# Chopped Cooking Challenge

Come cheer on our residents and management team as they face off in a head to head Chopped Cooking Challenge on Friday, March 15th, 2pm-4pm. Last year, Team Reflections won the challenge. Who will win this year? Each team will be making an "Irish" inspired dish that MUST include the 'secret' ingredient. Following the live competition, we will host a Happy Hour Social.



# Sangria Charcuterie Event



We will be holding a Charcuterie Workshop on Wednesday, March 20th @ 10:30 am o learn the art of Charcuterie Board Display. Later that day, please join us for our Signature Series Event, Sangria and Charcuterie on at 2pm. We will have a Sangria Bar where you can choose your own wine and fruits and snack on our homemade charcuterie creations, while we listen to live music by Joe Ferarra.

# National Pi Day

March 14 is Pi Day. Pi is the ratio of a circle's circumference in relation to its diameter. You can celebrate the day exactly at 1:59. You can reach the first six numbers of pi 3.14159. At baking class, our residents will be making their favorites. Families and associates are inviteds to share their favorite pies too. Join us on Thursday, March 14th @ 2pm for our First Annual "Pi" Contest. Let's get ready to crumble!











THE RESIDENCE AT CHERRY HILL Associates

> Pam Schreiber Executive Director

Dawn Davis Resident Care Director

Edgar Anderson Resident Service Supervisor

> Chevenne Franzo Business Office Director

> > Amy Tesler Reflections Director

Paul "PJ" Giering Maintenance Director

Jeanne Mercer Resident Engagement Director

> Sarah Herrmann Sales & Marketing Director



# AWA Pet Supply Drive

Our Annual Pet Drive continues through the end of March. All proceeds will benefit the Animal Welfare Association in Voorhees. AWA's mission is to eliminate animal suffering, promote the importance of the human-animal bond, and improve the role of animals in the well-being of people. Items needed include towels, wash cloths, flat sheets, blankets, puppy



pads, dry dog/cat food, wet dog/cat food, non clumping litter, and toys. We look forward to our sister community in Voorhees joining us on Monday, March 11th @ 2pm to make dog and cat toys for our four-legged friends.

### What is S.H.I.E.L.D.?

This method initiative was created by renowned Neurogeneticist, Dr. Rudy Tanzi to provide tangible ways for people of all ages to improve brain health through a variety of lifestyle habits. S.H.I.E.L.D. Stands For

SLEEP-How are you sleeping? HANDLING STRESS-How have you been

handling stress? INTERACTING WITH OTHERS-Are you interacting with others? EXERCISE-Are you exercising? LEARN SOMETHING NEW-Are you learning new things? DIET-How is your diet? We are looking foward to some new and exciting programs ulitlizing SHIELD and REACT NEURO.



Good Times. Good Friends. Great Care!

# **MARCH 2024**



### **MARCH** 31

10:30 LCB Bible Ministry 10:30 Virtual Catholic Mass

**12:00** Expressive Arts Workshop

2:00 Afternoon Film: Drama

3:30 Greeting Card Workshop

4:30 Intro to Wii Bowling

10:15 Lengthen & Strengthen

10:30 LCB Bible Ministry

11:00 Challenge Your Brain

12:00 Expressive Arts Workshop

1:30 Bone Builders

2:30 Sign Language 101

3:30 Greeting Card Workshop

4:30 Intro to Wii Bowling

### 10 Happy Bday Dorothy F

10:15 Lengthen & Strengthen 10:30 LCB Bible Ministry

10:30 Virtual Catholic Mass

**12:00** Expressive Arts Workshop

2:30 Sign Language 101

4:30 Intro to Wii Bowling

5:00 Game Night

10:15 Lengthen & Strengthen

10:30 Virtual Catholic Mass

**12:00** Expressive Arts Workshop

2:30 Sign Language 101

3:30 Greeting Card Workshop

4:30 Intro to Wii Bowling

5:00 Game Night

10:30 LCB Bible Ministry 10:30 Virtual Catholic Mass

11:00 Challenge Your Brain **12:00** Expressive Arts Workshop

1:30 Bone Builders

2:00 Afternoon Film: Drama 2:00 Live Entertainment:

Michael Lazar

4:30 Intro to Wii Bowling

Monday

4 Happy Birthday Pat C

9:30 Catholic Communion

1:00 Zen Garden Meditation

1:30 Yoga-Mind, Body, Spirit

**3:00** Cold Case Murder Mystery

10:30 Chair Tap Dance

11:00 Intellectual Puzzles

1:30 Broadway Movie

2:00 Spring Centerpiece

2:00 Sewing & Quilting

10:30 Chair Tap Dance

11:00 Intellectual Puzzles

1:30 Broadway Movie

6:30 Bingo Club

18

1:00 Zen Garden Meditation

1:30 Yoga-Mind, Body, Spirit

2:00 Dog Toy Workshop with

9:30 Catholic Communion

1:00 Zen Garden Meditation

1:30 Yoga-Mind, Body, Spirit

2:00 The Art of Making Paper

3:00 Cold Case Murder Mystery

25 Happy Birthday Stu

10:30 Chair Tap Dance

11:00 Intellectual Puzzles

1:30 Broadway Movie

2:00 Horticulture Club:

Discussion

Workshop

### **Tuesday**



6

8:30 Floral Design Committee

10:15 Gratitude Journaling

10:30 Tai Chi for Arthritis

2:00 Cornhole Competition

3:30 Mixology Committee

5:00 Wellness Wednesday

10:15 Gratitude Journaling

10:30 Tai Chi for Arthritis

10:30 Bible Ministry

11:00 Trivia Challenge

1:30 Stretch & Flex

3:30 Mixology Class

4:30 Wii Bowlers

8:30 Floral Design Committee

3:00 Cocktails with a Curator

5:00 Wellness Wednesday

10:15 Gratitude Journaling

10:30 Tai Chi for Arthritis

10:30 Charcuterie Board

Workshop

10:30 Bible Ministry

13 Happy Bday Susannah

10:30 Bible Ministry

11:00 Trivia Challenge

1:30 Stretch & Flex

4:30 Wii Bowlers

# Wednesday

## **Thursday**

**10:15** Barre Balance Exercise

10:30 Cooking: Hummus

11:00 Intellectual Puzzles

1:00 Chair Massages

1:30 Cardio Drumming

1:30 Shopping: Shoprite

2:00 Test Your Knowledge

5:00 Karaoke with Friends

**10:15** Barre Balance Exercise

10:30 Baking: Pies for Pi Day

1:15 Belly Dance Exercises

3:00 Test Your Knowledge

5:00 Karaoke with Friends

**10:00** Barre Balance Exercise

10:30 Baking: Hamantaschen

1:30 Shopping: Dollar Store

2:00 Test Your Knowledge

5:00 Karaoke with Friends

3:00 Silk Scarf Painting

Workshop

Cookies

1:00 Chair Massages

1:30 Cardio Drumming

1:30 Shopping: Walmart

2:00 Pie Competition

11:00 Intellectual Puzzles

12:00 Table Games

1:00 Chair Massages

3:00 Happy Hour with Live

Music by Justin Gonzalez

### **Friday**

### 10:00 Resistance Bands Strength

10:30 Rosary Intentions

10:30 Scenic Tour

11:00 Radio Play Readers

1:00 Yoga -Mind, Body, Spirit 1:30 Welcome Ambassador

Meeting 2:00 Crossword Challenge

**3:00** The Art of Marbling

4:15 Oneg Shabbat

8

10:00 Resistance Bands Strength

10:30 Rosary Intentions

11:00 Glee Club Practice

1:00 "My Story" Sessions

1:00 Yoga -Mind, Body, Spirit

1:30 Engagement Planning Meeting

2:00 Crossword Challenge

2:00 Live Music

3:00 Jewelry Design Workshop

### 15 Happy Bday Celeste

10:00 Resistance Bands Strength

10:30 Rosary Intentions 10:30 Scenic Tour

11:00 Horticulture: Planting

Clover 1:00 Yoga -Mind, Body, Spirit

2:00 Chopped: Irish Themed

3:00 Happy Hour Social

4:15 Oneg Shabbat

22

10:00 Resistance Bands Strength

10:30 Rosary Intentions

10:30 Outing: Garden Center

11:00 Glee Club Practice 1:00 "My Story" Sessions

1:00 Yoga -Mind, Body, Spirit

1:30 Movie Committee

2:00 Crossword Challenge 3:00 Lecture: All About Purim

4:15 Oneg Shabbat

10:00 Resistance Bands Strength

10:30 Scenic Tour

11:00 Radio Play Readers

1:00 Yoga -Mind, Body, Spirit

2:00 Crossword Challenge

4:15 Oneg Shabbat

**Saturday** 

10:00 Zumba Dance

**10:30** Opera Appreciation 11:00 The Healing Art: Coloring

1:00 Tai Chi & Meditation

1:30 Bingo with Camille

1:30 Afternoon Film: Classic

3:00 Karaoke with Friends

5:30 Card Club: Rummy

10:00 Zumba Dance 10:30 Music Appreciation

11:00 The Healing Art: Coloring 1:00 Tai Chi & Meditation

1:30 Bingo with Camille

1:30 Afternoon Film: Classic 3:00 Karaoke with Friends

5:30 Card Club: Rummy

### 16

10:00 Zumba Dance

**10:30** Opera Appreciation 11:00 Baking: Irish Potato Candy

11:00 The Healing Art: Coloring

1:00 Tai Chi & Meditation 1:30 Bingo with Camille

1:30 Afternoon Film: Classic

1:45 S.H.I.E.L.D. Check In

3:00 Karaoke with Friends 5:30 Card Club: Rummy

### 23 Happy Birthday Jennie 10:00 Zumba Dance

10:30 Music Appreciation

11:00 The Healing Art: Coloring 1:00 Tai Chi & Meditation

1:30 Bingo with Camille

1:30 Afternoon Film: Classic 3:00 Karaoke with Friends

5:30 Card Club: Rummy

Continued Learning Arts & Culture Physical Fitness

Sunday

10:15 Lengthen & Strengthen

11:00 Challenge Your Brain

1:30 Bone Builders

**2:30** Sign Language 101

10:30 Virtual Catholic Mass

5:00 Game Night

11:00 Challenge Your Brain

1:30 Bone Builders

Voorhees 3:30 Jewelry Making Session 3:30 Cold Case Murder Mystery Club

17 Happy Birthday Irene

10:30 LCB Bible Ministry

11:00 Challenge Your Brain

1:30 Bone Builders

24 10:15 Lengthen & Strengthen

> 10:30 Chair Tap Dance 11:00 Intellectual Puzzles

> > 1:00 Zen Garden Meditation 1:30 Broadway Movie

> > > Club

6:30 Bingo Club

3:00 Cold Case Murder Mystery

9:30 Catholic Communion

1:30 Yoga-Mind, Body, Spirit 1:30 Belgium Waffles Social

> 3:30 Literature: Short Stories 5:00 Karaoke with Friends

5 Happy Birthday Lee D

10:15 Barre Balance Exercise 10:15 Volunteer Singers 11:00 "Hearts to Hands"

Painting Session 11:30 Lunch Outing: Hong Kong Fusion

12:00 Table Game Group 1:00 Chair Massages 1:30 Mindful Movement

2:00 Brain Exercises

12 10:15 Barre Balance Exercise

10:15 Volunteer Singers 10:30 Catholic Mass with Fr.

Mike 11:00 "The History of..." Talk

1:00 Chair Massages 1:30 Mindful Movement

1:30 Outing: Monster Golf 2:00 Brain Exercises

**3:30** Literature: Short Stories

20 10:15 Barre Balance Exercise 8:30 Floral Design Committee

10:15 Volunteer Singers 10:30 Outing: Dunkin Donuts 11:00 "Hearts to Hands" Ceramic

Session 1:00 Chair Massages 1:30 Mindful Movement

2:00 Mint Shakes with Bayada **3:30** Literature: Short Stories

5:00 Karaoke with Friends

26 Happy Bday Barbara C

10:00 Breakfast with the Bible 10:15 Barre Balance Exercise 10:15 Volunteer Singers

11:00 "The History of..." Talk 1:00 Chair Massages

1:30 Mindful Movement 1:30 Park Outing: Birdwatching 2:00 Brain Exercises

1:30 Stretch & Flex 2:00 Charcuterie Social with Live Music by Joe Ferarra

3:30 Mixology Committee

8:30 Floral Design Committee 10:15 Gratitude Journaling

10:30 Tai Chi for Arthritis 10:30 Bible Ministry 1:30 Stretch & Flex

2:00 Radio Readers Presents 2:30 Resident Council Meeting 3:30 Mixology Class

4:00 Alzheimer's Support Group

5:00 Wellness Wednesday

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10:15 Barre Balance Exercise 10:30 Baking: Lamb Cake &

Butter Lamb 11:00 Intellectual Puzzles 1:00 Chair Massages

1:15 Belly Dance Exercises 1:30 Shopping: Shoprite 2:00 Test Your Knowledge

**3:00** Happy Hour with Live

Music by Amy Wagner

29

10:30 Rosary Intentions

3:00 Lecture: History of Music

30

10:00 Zumba Dance

11:00 The Healing Art: Coloring 1:00 Tai Chi & Meditation

1:30 Bingo with Camille 1:30 Afternoon Film: Classic

**10:30** Opera Appreciation

3:00 Karaoke with Friends 5:30 Card Club: Rummy

# Other **Amenities**

**Transportation** 

Doctor's Appts. Wed. 10am-2:30pm Thur. 12pm-2:30pm Fri. 10am-2:30pm

Hair Salon Tues & Thurs

9am-4pm

All appointments and reservations must be made in advance through the Concierge.

856-424-7227

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.

**Community Connections** Wellness & Self-Care

Events are subject to change.