

REFLECTIONS - APRIL 2025

Sunday



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Notes

1 April Fools

- 10:00 Barre & Balance
- 10:30 Explore: France Travel
- 1:00 Nail Spa
- 1:30 Yoga for Vitality
- 1:30 Baking: Apple Pie
- 2:00 Catholic Mass
- 3:00 Social Hour- Smoothies
- 3:15 Music by Vic Paul
- 6:00 Netflix-Resident Choice

2

- 10:00 Cardio Drumming
- 10:30 Current Events
- 11:00 Group Crossword NYT
- 1:30 Tai Chi for arthritis
- 1:30 Claim to Fame:Clark Cable CL
- 2:00 Community Bingo
- 3:00 Hot Coffee Social
- 3:15 Joyful Sips & Socials
- 6:00 Tunes and Togetherness

3

- 10:00 Barre & Balance
- 10:30 Virtual Museum Tour CL
- 1:00 Art Making-Self Portraits
- 1:30 Learning Lounge-Making Pasta
- 2:00 Strength & Stability
- 2:30 High Tea Social
- 3:00 Bingo & Snacks
- 6:00 Positive Affirmations

4

- 10:00 Low Impact Weightlifting
- 10:30 Daily Chronicles
- 11:30 Jewlery Design Workshop
- 1:00 Scenic Outing-Downtown Lowell
- 1:30 Tai Chi For Arthritis
- 2:30 Trivia Challenge
- 3:15 Vintage Vibes & Cocktails
- 6:00 Tunes and Togetherness

5

- 10:00 Cardio Drumming
- 11:15 Exploration-Kenya Safari
- 1:30 Low Intensity Cardio
- 2:00 Acrylic Brushstrokes
- 2:30 Afternoon Matinee
- 3:00 Group Crossword NYT
- 3:30 Golden Tunes
- 6:00 Netflix-Resident Choice

6

- 10:00 Upper Body Conditioning
- 10:30 Sunday Services
- 11:00 Drawing Skills
- 11:00 Spiritual Hymns
- 1:30 Jeopardy Challenge
- 2:00 Documentary Film
- 3:00 Stretch & Strengthen
- 3:00 Root Beer Social
- 6:00 Screen and Serenity

7

- 10:00 Interval Training Fitness
- 11:00 Paint & Pour Art Workshop
- 11:00 Outing-Applebees
- 1:00 Community Bingo
- 1:30 The Ed Sullivan Show CL
- 2:30 Tai Chi for Arthritis
- 3:15 Golden Hour Gatherings
- 6:00 Tunes and Togetherness

8

- 10:00 Barre & Balance
- 10:30 Holy Communion
- 11:00 Watercolor Basics
- 11:15 Explore: Kenya Safari CL
- 1:30 Resistance Bands Training
- 1:30 Baking: Apple Blossom
- 3:00 Social Hour-Ice Cream
- 6:00 Netflix-Resident Choice

9

- 10:00 Cardio Drumming
- 10:30 Current Events
- 11:00 Group Crossword NYT
- 1:30 Claim to Fame:Julie Andrews CL
- 1:30 Tai Chi For Arthritis
- 2:30 Trivia Challenge
- 3:15 Joyful Sips & Socials
- 6:00 Tunes and Togetherness

10

- 10:00 Barre & Balance
- 10:30 Virtual Museum Tour CL
- 1:00 Jewelry Design Workshop-Earrings
- 1:30 Learning Lounge-Pizza Making
- 2:00 Strength & Stability
- 2:30 High Tea Social
- 3:00 Bingo & Snacks
- 6:30 Inspirational Passages

11

- 10:00 High Impact Weightlifting
- 10:30 Daily Chronicles
- 11:00 Talks with Joe Malone
- 11:30 NY Times- Mini Crosswords
- 1:00 Scenic Outing-Nashua Drive
- 1:30 Tai Chi For Arthritis
- 2:30 Trivia Challenge
- 3:15 Vintage Vibes & Cocktails w/ Joe B
- 6:00 Tunes and Togetherness

12 Passover Begins

- 10:00 Cardio Drumming
- 11:15 Exploration-Pacific Coast Highway
- 1:00 Strength Training
- 2:00 Acrylic Brushstrokes
- 2:30 Afternoon Matinee
- 2:30 Pop & Pastries Social
- 3:00 Group Crossword NYT
- 3:30 Golden Singers
- 6:00 Netflix-Resident Choice

13 Palm Sunday

- 10:00 Lower Body Conditioning
- 10:30 Sunday Services
- 11:00 Pastel Art Session
- 11:00 Spiritual Hymns
- 1:30 Name That Artist
- 2:00 Travel & Discuss: Netherlands CL
- 3:00 Stretch & Strengthen
- 3:00 Hot Chocolate Social
- 6:00 Screen and Serenity

14

- 10:00 Interval Training Fitness
- 11:00 Cooking Class- Fettucine Alfredo
- 11:00 Outing- Concord Museum
- 1:00 Community Bingo
- 1:30 Trivia Challenge
- 1:30 Making Art w/ Bridget
- 1:30 Favorite Talk Show Host CL
- 2:30 Tai Chi for Arthritis
- 3:15 Golden Hour w/ Marlena

15

- 10:00 Barre & Balance
- 10:30 Holy Communion
- 11:15 Explore: Easter in Europe CL
- 1:30 Yoga for Vitality
- 1:30 Baking: Brownies
- 3:00 Social Hour-Hot Chocolate
- 6:00 Netflix-Resident Choice

16

- 10:00 Cardio Drumming
- 10:30 Current Events
- 11:00 Group Crossword NYT
- 1:30 Claim to Fame: Lewis & Clark CL
- 1:30 Tai Chi for Arthritis
- 2:00 Community Bingo
- 3:00 Hot Coffee Social
- 3:15 Joyful Sips & Socials
- 6:00 Tunes and Togetherness

17

- 10:00 Barre & Balance
- 10:30 Virtual Museum Tour CL
- 1:00 Jewelry Design Workshop-Bracelets
- 1:30 Learning Lounge-Pie Making
- 2:00 Strength & Stability
- 2:30 High Tea Social
- 3:00 Bingo & Snacks
- 6:00 Positive Affirmations

18 Good Friday

- 10:00 Low Impact Weightlifting
- 10:30 Daily Chronicles
- 11:30 Jewlery Design Workshop
- 1:00 Scenic Outing-Lowell Neighborhoods
- 1:30 Tai Chi For Arthritis
- 2:30 Trivia Challenge
- 3:15 Vintage Vibes w/ George Parker
- 6:00 Tunes and Togetherness

19

- 10:00 Cardio Drumming
- 11:15 Exploration-South Africa CL
- 1:30 Low Intensity Cardio
- 2:00 Acrylic Brushstrokes
- 2:30 Afternoon Matinee
- 2:30 Popcorn Social
- 3:00 Group Crossword NYT
- 3:30 Golden Singers
- 6:00 Netflix-Resident Choice

20 Easter

- 10:00 Upper Body Conditioning
- 10:30 Sunday Services
- 11:00 Drawing Skills
- 11:00 Spiritual Hymns
- 1:30 Jeopardy Challenge
- 2:00 Documentary Film
- 3:00 Stretch & Strengthen
- 3:00 Ice Coffee Social
- 6:00 Screen and Serenity

21

- 10:00 Interval Training Fitness
- 11:00 Paint & Pour Art Workshop
- 11:00 Outing- Mama's Dracut
- 1:00 Community Bingo
- 1:30 Eating Through Italy CL
- 2:30 Tai Chi for Arthritis
- 3:15 Golden Hour Gatherings
- 6:00 Tunes and Togetherness

22 Earth Day

- 10:00 Barre & Balance
- 10:30 Holy Communion
- 11:00 Watercolor Basics
- 11:15 Explore:Romantic Era CL
- 1:30 Resistance Bands Training
- 1:30 Baking: Torta
- 2:30 Resident Council Meeting
- 3:00 Social Hour- Root Beer Floats
- 6:00 Netflix-Resident Choice

23

- 10:00 Cardio Drumming
- 10:30 Current Events
- 11:00 Group Crossword NYT
- 1:30 Tai Chi for Arthritis
- 1:30 Lucille Ball CL
- 2:00 Mixology Event
- 2:30 Trivia Challenge
- 3:15 Joyful Sips & Socials w/ Linda Chase
- 6:00 Tunes and Togetherness

24

- 10:00 Barre & Balance
- 10:30 Virtual Museum Tour CL
- 1:00 Art Workshop-Planters
- 1:30 Learning Lounge-Tiramisu
- 2:00 Strength & Stability
- 2:30 High Tea Social
- 3:00 Bingo & Snacks
- 6:30 Inspirational Passages

25

- 10:00 High Impact Weightlifting
- 10:30 Daily Chronicles
- 11:30 NY Times- Mini Crosswords
- 12:00 Italian Luncheon
- 1:00 Scenic Outing-Boulevard
- 1:30 Tai Chi For Arthritis
- 2:30 Trivia Challenge
- 3:15 Vintage Vibes & Cocktails w/ Karen & Rick
- 6:00 Tunes and Togetherness

26

- 10:00 Cardio Drumming
- 11:15 Exploration-India Travel CL
- 1:00 Strength Training
- 2:00 Acrylic Brushstrokes
- 2:30 Afternoon Matinee
- 2:30 Chips & Pop Social
- 3:00 Group Crossword NYT
- 3:30 Golden Singers
- 6:00 Netflix-Resident Choice

27

- 10:00 Lower Body Conditioning
- 10:30 Sunday Services
- 11:00 Pastel Art Session
- 11:00 Spiritual Hymns
- 1:30 Name That Artist
- 2:00 Travel & Discuss:
- 3:00 Stretch & Strengthen
- 3:00 Ice Cream Social
- 6:00 Screen and Serenity

28

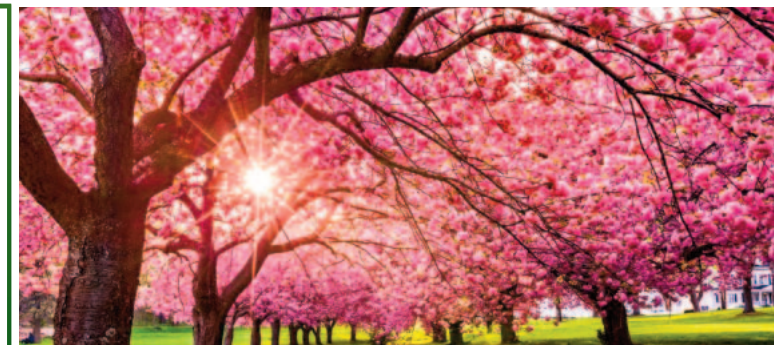
- 10:00 Interval Training Fitness
- 11:00 American Heritage Museum
- 11:00 Cooking-Spanish Spaghetti
- 1:00 Community Bingo
- 1:30 Trivia Challenge
- 1:30 Gardens of The World-CL
- 2:30 Tai Chi for Arthritis
- 3:15 Golden Hour Gatherings w/ Dave James
- 6:00 Tunes and Togetherness

29

- 10:00 Barre & Balance
- 10:30 Holy Communion
- 11:15 Explore: Navajo Code Talkers CL
- 1:30 Yoga for Vitality
- 1:30 Baking: Carrot Cake
- 3:00 Social Hour- Pop & Chips
- 6:00 Netflix-Resident Choice

30

- 10:00 Cardio Drumming
- 10:30 Current Events
- 11:00 Group Crossword NYT
- 1:30 Tai Chi for Arthritis
- 1:30 Claim to Fame:Gene Kelly
- 2:00 Community Bingo
- 3:00 Hot Coffee Social
- 3:00 Local History Lecture w/ David Gramling
- 3:15 Joyful Sips & Socials



Mon-Reflections Outings
Tues-Doctor Appts
Weds-Trad Outings
Thurs-Doctor Appts
Fri-Scenic Outings
Sign up required for all Transportation Request

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