

Spring Fling Tea Party

Join us Sunday May 4th for a charming celebration of Spring, as we host a “Spring Fling Tea Party”. Enjoy a variety of fragrant teas, along with an assortment of delish pastries, and cakes perfect for sharing and savoring! This is a wonderful opportunity to connect with friends and family, share stories, and ring in the joys of spring!

So, come dressed in your spring best and be ready for an afternoon of laughter, warmth and delightful company at our spring fling tea party.



Natures Workshop: Horticulture Skills

Tuesday May 20th, Embrace the joy of gardening & leave with a sense of accomplishment and a green companion to nurture!

In this workshop you'll learn the essentials for maintaining a thriving summer garden. From selecting the right plants, to understanding soil health and water practices, this experience will equip you with the knowledge and skills needed to cultivate your garden with confidence.



As a special take away, you'll bring home your own potted plant, a living reminder of the skills youve acquired and the beauty you can create!

THE RESIDENCE at Stafford

Welcome May

As we step into this vibrant month, we are thrilled to welcome the joys of Springtime! May brings an abundance of blooming flowers, warmer weather & opportunities for outdoor gatherings! We have an exciting array of engagement programs planned including outdoor picnics, gardening and art workshops that capture the essence of the season.

Lets embrace the beauty around us, enjoy the fresh air, and create wonderful memories together. Heres to a month filled with laughter, friendship, and the delightful spirit of spring!



Military Appreciation Month

Its a time to honor & recognize the sacrifices made by all who served in the Armed Forces. We come together to express our gratitude for the dedication, courage & commitment that our military personnel display. We reflect on their contributions & also extend our support, ensuring that those who protect our freedoms feel valued & acknowledged for their service



THE RESIDENCE AT STAFFORD *Associates*

Jane McDonnell
Executive Director

Jacqueline Thompson
Resident Care Director

Barbara Busch
Resident Services Supervisor

Alex Salcedo
Reflections Director

Christina Ping
Sales & Marketing Director

Michelle Tyciak
Business Office Director

Lynn Kozen
Director Culinary Services

Erica Gallagher
Resident Engagement Director

Richard Morrabal
Maintenance Director



Sunday Monday Tuesday Wednesday Thursday Friday Saturday



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9:00 Catholic Live Stream Mass
10:00 Short Service & Communion
10:30 Methodist Live Stream
10:45 Cardio Aerobic Exercise
11:15 Spring Fling Ladies Tea
1:15 Guided Yoga
2:00 Five Letter Roulette
3:30 History Doc-Star Wars
6:00 Eternal Gamers-Community Puzzle

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10:15 Bayada Strength Training
1:00 Meditation Session
1:00 React Neuro
1:30 Knitting for Charity
1:30 Workout W/ Reflections
2:00 Shuffleboard Tournament
3:00 Sip & Savor Soiree
4:00 Celeb Spotlight-Bob Dylan
6:00 Celebrations Creations Club

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9:45 St. Frances Communion
10:30 Mindful Movement
11:00 Art Workshop-Florals
1:00 Gentle Tai Chi
1:30 Book Club
1:30 Lecture-Healthy Hydration
2:00 Active Games-Bowling Club
3:00 Jeopardy-Golden Hollywood
6:30 “Viva Las Vegas” Starring Elvis Presley

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10:00 Catholic Mass Service
10:30 Cardio Drumming
10:30 Barnegat Light Trip
11:00 Travel & Talk-Maine
1:15 Gentle Tai Chi
2:00 Five Letter Roulette
3:00 Methodist Bible Study
3:30 Opera Showing-Figaro
6:30 Resident Reminisce Group

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10:30 Low Intensity Cardio
11:00 Crossword Puzzles
1:00 Meditation Session
1:30 Tai Chi for Arthritis
2:00 Karaoke with Billy Lee
3:00 “The Real West” Viewing
3:30 Sentimental Journey Doc.
6:30 Feature Film-Pillow Talk

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10:30 Strength & Stability
10:30 Walmart Shopping Trip
11:00 Ladies Nail Spa
1:15 Guided Chair Yoga
2:30 Performer-Brian Johnson
2:45 Wine & Hors D’oeuvres
3:30 Eternal Gamers-Rummikub
6:30 Artistry & Ambiance

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10:15 Instructor Led Cahir Yoga
11:00 Trivial Pursuit
1:00 Golden Steps Society
1:00 Ted Talk-Space Flight
2:00 Five Letter Roulette
3:15 Shuffleboard Tourney
4:00 Timeless Melodies
7:00 Fireside Trivia

11 Mother's Day

9:00 Catholic Live Stream Mass
10:00 Short Service & Communion
10:30 Methodist Live Stream
10:45 Cardio Aerobic Exercise
11:15 Ladies Nail Spa
1:15 Guided Yoga
2:00 Five Letter Roulette
3:30 History Doc-Strong Women
6:00 Eternal Gamers-Community Puzzle

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10:15 Bayada Strength Training
1:00 Meditation Session
1:30 Knitting for Charity
1:30 Workout W/ Reflections
2:00 Shuffleboard Tournament
3:00 Sip & Savor Soiree
4:00 Celeb Spotlight-K Hepburn
6:00 Celebrations Creations Club

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9:45 St. Frances Communion
10:30 Mindful Movement
11:00 Art Workshop-Silhouettes
1:00 Gentle Tai Chi
1:30 Book Club
1:30 Lecture- Stevie Wonder
2:00 Gamers Corner- UNO
2:15 Cooks Club-Strawberry Crunch
3:00 Lecture-June Carter

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10:30 Cardio Drumming
10:30 Trip to Bowling Alley
11:00 Travel & Talk-Cat Island
1:15 Gentle Tai Chi
2:00 Five Letter Roulette
3:00 Methodist Bible Study
3:30 Opera Showing-Aladdin
6:30 Resident Reminisce Group

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10:30 Low Intensity Cardio
11:00 Crossword Puzzles
1:00 Meditation Session
1:30 Tai Chi for Arthritis
2:00 Expressive Art Creations
3:00 “The Real West” Viewing
3:30 Documentary-Perry Como
6:30 Feature Film- Doll Face

16 Lorraine/ Boyd

10:30 Strength & Stability
10:30 Dollar Store Trip
11:00 Jeopardy Competition
1:15 Guided Chair Yoga
2:30 Performer-DJ Mike
2:45 Wine & Hors D’oeuvres
3:30 Eternal Gamers-Rummikub
6:30 Artistry & Ambiance

17 Armed Forces Day

10:30 Cardio Aerobic Exercise
11:00 Trivial Pursuit
1:00 Golden Steps Society
1:00 Ted Talk-Paradox of Choice
2:00 Five Letter Roulette
3:15 Shuffleboard Tourney
4:00 Timeless Melodies
7:00 Fireside Trivia

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9:00 Catholic Live Stream Mass
10:00 Short Service & Communion
10:30 Methodist Live Stream
10:45 Cardio Aerobic Exercise
11:15 Great Poets of America
1:15 Guided Yoga
2:00 Five Letter Roulette
3:30 History Doc-Golden Music
6:00 Eternal Gamers-Community Puzzle

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10:15 Bayada Strength Training
1:00 Meditation Session
1:00 React Neuro
1:30 Knitting for Charity
1:30 Workout W/ Reflections
2:00 Shuffleboard Tournament
3:00 Sip & Savor Soiree
4:00 Celeb Spotlight-Burt Reynolds
6:00 Celebrations Creations

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9:45 St. Frances Communion
10:30 Mindful Movement
11:00 Knowledge Challenge
1:00 Gentle Tai Chi
1:30 Book Club
1:30 Lecture-Vibrant Gardens
2:00 Holticulture Workshop
3:00 Spotlight-Norman Rockwell
6:30 “Casino Royale” Starring David Niven

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10:30 Cardio Drumming
10:30 Joey’s Pizza Lunch Trip
11:00 Travel & Talk- Bahamas
1:15 Gentle Tai Chi
2:00 Five Letter Roulette
3:00 Methodist Bible Study
3:30 Opera -Puccini Turandot
6:30 Resident Reminisce Group

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10:00 Catholic Mass Services
10:30 Low Intensity Cardio
11:00 Crossword Puzzles
1:00 Meditation Session
1:30 Tai Chi for Arthritis
2:00 Karaoke with Billy Lee
3:00 “The Real West” Viewing
3:30 Documentary-Healthy Eyes
6:30 Feature Film-Bad News Bears

23 Lorraine/ Boyd

10:30 Strength & Stability
10:30 Ride to LBI
11:00 Jeopardy Competition
1:15 Guided Chair Yoga
2:30 Performer-Mike Corliss
2:45 Wine & Hors D’oeuvres
3:30 Eternal Gamers-Rummikub
6:30 Artistry & Ambiance

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10:30 Cardio Aerobic Exercise
11:00 Trivial Pursuit
1:00 Golden Steps Society
1:00 Ted Talk-Finding Happiness
2:00 Five Letter Roulette
3:15 Shuffleboard Tourney
4:00 Timeless Melodies
7:00 Fireside Trivia

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9:00 Catholic Live Stream Mass
10:00 Short Service & Communion
10:30 Methodist Live Stream
10:45 Cardio Aerobic Exercise
11:15 Great Poets of America
1:15 Guided Yoga
2:00 Five Letter Roulette
4:00 History Doc-Isley Bros
6:00 Eternal Gamers-Community Puzzle

26 Memorial Day

10:15 Bayada Strength Training
1:00 Meditation Session
1:30 Knitting for Charity
1:30 Workout W/ Reflections
2:00 Shuffleboard Tournament
3:00 Sip & Savor Soiree
4:00 Celeb Spotlight-John Wayne
6:00 Celebrations Creations Club

27 Janet M.

9:45 St. Frances Communion
10:30 Mindful Movement
11:00 Art Workshop-Watercolors
1:00 Gentle Tai Chi
1:30 Book Club
1:30 Lecture-Safety in the Sun
2:00 Game Corner- Card Sharks
2:15 Gardening Club
6:30 “The Graduate” Starring Dustin Hoffman

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10:30 Cardio Drumming
10:30 Scenic Bus Tour
11:00 Travel & Talk-Zhange Park
1:15 Gentle Tai Chi
2:00 Five Letter Roulette
3:00 Methodist Bible Study
3:30 Special Showing-Opera Gala
6:30 Resident Reminisce Group

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10:30 Low Intensity Cardio
11:00 Crossword Puzzles
1:00 Meditation Session
1:30 Tai Chi for Arthritis
2:00 Expressive Art Creations
2:15 Karaoke with Billy Lee
3:00 “The Real West” Viewing
3:30 Documentary-Beach Boys
6:30 Feature Film-Summer Dreams

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10:30 Strength & Stability
10:30 Walmart Shopping Trip
11:00 Jeopardy Competition
1:15 Guided Chair Yoga
2:30 Performer-Billy Lee
2:45 Wine & Hors D’oeuvres
3:30 Eternal Gamers-Rummikub
6:30 Artistry & Ambiance

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10:30 Cardio Aerobic Exercise
11:00 Trivial Pursuit
1:00 Golden Steps Society
1:00 Ted Talk-Why we Love
2:00 Five Letter Roulette
3:15 Shuffleboard Tourney
4:00 Timeless Melodies
7:00 Fireside Trivia

Spring has Sprung

Memorial day is to honor & remember those who made the ultimate sacrifice for our freedom. Their bravery & dedication serve as a reminder of the price of liberty & importance of peace

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