

# Signature Series

## Charcuterie Board Masterclass!

Join us on June 9th for a deliciously creative experience as you learn the art of building the perfect charcuterie board! In this hands on masterclass, you'll discover how to expertly pair meats, cheeses, fruits, and garnishes to craft a visually stunning and palate-pleasing spread!

## Seafood Celebration!

Join us on June 23rd for an unforgettable afternoon as we celebrate the bounty of the ocean with a Seafood Celebration at Freeman Lake! This event is an opportunity to connect with neighbors, share stories, and enjoy live entertainment in an inviting atmosphere!



# Independence Day



Celebrate the spirit of freedom and community at our Fourth of July BBQ! Residents, families, and friends are invited to enjoy a delightful afternoon featuring classic American barbecue favorites like juicy hamburgers, hot dogs, and corn on the cob, all served with a side of camaraderie!



# 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*



# July Jubilee: Sunshine & Smiles



July, the seventh month of the year, is a time of warmth, celebration, and reflection. Named after Julius Caesar, who was born in this month, July was originally called "Quintilis" in the Roman calendar. It spans 31 days and is often associated with the peak of summer in the Northern Hemisphere, bringing long, sunny days and warm temperatures.

In the United States, July is marked by Independence Day on July 4th, commemorating the adoption of the Declaration of Independence in 1776. This federal holiday is celebrated with fireworks, parades, barbecues, and various festivities across the country. Interestingly, three American founding fathers—John Adams, Thomas Jefferson, and James Monroe—died on July 4th, underscoring the day's historical significance.

July's birthstone is the ruby, symbolizing love, passion, and energy. The zodiac signs for July are Cancer (until July 22) and Leo (from July 23 onwards), each bringing its unique traits and characteristics.

In the realm of nature, July's full moon is known as the "Buck Moon," named after the new antlers that emerge on deer during this month. The month also marks the beginning of the "dog days" of summer, characterized by hot and sultry weather, traditionally believed to be the time when the Dog Star, Sirius, rises and sets with the sun.

In essence, July is a month that blends historical milestones, cultural festivities, and natural beauty. Whether you're celebrating Independence Day, enjoying the warmth of summer, or reflecting on the significance of the season, July offers something for everyone to appreciate.



Sunday



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Notes

**6**

9:30 Sunday Services  
10:00 Strength Training Class  
10:30 NYTimes- Mini Crosswords  
1:30 Weekend Cinema Session  
2:30 Barre & Stretch  
3:00 Sunday Sensations - Root Beer Floats  
3:30 Trivial Pursuit Challenge  
6:00 Roundtable Talks

**7**

10:00 Interval Training Fitness  
10:00 REACT Neuro  
11:00 The World Today  
1:00 Special Events Meeting  
1:00 SHIELD Check In Visits  
1:30 The Learners Lounge - Pacific Coast Highway  
2:30 Strength & Balance  
3:15 Vintage Vibes & Cocktails  
6:00 Card Player's Group-UNO

**13**

9:30 Sunday Services  
10:00 Strength Training Class  
10:30 NYTimes- Mini Crosswords  
1:30 Weekend Cinema Session  
2:30 Barre & Stretch  
3:00 Sunday Sensations - Ice Cream Sundaes  
3:30 Trivial Pursuit Challenge  
6:00 Roundtable Talks

**14**

10:00 Interval Training Fitness  
11:00 The World Today  
1:00 SHIELD Check In Visits  
1:30 Making Art w/ Bridget  
1:30 The Learners Lounge - Baby Boom  
2:30 Strength & Balance  
3:15 Vintage Vibes & Cocktails ft. Joe B.  
6:00 Card Player's Group-UNO

**20**

9:30 Sunday Services  
10:00 Strength Training Class  
10:30 NYTimes- Mini Crosswords  
1:30 Weekend Cinema Session  
2:30 Barre & Stretch  
3:00 Sunday Sensations - Ice Coffee Bar  
3:30 Trivial Pursuit Challenge  
6:00 Roundtable Talks

**21**

10:00 Interval Training Fitness  
10:00 REACT Neuro  
10:45 Resident Council Meeting  
11:00 The World Today  
1:30 The Learners Lounge - Old Time Baseball  
2:30 Strength & Balance  
3:15 Vintage Vibes & Cocktails ft. Eric Baldwin  
6:00 Card Player's Group-UNO

**27** HBD Jean & John!

9:30 Sunday Services  
10:00 Strength Training Class  
10:30 NYTimes- Mini Crosswords  
1:30 Weekend Cinema Session  
2:30 Barre & Stretch  
3:00 Sunday Sensations - Milkshake Bar  
3:30 Trivial Pursuit Challenge  
6:00 Roundtable Talks

**28**

10:00 Interval Training Fitness  
10:30 Outing - St. John Anointing Mass & Luncheon  
11:00 The World Today  
1:00 SHIELD Check In Visits  
1:30 The Learners Lounge - Famous Columnists  
2:30 Strength & Balance  
3:15 Vintage Vibes & Cocktails  
6:00 Card Player's Group-UNO

**1**

9:45 Gourmet Donut Social  
10:00 Barre & Balance  
11:00 4th of July Lecture w/ Ron  
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

**8**

10:00 Barre & Balance  
10:30 Holy Communion  
11:15 Biographies-Bonnie & Clyde  
1:30 The Cards Club  
1:30 Art of Baking-Pumpkin Loaf  
2:00 Outing-Nottingham Brass Concert  
2:30 Yoga for Vitality  
3:00 Bingo and Bites  
6:00 Feature Film-Resident Pick

**15**

10:00 Barre & Balance  
10:30 Holy Communion  
11:15 Biographies - Thomas Jefferson  
1:30 The Cards Club  
1:30 Art of Baking-Homemade Bread  
2:30 Yoga for Vitality  
3:00 Bingo and Bites  
6:00 Feature Film-Resident Pick

**22**

10:00 Barre & Balance  
10:30 Holy Communion  
11:15 Biographies - John Candy  
1:30 The Cards Club  
1:30 Art of Baking-Garlic Knots  
2:30 Yoga for Vitality  
3:00 Bingo and Bites  
6:00 Backyard Film & Fire

**29**

10:00 Barre & Balance  
10:30 Holy Communion  
11:15 Biographies - Jacqueline Kennedy  
1:30 The Cards Club  
1:30 Art of Baking-Cherry Pie  
2:30 Yoga for Vitality  
3:00 Bingo and Bites  
6:00 Feature Film-Resident Pick

**2** Happy B-Day Elizabeth

10:00 Resistance Bands Training  
11:00 Jeopardy Challenge  
11:00 Outing - Cafe Escadrille  
1:30 Curiosity Cove - County Fairs  
2:00 Polish and Pamper  
2:30 Body Conditioning  
3:15 Vintage Vibes & Cocktails  
6:00 Netflix-Resident Pick

**9**

10:00 Resistance Bands Training  
11:00 NY Times- Mini Crossword  
11:00 Outing - Isabella Stewart Museum  
12:00 Wild West BBQ  
1:30 Charcuterie Board Masterclass  
2:30 Body Conditioning  
3:15 Vintage Vibes & Cocktails  
6:00 Netflix-Resident Pick

**16**

10:00 Resistance Bands Training  
11:00 Jeopardy Challenge  
11:00 Outing - Rye Beach  
12:00 Italian Summer BBQ  
1:30 Curiosity Cove - Sounds of Country Music  
2:00 Polish and Pamper  
2:30 Body Conditioning  
3:15 Vintage Vibes & Cocktails  
6:00 Netflix-Resident Pick

**23**

10:00 Resistance Bands Training  
11:00 NY Times- Mini Crossword  
12:00 Freeman Lake Seafood Celebration  
1:30 Curiosity Cove - Vacations of Yesteryear  
2:00 Polish and Pamper  
2:30 Body Conditioning  
3:15 Vintage Vibes & Cocktails  
6:00 Netflix-Resident Pick

**30**

10:00 Resistance Bands Training  
11:00 Jeopardy Challenge  
12:00 County Fair BBQ  
1:30 Curiosity Cove - Great Barrier Reef  
2:00 Polish and Pamper  
2:30 Body Conditioning  
3:15 Vintage Vibes & Cocktails ft. Brian Kane  
6:00 Netflix-Resident Pick

**3**

10:00 Barre & Balance  
11:00 Freeman Walkie Talkies  
11:00 Great Art Explained - My Fair Lady  
1:30 Outing Planning Meeting  
1:30 Word Puzzle Workouts  
2:15 Freeman Lake Volley League  
3:00 Quarter Bingo  
3:00 Veterans Group  
6:00 Documentary-Resident Pick

**10**

10:00 Barre & Balance  
10:30 Pop Up Library  
11:00 Freeman Walkie Talkies  
11:00 Great Art Explained - Guys and Dolls  
1:30 Welcome Committee Meeting  
1:30 Word Puzzle Workouts  
2:15 Freeman Lake Volley League  
3:00 Quarter Bingo  
6:00 Documentary-Resident Pick

**17**

10:00 Barre & Balance  
11:00 Freeman Walkie Talkies  
11:00 Great Art Explained - Grand Ole Opry  
1:30 Film Selection Committee  
1:30 Word Puzzle Workouts  
2:00 History Lecture w/ David  
2:15 Freeman Lake Volley League  
3:00 Quarter Bingo  
6:00 Documentary-Resident Pick

**24**

10:00 Barre & Balance  
10:30 Pop Up Library  
11:00 Freeman Walkie Talkies  
11:00 Great Art Explained - Life's a Cabaret  
1:30 Word Puzzle Workouts  
1:30 Culinary Committee  
2:15 Freeman Lake Volley League  
3:00 Quarter Bingo  
6:00 Documentary-Resident Pick

**31**

10:00 Barre & Balance  
11:00 Freeman Walkie Talkies  
11:00 Great Art Explained - Lion King  
1:30 Word Puzzle Workouts  
1:30 Chef's Corner w/ Chef Joao  
2:15 Freeman Lake Volley League  
3:00 Quarter Bingo  
6:00 Documentary-Resident Pick

**4**

10:00 Full Body Workout  
10:00 Shopping - Market Basket  
11:00 Music Appreciation - Olivia Newton John  
12:00 Patriotic July 4th Cookout  
1:30 The Creative Studio  
1:30 Powering Space Travel  
2:15 Barre & Stretch  
3:15 Vintage Vibes & Cocktails  
6:00 Screen Time-Resident Pick

**11**

10:00 Full Body Workout  
10:00 Shopping - Idylwilde Farms  
11:00 Music Appreciation - James Taylor  
1:30 Flower Arranging Workshop  
1:30 Five-Masted Marvel  
2:00 Passionate Piano ft. Dan  
2:15 Barre & Stretch  
3:15 Vintage Vibes & Cocktails  
6:00 Screen Time-Resident Pick

**18**

10:00 Full Body Workout  
10:00 Shopping - Target  
11:00 Music Appreciation - Fleetwood Mac  
1:30 The Creative Studio  
1:30 The Archive Series - History of the Telescope  
2:15 Barre & Stretch  
3:15 Vintage Vibes & Cocktails  
6:00 Emmanuel Temple Service

**25**

10:00 Full Body Workout  
10:00 Shopping - Walmart  
11:00 Music Appreciation - Bee Gees  
1:30 Flower Arranging Workshop  
1:30 Earths Largest Oceans  
2:15 Barre & Stretch  
3:15 Vintage Vibes & Cocktails ft. George Parker  
6:00 Screen Time-Resident Pick

**5**

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

**12**

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

**19**

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

**26** Happy Birthday Elaine

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



Monday -  
Reflections Outing

Tuesday -  
Doctors Appts.

Wednesday -  
Traditional Outings

Thursday -  
Doctors Appts.

Friday -  
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