

# Fitness Opportunities

## Exercise with a Bayada Representative

Join Brenda, a physical therapist from Bayada Health Care as she leads you through an hour long fitness program focused on improving your balance & strength.

Using the power of positive music, Brenda's class is a great opportunity for everyone to enhance their physical well-being while enjoying a supportive & motivating environment.

**Mondays at 10:15 AM**  
**Leeds Hallway**



# Signature Series Events

## Master a New Skill Workshop

Come and celebrate national picnic month by making your own no-sew picnic blanket! It's a fun and creative way to learn a new skill and enjoy the outdoors!



## Seafood Celebration

Friday July 25th, Join us as we indulge in delicious seafood accompanied by refreshing drinks and great music! This celebration is welcome to all. Please RSVP to the Stafford Concierge.



# THE RESIDENCE at Stafford

## Welcome July

This July we are all set for a month filled with fun & engaging programs to bring everyone together! We'll dive into gardening, nurturing our green thumbs as we cultivate beautiful flowers & fresh vegetables. Our BBQ's will be a highlight, w/ sizzling food served in great company.

Additionally, we will embark on exciting learning experiences, picking up new skills to enrich our lives & spark creativity. To top it all off, we'll indulge in a delightful

seafood feast, celebrating the flavors of summer while enjoying laughter & camaraderie. It's going to be a month of memorable moments!



## Let Freedom Reign

A holiday that commemorates the freedom and sovereignty of our nation.



Today we reflect upon the history and heritage of America.

On a day of remembrance, we share stories of heroism and bravery of those who fought for our freedom. This day serves as a reminder of the values and principles that make our country great. Let us raise our flags high as we remember to embrace the spirit of unity and pride in our nation.

Good Times. Good Friends. Great Care!

## 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



**6**  
9:30 Catholic Live Stream Mass  
10:00 Communion Distribution  
10:15 Methodist Live Stream  
10:30 Cardio Aerobic Exercise  
11:15 Great Poets of America  
1:15 Guided Yoga  
2:00 Five Letter Roulette  
4:00 History Doc-Frida Kahlo  
6:00 Eternal Gamers-Community Puzzle

**7**  
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  
3:30 How its Made- Fireworks  
4:30 Celeb Spotlight-Liz Taylor  
6:00 Celebrations Creations

**13**  
9:30 Catholic Live Stream Mass  
10:00 Communion Distribution  
10:15 Methodist Live Stream  
10:30 Cardio Aerobic Exercise  
11:15 Great Poets of America  
1:15 Guided Yoga  
2:00 Five Letter Roulette  
4:00 History Doc-Boston Pops  
6:00 Eternal Gamers-Community Puzzle

**14** Cathy M.  
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  
3:30 How its Made- Glowsticks  
4:30 Celeb Spotlight-Woody Guthery

**20** Dorothy H.  
9:30 Catholic Live Stream Mass  
10:00 Communion Distribution  
10:15 Methodist Live Stream  
10:30 Cardio Aerobic Exercise  
11:15 Great Poets of America  
1:15 Guided Yoga  
2:00 Five Letter Roulette  
4:00 History Doc-Moon Landing  
6:00 Eternal Gamers-Community Puzzle

**21** Gail A. & Sue B.  
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  
3:30 How its Made-Ferris Wheel  
4:30 Celeb Spotlight-Robin Williams  
6:00 Celebrations Creations

**27**  
9:30 Catholic Live Stream Mass  
10:00 Communion Distribution  
10:15 Methodist Live Stream  
10:30 Cardio Aerobic Exercise  
11:15 Great Poets of America  
1:15 Guided Yoga  
2:00 Five Letter Roulette  
4:00 History Doc-Golden Hollywood  
6:00 Eternal Gamers-Community

**28**  
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  
3:30 How its Made-Merry go Round  
4:30 Celeb Spotlight-Nelson

**1**  
9:45 St. Frances Communion  
10:30 Mindful Movement  
11:00 Art Workshop-Flags  
1:00 Outdoor Walking Club  
1:30 Book Club  
1:30 Chair Yoga Session  
2:00 Rejuvenation Nail Spa  
3:15 Wimbledon Tournament  
6:30 "On Golden Pond" Starring Henry Fonda

**8**  
9:45 St. Frances Communion  
10:30 Mindful Movement  
11:00 Art Workshop-Florals  
1:00 Outdoor Walking Club  
1:30 Book Club  
1:30 Chair Yoga Session  
2:00 Game Corner - LRC  
3:15 Lecture-MLB  
6:30 "Citizen Kane" Starring Orson Wells

**15**  
9:45 St. Frances Communion  
10:30 Mindful Movement  
11:00 Art Workshop-Watercolors  
1:00 Outdoor Walking Club  
1:30 Book Club  
1:30 Chair Yoga Session  
2:00 Rejuvenation Nail Spa  
3:15 Lecture to Learn-Homeruns  
6:30 "Sunset Blvd" Starring Gloria Swanson

**22**  
9:45 St. Frances Communion  
10:30 Mindful Movement  
11:00 Art Workshop-Charcoals  
1:00 Outdoor Walking Club  
1:30 Book Club  
1:30 Chair Yoga Session  
2:00 Cornhole Competition  
3:15 Jeopardy Competition  
6:30 "Network" Starring Faye Dunaway

**29**  
9:45 St. Frances Communion  
10:30 Mindful Movement  
11:00 Art Workshop-Florals  
1:00 Outdoor Walking Club  
1:30 Book Club  
1:30 Chair Yoga Session  
2:00 Rejuvenation Nail Spa  
3:15 Lecture to Learn-Lions  
6:30 "Ray" Starring Jaime Fox

**2**  
10:30 Cardio Drumming  
10:30 Walmart Shopping Trip  
11:00 Travel&Talk- Na Pali Park  
1:15 Gentle Tai Chi  
2:00 Five Letter Roulette  
3:00 Methodist Bible Study  
3:30 Opera Showing-Yanni Live  
6:30 Resident Reminisce Group

**9**  
10:30 Cardio Drumming  
10:30 Target Shopping Trip  
11:00 Travel-Table Mountain  
1:15 Gentle Tai Chi  
2:00 Five Letter Roulette  
3:00 Methodist Bible Study  
3:30 Opera Showing- Paquita  
6:30 Resident Reminisce Group

**16**  
10:30 Cardio Drumming  
10:30 Reflections Scenic Ride  
11:00 Travel&Talk- Machu Picchu  
1:15 Gentle Tai Chi  
2:00 Five Letter Roulette  
3:00 Methodist Bible Study  
3:30 Ballet Showing-Giselle  
6:30 Resident Reminisce Group

**23**  
10:30 Cardio Drumming  
10:30 Dollar Store Trip  
11:00 Travel & Talk-Switzerland  
1:15 Gentle Tai Chi  
2:00 Five Letter Roulette  
3:00 Methodist Bible Study  
3:30 Ballet Showing-Swan Lake  
6:30 Resident Reminisce Group

**30**  
10:30 Cardio Drumming  
10:30 Walmart Shopping Trip  
11:00 Travel&Talk-North Carolina  
1:15 Gentle Tai Chi  
2:00 Five Letter Roulette  
3:00 Methodist Bible Study  
3:30 Ballet Showing-Cinderella  
6:30 Resident Reminisce Group

**3**  
10:30 Low Intensity Cardio  
11:00 Crossword Puzzles  
1:00 Meditation Session  
1:30 Tai Chi for Arthritis  
2:00 Bakers Club  
2:15 Creative Expressions  
3:00 "The Real West" Viewing  
3:30 Documentary-Kenny Rogers  
6:30 Feature Film-"Annie Hall"

**10**  
10:30 Low Intensity Cardio  
11:00 Crossword Puzzles  
1:00 Meditation Session  
1:30 Tai Chi for Arthritis  
2:00 Masterclass Workshop  
3:00 "The Real West" Viewing  
3:30 Documentary-US Open  
6:30 Feature Film- "Tootsie"

**17**  
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  
2:15 Creative Expressions  
3:00 "The Real West" Viewing  
3:30 Documentary-High Society  
6:30 Feature Film-"Amadeaus"

**24** Betty F.  
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 Expressive Art Creations  
3:00 "The Real West" Viewing  
3:30 Documentary-Lighthouses  
6:30 Feature Film-"City Lights"

**31**  
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  
2:15 Creative Expressions  
3:00 "The Real West" Viewing  
3:30 Documentary-Mt. Fuji  
6:30 Feature Film-"The Notebook"

**4** Independence Day  
10:30 Strength & Stability  
10:30 AC Aquarium  
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

**11**  
10:30 Strength & Stability  
10:30 Jakes Branch Park  
11:00 Jeopardy Competition  
1:15 Guided Chair Yoga  
2:30 Happy Hour  
2:45 Wine & Hors D'oeuvres  
3:30 Eternal Gamers-Rummikub  
6:30 Artistry & Ambiance

**18**  
10:30 Strength & Stability  
11:00 Jeopardy Competition  
11:00 Lunch Trip  
1:15 Guided Chair Yoga  
2:30 Happy Hour  
2:45 Wine & Hors D'oeuvres  
3:30 Eternal Gamers-Rummikub  
6:30 Artistry & Ambiance

**25**  
10:30 Strength & Stability  
10:30 Edwin Forsythe Wildlife  
11:00 Jeopardy Competition  
1:15 Guided Chair Yoga  
2:30 Seafood Celebration  
2:45 Wine & Hors D'oeuvres  
3:30 Eternal Gamers-Rummikub  
6:30 Artistry & Ambiance



**5**  
10:30 Cardio Aerobic Exercise  
11:00 Trivial Pursuit  
1:00 Golden Steps Society  
1:00 Ted Talk - Misdirection  
2:00 Five Letter Roulette  
3:15 Shuffleboard Tourney  
4:30 Dinner Guitar Serenade  
7:00 Fireside Trivia

**12** Ralph C.  
10:30 Cardio Aerobic Exercise  
11:00 Trivial Pursuit  
1:00 Golden Steps Society  
1:00 Ted Talks-Vulnerability  
2:00 Five Letter Roulette  
3:15 Shuffleboard Tourney  
4:00 Timeless Melodies  
7:00 Fireside Trivia

**19**  
10:30 Cardio Aerobic Exercise  
11:00 Trivial Pursuit  
1:00 Golden Steps Society  
1:00 Ted Talk-Inspiring Action  
2:00 Five Letter Roulette  
3:15 Shuffleboard Tourney  
4:00 Timeless Melodies  
7:00 Fireside Trivia

**26** Garry A.  
10:30 Cardio Aerobic Exercise  
11:00 Trivial Pursuit  
1:00 Golden Steps Society  
1:00 Ted Talk-Power of Passion  
2:00 Five Letter Roulette  
3:15 Shuffleboard Tourney  
4:00 Timeless Melodies  
7:00 Fireside Trivia

Special Events

7-4 Independence Day  
7-5 Table Side Dinner Serenade  
7-10 New Skill Workshop  
7-12 Guided Yoga Session  
7-17 Karaoke Party  
7-25 Seafood Celebration

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