:00 Jeopardy Challenge
11:00 Outing - Grassfields
1:30 Curiosity Cove - Phantom of the Opera CL
2:00 Freeman Bars & Beats
2:30 Body Conditioning
3:15 Vintage Vibes & Cocktails
6:00 Netflix-Resident Pick

8
10:00 Barre & Balance
11:00 Great Art Explained-Clark Gable CL
1:30 Welcome Committee Meeting
1:30 Tech Talk & Troubleshooting
2:30 Freeman Lake Volley League
3:00 Quarter Bingo
6:00 Documentary-Resident Pick

9
10:00 Full Body Workout
10:00 Shopping - Target
11:00 Music Appreciation-Elvis
1:30 Archive Series-Screen Addiction
1:30 The Creative Studio
2:15 Barre & Stretch
3:15 Vintage Vibes & Cocktails ft. Brian Kane
6:00 Screen Time-Resident Pick

10
10:00 Barre & Balance
11:00 Polish and Pamper
1:30 Journeys from Home - Hawaii
2:00 Current Events Roundtable
2:30 Yoga Flow
3:00 Quarter Bingo
6:00 Card Players Club-Rummy

11 Mother's Day
8:00 Mother's Day Breakfast
9:30 Sunday Services
10:00 Strength Training Class
10:30 NYTimes- Mini Crosswords
1:30 Midday Matinee-Daisy
2:30 Barre & Stretch
3:00 Sunday Sensations - Root Beer Floats
3:30 Trivial Pursuit Challenge
6:00 Roundtable Talks

12
10:00 Interval Training Fitness
11:00 The World Today
11:00 React Neuro
1:30 The Painter's Studio w/ Bridget
1:30 Learners Lounge-Oklahoma!
2:30 Strength & Balance
3:15 Vintage Vibes & Cocktails ft. Karen & Rick
6:00 Card Player's Group-UNO

13
10:00 Barre & Balance
10:30 Holy Communion
11:15 Biographies - George H.W. Bush
1:30 The Cards Club
1:30 Art of Baking - Strawberry Ice Box Cake
2:30 Yoga for Vitality
3:00 Bingo and Bites
6:00 Feature Film-Resident Pick

14
10:00 Resistance Bands Training
11:00 NY Times- Mini Crossword
11:00 Outing - See the Sights
12:00 Freeman Lake Spring Fling
1:30 Curiosity Cove - Graceland
2:00 Freeman Bars & Beats
2:30 Body Conditioning
3:15 Vintage Vibes & Cocktails ft. Al Band
6:00 Netflix-Resident Pick

15
10:00 Barre & Balance
10:30 Pop Up Library
11:00 Great Art Explained-Cool Crooners
1:30 Tech Talk & Troubleshooting
1:30 Cook's Corner w/ Chef Joao
2:30 Freeman Lake Volley League
3:00 Quarter Bingo
6:00 Documentary-Resident Pick

16
10:00 Full Body Workout
10:00 Shopping - HomeGoods
11:00 Music Appreciation-Sinatra
1:30 Flower Arranging Workshop
1:30 Archive Series-Aliens Among Us
2:15 Barre & Stretch
3:15 Vintage Vibes & Cocktails ft. Joe Mack
6:00 Screen Time-Resident Pick

17
10:00 Low Intensity Cardio Class
11:00 Polish and Pamper
1:30 Journeys from Home - Greece
2:00 Current Events Roundtable
2:30 Mindful Movement
3:00 Quarter Bingo
6:00 Card Players Club-Rummy

18
9:30 Sunday Services
10:00 Strength Training Class
10:30 NYTimes- Mini Crosswords
1:30 Midday Matinee - Liar Liar
2:30 Barre & Stretch
3:00 Sunday Sensations - Hot Chocolate Bar
3:30 Trivial Pursuit Challenge
6:00 Roundtable Talks

19
10:00 Interval Training Fitness
11:00 The World Today
11:00 Resident Council Meeting
1:00 SHIELD Check In Visits
1:30 Learners Lounge-Go to the Zoo CL
2:30 Strength & Balance
3:15 Vintage Vibes & Cocktails
6:00 Card Player's Group-UNO

20
10:00 Barre & Balance
10:30 Holy Communion
11:15 Biographies - Marilyn Monroe
1:30 The Cards Club
1:30 Art of Baking - Blondies
2:30 Yoga for Vitality
2:30 Outing - Salem Woods
3:00 Bingo and Bites
6:00 Feature Film-Resident Pick

21
10:00 Resistance Bands Training
11:00 Jeopardy Challenge
11:00 Outing - China Blossom
1:30 Curiosity Cove - Galapagos Adventure CL
2:00 Freeman Bars & Beats
2:30 Body Conditioning
3:15 Vintage Vibes & Cocktails ft. Mark Stanzler
6:00 Netflix-Resident Pick

22
10:00 Barre & Balance
10:30 Freeman Lake Ladies Cafe
11:00 Great Art Explained-Jazz
1:30 Culinary Discussion Committee
1:30 Tech Talk & Troubleshooting
2:30 Freeman Lake Volley League
3:00 Quarter Bingo
6:00 Documentary-Resident Pick

23
10:00 Full Body Workout
10:00 Shopping - Walmart
11:00 Music Appreciation-Beach Boys
1:30 Archive Series-Soy Secret
1:30 Tiny Gardens Workshop
2:15 Barre & Stretch
3:15 Vintage Vibes & Cocktails ft. Erick Baldwin
6:00 Screen Time-Resident Pick

24
10:00 Barre & Balance
11:00 Polish and Pamper
1:30 Journeys from Home - Brazil
2:00 Current Events Roundtable
2:30 Yoga Flow
3:00 Quarter Bingo
6:00 Card Players Club-Rummy

25
9:30 Sunday Services
10:00 Strength Training Class
10:30 NYTimes- Mini Crosswords
1:30 Midday Matinee - Fiddler on the Roof
2:30 Barre & Stretch
3:00 Sunday Sensations - Cafe Bar
3:30 Trivial Pursuit Challenge
6:00 Roundtable Talks

26 Memorial Day
10:00 Interval Training Fitness
11:00 The World Today
11:00 React Neuro
1:30 Learners Lounge-Mayan Ruins CL
2:30 Strength & Balance
3:15 Vintage Vibes & Cocktails ft. Paul
6:00 Card Player's Group-UNO

27
10:00 Barre & Balance
10:30 Holy Communion
11:15 Biographies - Barack Obama
1:30 The Cards Club
1:30 Art of Baking - Lemon Bars
2:30 Yoga for Vitality
3:00 Bingo and Bites
6:00 Feature Film-Resident Pick

28
10:00 Resistance Bands Training
11:00 NY Times- Mini Crossword
11:00 Outing - Whistler House Museum of Art
1:30 Curiosity Cove - National Parks CL
2:00 Freeman Bars & Beats
2:30 Body Conditioning
3:15 Vintage Vibes & Cocktails
6:00 Netflix-Resident Pick

29
10:00 Barre & Balance
10:30 Pop Up Library
11:00 Great Art-Romantic Era
1:30 Tech Talk & Troubleshooting
1:30 Film Selection Committee
2:00 History Lecture w/ David
2:30 Freeman Lake Volley League
3:00 Quarter Bingo
6:00 Documentary-Resident Pick

30
10:00 Full Body Workout
10:00 Shopping - Trader Joe's
11:00 Music Appreciation-Beatles
1:30 Flower Arranging Workshop
1:30 Archive Series-Dawn of Mammals
2:15 Barre & Stretch
3:15 Vintage Vibes & Cocktails ft. Lucas Kamon
6:00 Screen Time-Resident Pick

31
10:00 Low Intensity Cardio Class
11:00 Polish and Pamper
1:30 Journeys from Home - New Zealand
2:00 Current Events Roundtable
2:30 Mindful Movement
3:00 Quarter Bingo
6:00 Card Players Club-Rummy