

Signature Series

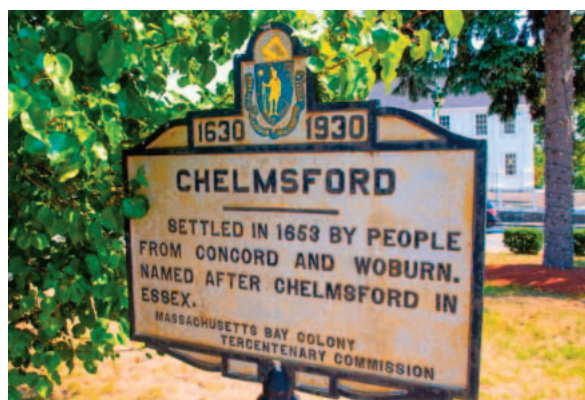
You are cordially invited to a special lecture featuring our esteemed resident, David Gramling, on April 30th at 3pm as he takes us on a fascinating journey through the history of our local area. Discover the stories, events, and people that have shaped our community in this engaging and informative session. Light refreshments will be served.

Please RSVP by April 29th.

Join us for an afternoon of elegance and craftsmanship at our Exclusive Mixology Event, where expertly crafted cocktails meet refined company.

Indulge in a sophisticated tasting experience as our skilled mixologists showcase the art of cocktail creation. Savor handcrafted drinks, learn the secrets behind classic and innovative cocktails, and enjoy a refined atmosphere on April 23rd at 2pm

Please RSVP by April 19th



Earth Day



Earth Day is a call to protect and cherish our planet. By reducing waste, conserving resources, and embracing sustainability, we can create a healthier world. Every action counts—planting trees, recycling, and protecting wildlife. Together, we can make a lasting impact and ensure a greener future for generations to come.



THE RESIDENCE at Freeman Lake

The Spirit of April: A Time to Bloom



April is a month of renewal, growth, and transformation. It carries the spirit of spring, where the world awakens from its slumber, and life bursts forth in vibrant colors. The rains of April symbolize cleansing and preparation, washing away the remnants of the past to make way for new beginnings.

Just as nature blossoms, April reminds us of the beauty of change.

It teaches us that growth often follows seasons of stillness and that even after the coldest winters, warmth and life return. Flowers do not question whether they are ready; they simply rise, embracing the light. In the same way, we are called to step forward with courage, even when the future is uncertain.

April is also a time of reflection and hope. It whispers of possibilities yet to unfold and dreams waiting to be pursued. It is a month that asks us to trust the process, to believe in the unseen, and to nurture the seeds of our aspirations. The budding trees remind us that patience is necessary for growth, and every small step forward is part of a greater journey.

This month is a reminder that every moment is an opportunity to start anew. Whether setting a fresh goal, adopting a renewed mindset, or taking a step toward healing, April encourages us to welcome change with open hearts. It invites us to release old fears, make space for joy, and trust in life's natural rhythm.

Just as the earth comes alive, so too can we—finding inspiration in each sunrise, resilience in every storm, and joy in the unfolding of life's seasons. April is not just another month; it is an invitation to embrace renewal, to grow boldly, and to celebrate the beauty of possibility.

THE RESIDENCE AT FREEMAN LAKE *Associates*

Desiree Vieira
Executive Director

Caitlynn Wilson
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



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Notes



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9:45 Sunday Services
10:00 Strength Training Class
10:30 NYTimes- Mini Crosswords
1:30 Sunday Matinee:Resident Choice
2:30 Barre & Stretch
3:00 Root Beer Social
3:30 Trivial Pursuit Challenge
6:00 Roundtable Talks

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9:45 Gourmet Coffee & Donut Social
10:00 Interval Training Fitness
11:00 React Neuro
1:00 SHIELD Check In
1:30 The Ed Sullivan Show CL
2:30 Strength & Balance
3:15 Golden Hour Gatherings
6:00 Card Player's Group: UNO

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10:00 Barre & Balance
10:30 Holy Communion
11:15 Explore: Kenya Safari CL
1:30 Art of Making: Pizza
1:30 Baking: Apple Blossom
2:30 Yoga for Vitality
3:00 Bingo and Bites
6:00 Netflix-Resident Choice

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Happy B-Day Evelyn
10:00 Resistance Bands Training
11:00 Jeopardy Challenge
11:00 Outing- Feng Shui
1:30 Claim to Fame:Julie Andrews CL
2:00 Freeman Lake Chorus Group
2:30 Body Conditioning
3:15 Joyful Sips & Socials
6:00 Netflix Presents-Resident Choice

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10:00 Barre & Balance
10:30 Spiritual Hymns
11:00 Art Explained: American Bandstand CL
1:00 Tech Talk & Troubleshooting
1:30 Welcome Committee Meeting
1:30 Barre & Stretch
2:30 Volley & Serve Challenge
3:00 Quarter Bingo

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Happy B-Day Elaine L.
10:00 Full Body Workout
10:00 Shopping-Walmart NH
11:00 Music Appreciation: Paul Anka YT
11:00 Talks with Joe Malone
1:30 Ted Talks:Power of Classical Music
2:15 Barre & Stretch
3:15 Vintage Vibes & Cocktails w/ Joe B

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Passover Begins
10:00 Barre & Balance
11:00 Nail Spa and Hand Massages
1:15 Resident Choice Screener
1:30 Yoga Flow
2:00 Travelogue:Sweden CL
3:00 Quarter Bingo
6:00 Card Players Club: Rummy

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Palm Sunday

9:45 Sunday Services
10:00 Strength Training Class
10:30 NYTimes- Mini Crosswords
1:30 Sunday Matinee:Resident Choice
2:30 Barre & Stretch
3:00 Hot Chocolate Social
3:30 Trivial Pursuit Challenge
6:00 Roundtable Talks

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10:00 Interval Training Fitness
11:00 Current Events Discussion
1:00 Special Events Meeting
1:30 Making Art w/ Bridget
1:30 Favorite Talk Show Host CL
2:30 Strength & Balance
3:15 Golden Hour w/ Marlena Phillips
6:00 Card Player's Group: UNO

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Happy B-Day Gerry
10:00 Barre & Balance
10:30 Holy Communion
11:15 Explore: Easter in Europe CL
1:30 The Poet's Art:Arthur Rimbaud YT
1:30 Baking: Brownies
2:30 Yoga for Vitality
3:00 Bingo and Bites
6:00 Netflix-Resident Choice

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Happy B-Day Gerry
10:00 Resistance Bands Training
11:00 NY Times- Mini Crossword
11:00 Outing- Concord Museum
1:30 Claim to Fame: Lewis & Clark CL
2:00 Freeman Lake Chorus Group
2:30 Body Conditioning
3:15 Joyful Sips & Socials
6:00 Netflix Presents-Resident Choice

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10:00 Barre & Balance
11:00 Art Explained:Million Dollar Quartet CL
1:00 Tech Talk & Troubleshooting
1:30 Film Selection Committee
2:15 History Discussion
3:00 Quarter Bingo
6:00 Documentary:Resident Choice

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Happy B-day Paul P.
Good Friday
10:00 Full Body Workout
10:00 Shopping-Trader's Joe
11:00 Engelbert Humperdinck YT
1:30 Talks: Mastering Suffering and Pain
2:15 Barre & Stretch
3:15 Vintage Vibes w/ George Parker
6:00 Feature Film:Resident

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10:00 Low Intensity Cardio Class
11:00 Nail Spa and Hand Massages
1:15 Resident Choice Screener
1:30 Mindful Movement
2:00 Current Events Roundtable
3:00 Quarter Bingo
6:00 Card Players Club: Rummy

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Easter

9:45 Sunday Services
10:00 Strength Training Class
10:30 NYTimes- Mini Crosswords
1:30 Sunday Matinee:Resident Choice
2:30 Barre & Stretch
3:00 Ice Coffee Social
3:30 Trivial Pursuit Challenge
6:00 Roundtable Talks

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10:00 Interval Training Fitness
10:45 Resident Council Meeting
11:00 React Neuro
1:00 SHIELD Check In
1:30 Eating Through Italy CL
2:30 Strength & Balance
3:15 Golden Hour Gatherings
6:00 Card Player's Group: UNO

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Earth Day

10:00 Barre & Balance
10:30 Holy Communion
11:15 Explore:Romantic Era CL
1:30 Baking Class:Apple Tacos
1:30 The Poet's Art: Robert Frost
1:30 Baking: Torta
2:30 Yoga for Vitality
3:00 Bingo and Bites
6:00 Netflix-Resident Choice

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10:00 Resistance Bands Training
11:00 Jeopardy Challenge
11:00 O'Neill Cinema(Snow White)
1:30 Lucille Ball CL
2:00 Freeman Lake Chorus Group
2:00 Mixology Event
2:30 Body Conditioning
3:15 Joyful Sips & Socials w/ Linda Chase
6:00 Netflix Presents-Resident

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10:00 Barre & Balance
10:30 Pop Up Library
10:30 Freeman Lake Ladies Cafe
11:00 Great Art Explained:
1:00 Tech Talk
1:30 Culinary Discussion
2:30 Volley & Serve Challenge
3:00 Quarter Bingo
6:00 Documentary:Resident Choice

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10:00 Full Body Workout
10:00 Shopping-Target Lowell
11:00 Music:Osmond Family Values YT
1:30 DWDocumentary:Wealth & Art YT
2:15 Barre & Stretch
3:15 Vintage Vibes & Cocktails w/ Karen & Rick
6:00 Feature Film:Resident

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10:00 Barre & Balance
11:00 Nail Spa and Hand Massages
1:15 Resident Choice Screener
1:30 Yoga Flow
2:00 Travelogue:India Travel CL
3:00 Quarter Bingo
6:00 Card Players Club: Rummy

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9:45 Sunday Services
10:00 Strength Training Class
10:30 NYTimes- Mini Crosswords
1:30 Sunday Matinee:Resident Choice
2:30 Barre & Stretch
3:00 Ice Cream Social
3:30 Trivial Pursuit Challenge
6:00 Roundtable Talks

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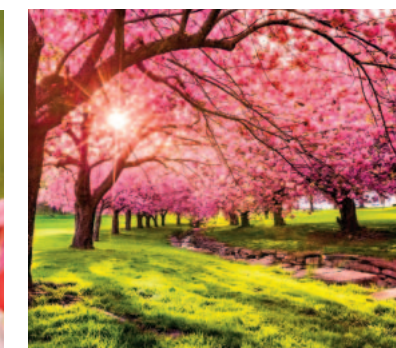
10:00 Interval Training Fitness
11:00 Listening Hour-Merle Haggard
1:00 Special Events Meeting
1:30 Gardens of The World-CL
2:30 Strength & Balance
3:15 Golden Hour Gatherings w/ Dave James
6:00 Card Player's Group: UNO

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10:00 Barre & Balance
10:30 Holy Communion
11:15 Explore: Navajo Code Talkers CL
1:30 The Poet's Art: Emile Zola
1:30 Baking: Carrot Cake
2:30 Yoga for Vitality
3:00 Bingo and Bites
6:00 Netflix-Resident Choice

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10:00 Resistance Bands Training
11:00 NY Times- Mini Crossword
11:00 Outing-Barnes & Noble
1:30 Claim to Fame:Gene Kelly
2:00 Freeman Lake Chorus Group
2:30 Body Conditioning
3:00 Local History Lecture w/ David Gramling
3:15 Joyful Sips & Socials
6:00 Netflix Presents-Resident



Mon-Reflections Outings
Tues-Doctor Appts
Weds-Trad Outings
Thurs-Doctor 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