

## Signature Series Events

### Italian Chopped Challenge

The Italian Chopped Challenge is a culinary competition that requires contestants to create a dish using a basket of mystery Italian ingredients within a limited time frame. In the Italian Chopped Challenge, contestants are judged by the Residents of Freeman Lake on their ability to incorporate the mystery ingredients into their dish, as well as the overall taste, presentation, and creativity of their creation. Overall, the Italian Chopped Challenge is a fun and exciting way for chefs to test their skills and creativity in the kitchen, and for food enthusiasts to discover new and delicious Italian dishes. March 14, 2024

### Charcuterie Workshop

I am thrilled to invite you to a unique and delicious experience - an exploration of the art of charcuterie! Join us for an afternoon of discovery as we delve into the world of cured meats, cheeses, fruits, nuts, and other accompaniments. Learn about the history and origins of charcuterie and discover the secrets behind creating the perfect charcuterie board. Our knowledgeable host Desiree Viera. March 28, 2024



## National Nutrition Month



National Nutrition Month, an annual campaign created by the Academy of Nutrition and Dietetics. It aims to raise awareness about the importance of making informed food choices and developing healthy eating and physical activity habits.

Each year, National Nutrition Month focuses on a specific theme to promote key nutrition messages and encourage healthy behaviors.

# THE RESIDENCE at Freeman Lake

## From The Executive Director

As we navigate through the year, it's essential to embrace a mindset of progress and growth. Moving forward within the year involves setting clear goals and intentions, and consistently taking steps towards achieving them. Whether it's personal development, career advancement, or pursuing new opportunities, each day presents a chance to move closer to our aspirations.

It requires resilience to overcome challenges and adapt to unexpected circumstances, recognizing that setbacks are part of the journey. Cultivating a sense of purpose and staying focused on what truly matters can help us stay motivated and driven. It's also important to reflect on past experiences, learning from both successes and failures, to inform our decisions moving forward. Building meaningful connections and seeking support from others can provide invaluable guidance and encouragement along the way.

Embracing change and being open to new possibilities allows us to seize opportunities for growth and transformation. By staying committed to our objectives and remaining flexible in our approach, we can progress steadily towards realizing our full potential and making the most of the year ahead.

With Love,  
Desiree Viera

### THE RESIDENCE AT FREEMAN LAKE *Associates*

**Desiree Vieira**  
*Executive Director*

**Caitlynn Wilson**  
*Resident Care Director*

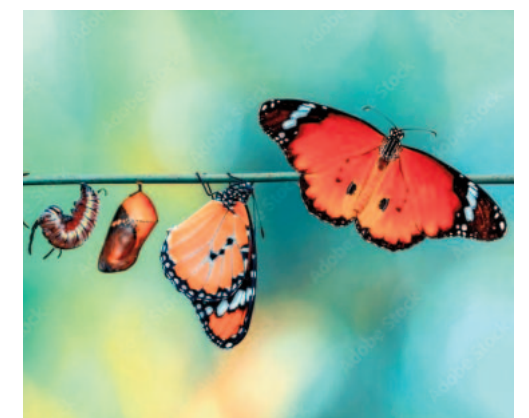
**Jamie Harvey**  
*Reflections Director*

**Laura Todd**  
*Sales and Marketing Director*

**Jonathan Arias-Ovalles**  
*Resident Engagement Director*

**Joao Ficher**  
*Restaurant Operations Director*

**Ronald Perrin**  
*Maintenance Director*



Good Times. Good Friends. *Great Care!*



MARCH	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	Easter Sunday 9:45 Sunday Services 10:00 Core Endurance Class 11:00 NYTimes- Mini Crosswords 1:30 Broadway Musical- Hamilton 2:30 Stretch & Strengthen 3:30 Community Tea Social 4:00 Bio Discussion-Rat Pack					1 Happy B-Day Hugh M. 10:00 Shopping - Super Walmart 10:00 Full Body Workout 10:30 Blood Pressure Clinic 11:00 Music Listening Hour- Frank Sinatra 1:15 Bread & Roses Strike 2:15 Tai Chi for Balance 3:30 Happy Hour-Music by Linda Chase 6:00 Classic Film Night-	2 10:00 Barre & Balance 10:45 Harbor of Hope Sermon 11:00 Manicure Studio 1:15 Matinee-Hubie Halloween 1:30 Yoga for Seniors 2:00 Debate-Jeopardy/ Connections 2:45 New Snacks Cafe 3:00 Quarter Bingo 6:00 Card Players Club: Uno
3	9:45 Sunday Services 10:00 Core Endurance Class 11:00 Community Showdown- Jeopardy 1:30 Open Art Studio 2:30 Stretch & Strengthen 3:00 Hot Chocolate Social 4:00 Bio Discussion-Elton John	4 Happy B-Day Barbara 9:00 Gourmet Coffee & Donut Social 10:00 Interval Training Fitness 11:00 Concierge Services 11:00 Assistance Device Repair 12:00 Medical Pendant Check 1:30 Art Skills-Intro to Knitting 2:30 Tai Chi for Arthritis 3:30 Margarita Monday's	5 10:00 Barre & Balance 11:00 NYTimes-Connections 1:30 Craft-Beaded Bouquets 2:00 Catholic Mass 2:00 Essential Oils Education 2:30 Yoga for Vitality 3:00 Bingo for Charity 6:00 Netflix Presents-The Crown	6 10:00 Resistance Bands Training 11:00 Jeopardy Challenge 11:00 Lunch Outing- T-Bones 1:15 Flower Arranging Workshop 1:30 Current Events Discussion 2:30 Move & Groove Class W/ Laura 2:30 Upper Body Conditioning/Lower Body 3:30 Music Bingo & Sip Hour	7 10:00 Barre & Balance 10:30 Blood Pressure Clinic 10:30 Pop Up Library 11:00 Baking Club Meeting 11:00 Actors Studio-Cillian Murphy 1:30 Navigating Life's Transition-Jay Shielder 2:30 Walking Circuit Fitness 3:00 Points Bingo	8 10:00 Outing-Pheasant Lane Mall 10:00 Balance & Flex 11:00 NYTimes-Mini Crosswords 1:15 Lecture-Codebreaking 2:15 Tai Chi for Balance 2:15 Spiritual Hymns 3:15 Karaoke Happy Hour 6:00 Netflix Presents-The Crown	9 10:00 Upper Body Weight Training 10:45 Harbor of Hope Sermon 11:00 Manicure Studio 1:15 Matinee-Bohemian Rhapsody 1:30 Mindful Movement 2:00 Court Case- OJ vs People 3:00 Quarter Bingo 6:00 Card Players Club: Rummy
10	Daylight Saving Time 9:45 Sunday Services 10:00 Core Endurance Class 11:00 Community Showdown-Jeopardy 1:30 NYTimes-Crossword Group 2:30 Stretch & Strengthen 3:00 Sundae Social 4:00 Bio Discussion-Mirabal Sisters	11 10:00 Interval Training Fitness 11:00 Concierge Services 11:00 Calendar Planning Meeting 1:00 SHIELD Check In 1:30 Art Skills-Still Life 1:30 Music-Hum & Strum Sisters 2:30 Tai Chi for Arthritis 3:30 Margarita Monday's 6:00 Card Player's Group: UNO	12 10:00 Barre & Balance 10:30 Holy Communion 11:15 Knowledge Bout Challenge 1:30 Nails Spa 2:30 Yoga for Vitality 3:00 Bingo for Charity 6:00 Netflix Presents-The Crown	13 10:00 Resistance Bands Training 11:00 Short Story Literature 11:00 Lunch Outing-Irish Cottage 1:15 Jewelry Design Workshop 1:30 Current Events Discussion 2:30 Upper Body Conditioning/Lower Body 3:30 Sip & Snack Hour 6:00 Feature Film-Resident Choice	14 10:00 Barre & Balance 10:30 Bible Study- Pastor Fern 11:00 Actor's Spotlight- James Dean 11:00 Culinary Discussion Committee 1:15 Italian Chopped Challenge 2:30 Walking Circuit Fitness 3:00 Points Bingo 6:00 Cribbage Night	15 10:00 Outing - Target NH 10:00 Dance & Movement 11:00 Poetry in Song 1:15 Technology's Education: Virtual Museums Tour 2:15 Tai Chi for Balance 2:15 Spiritual Hymns 3:15 Karaoke Happy Hour 6:00 Netflix Presents-The Crown	16 Happy B-Day Bob W. 10:00 Cardio Circuits 10:45 Harbor of Hope Sermon 11:00 Manicure Studio 1:15 Matinee- Mr & Mrs Smith 1:30 Yoga for Seniors 2:00 Advertising for Children 3:00 Quarter Bingo 6:00 Dominos Players Club
17	St. Patrick's Day 9:45 Sunday Services 10:00 Core Endurance Class 11:00 NYTimes- Mini Crosswords 1:30 Live Concert- Elvis 2:30 Stretch & Strengthen 3:30 Community Tea Social 4:00 Bio Discussion-Dean Martin	18 10:00 Interval Training Fitness 10:45 Resident Council Meeting 11:00 Concierge Services 1:30 Art Skills- Acrylic 2:00 Support Group 2:30 Tai Chi for Arthritis 3:30 Margarita Monday's 6:00 Card Player's Group: UNO	19 10:00 Barre & Balance 10:30 Holy Communion 11:15 NYTimes-Spelling Bee 1:30 Baking Workshop-Croissants 2:30 Yoga for Vitality 2:30 Trouble In Northern Ireland 3:00 Bingo for Charity 6:00 Netflix Present-The Crown	20 10:00 Resistance Bands Training 11:00 Jeopardy Challenge 11:00 Outing- UML Art Gallery 1:30 Current Events Discussion 2:30 Upper Body Conditioning/Lower Body 3:30 Sip & Snack Hour 6:00 Feature Film-Residence Choice	21 10:00 Barre & Balance 11:00 Artist Spotlight-Vincent van Gogh 1:30 Film Selection Committee 2:15 History Discussion 2:30 Walking Circuit Fitness 3:00 Points Bingo 6:00 Cribbage Night	22 10:00 Full Body Workout 10:00 Outing-Trader Joe's 11:00 PBS-For the Love of Music 1:00 Spa Session- Facials 1:15 Ted Talk-Think Like a Lawyer 2:15 Tai Chi for Balance 2:15 Spiritual Hymns 3:15 Happy Hour-Music by Bobby G	23 10:00 Pilates Class 10:45 Harbor of Hope Sermon 11:00 Manicure Studio 1:15 Matinee- Florence Jenkins 1:30 Mindful Movement 2:00 Trial of Chicago 7 3:00 Quarter Bingo 6:00 Card Players Club: Rummy
24	9:45 Sunday Services 10:00 Core Endurance Class 11:00 NYTimes- Mini Crosswords 1:30 Live Concert- Queen 2:30 Stretch & Strengthen 3:00 Milkshake Social 4:00 Bio Discussion-Founding Fathers	25 10:00 Interval Training Fitness 11:00 Concierge Services 1:00 SHIELD Check In 1:30 Outing Selection Committee 2:30 Tai Chi for Arthritis 3:30 Margarita Monday's 6:00 Card Player's Group: UNO	26 10:00 Barre & Balance 10:30 Holy Communion 11:00 Culinary Discussion Committee 11:15 Knowledge Bout Challenge 1:30 Pizza Making Social 2:30 Yoga for Vitality 3:00 Bingo for Charity 6:00 Netflix Presents-The Crown	27 Happy B-Day Steve T. 10:00 Resistance Bands Training 11:00 Short Story Literature 11:00 Outing-YMCA Pool 1:15 Flower Arranging Workshop 1:30 Current Events Discussion 2:30 Upper Body Conditioning/Lower Body 3:30 Sip & Snack Hour 6:00 Feature Film- Forever Young	28 10:00 Barre & Balance 10:30 Pop Up - Library 10:30 Bible Study-Pastor Fern 11:00 Artist Spotlight-Guy Orlando Rose 1:00 Charcuterie Workshop 2:30 Walking Circuit Fitness 3:00 Points Bingo 6:00 Cribbage Night	29 Good Friday 10:00 Full Body Workout 10:00 Outing-Market Basket NH 11:00 Poetry in Song 1:15 Learning: Filmography 2:15 Tai Chi for Balance 2:15 Spiritual Hymns 3:15 Karaoke Happy Hour 6:00 Netflix Presents-The Crown	30 10:00 Barre & Balance 10:45 Harbor of Hope Sermon 11:00 Manicure Studio 1:15 Matinee- Boys in the Boat 1:30 Yoga for Seniors 2:00 Debate Topics Discussion 3:00 Quarter Bingo 6:00 Card Players Club: Rummy

Notes

Transportation  
Schedule

Mon-Reflections  
Outing

Tues- Dr. Appts

Weds-Traditional  
Outings

Thurs-Dr. Appts

Fri-Shopping Trip

\*Sign up required for  
all outing and other  
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