

# REFLECTIONS - MAY 2025

## Sunday



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday



## Reflections Highlights

Birthdays:

Louise H. 5/18

Sandra K. 5/26

Janet M. 5/27

5/5 Cinco De Mayo

5/11 Mothers Day

5/26 Memorial Day

Every Friday Please  
Join us for our  
Happy Hour!

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

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10:00 Resistance Band Training  
10:00 Short Service & Communion  
11:15 Spring Fling Ladies Tea  
1:00 Beginner Crosswords  
1:15 Guided Yoga  
2:00 Craft Workshop  
2:00 May The Fourth Be With You  
3:00 Scentsy  
4:00 Yoga for Vitality

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Mothers Day

10:00 Resistance Band Training  
10:00 Short Service & Communion  
11:15 Ladies Nail Spa  
1:00 Beginner Crosswords  
1:15 Guided Yoga  
2:00 Craft Workshop  
2:00 Book Club  
3:00 Scentsy  
4:00 Yoga for Vitality  
6:30 Deep Breath Wind Down

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10:00 Resistance Band Training  
10:00 Short Service & Communion  
11:15 Great Poets of America  
1:00 Beginner Crosswords  
1:15 Guided Yoga  
2:00 Craft Workshop  
2:00 Book Club  
3:00 Scentsy  
4:00 Yoga for Vitality  
6:30 Deep Breath Wind Down

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10:00 Resistance Band Training  
10:00 Short Service & Communion  
11:15 Great Poets of America  
1:00 Beginner Crosswords  
1:15 Guided Yoga  
2:00 Craft Workshop  
2:00 Book Club  
3:00 Scentsy  
4:00 Yoga for Vitality  
6:30 Deep Breath Wind Down

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Cinco De Mayo

9:30 Motivational Mondays  
9:45 Tai Chi for Arthritis  
10:30 Brain Teasers  
1:00 Expressive Art Workshop:  
Watercolor on Canvas  
1:30 Workout W/ Reflections  
2:00 History of Cinco De Mayo  
3:00 Domino Connections  
4:00 Poker Group  
6:00 Celebrations Creations

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9:30 Motivational Mondays  
9:45 Tai Chi for Arthritis  
10:30 Brain Teasers  
1:00 Expressive Art Workshop:  
Watercolor on Canvas  
1:30 Workout W/ Reflections  
2:00 Beat Creations  
3:00 Domino Connections  
4:00 Poker Group  
7:00 Sounds Of Soothing

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10:30 Brain Teasers  
1:00 Expressive Art Workshop:  
Watercolor on Canvas  
1:30 Workout W/ Reflections  
2:00 Beat Creations  
3:00 Domino Connections  
4:00 Poker Group  
7:00 Sounds Of Soothing

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9:30 Memorial Day Remembrance  
9:45 Tai Chi for Arthritis  
10:30 Brain Teasers  
1:00 Expressive Art Workshop:  
Watercolor on Canvas  
1:30 Workout W/ Reflections  
2:00 Beat Creations  
3:00 Domino Connections  
4:00 Poker Group  
7:00 Sounds Of Soothing

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9:45 St. Frances Communion  
10:00 World Now Current Events  
10:30 Barre and Balance Class  
11:00 Shuffle Board  
1:00 Brushstrokes  
2:00 Leave a Legacy  
3:00 Deep Breath Stretching  
4:00 Puzzle Games  
6:30 Spiritual Reading

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27

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10:30 Barre and Balance Class  
11:00 Shuffle Board  
1:00 Brushstrokes  
2:00 Leave a Legacy  
3:00 Deep Breath Stretching  
4:00 Puzzle Games  
6:30 Spiritual Reading

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10:00 Cardio Muscle Pump  
10:00 Catholic Mass Service  
10:30 Barnegat Light Trip  
11:00 Dealers Choice Trivia  
1:00 Aromatherapy  
2:00 Abstract Concepts  
3:00 Stretch and Flex  
3:00 Methodist Bible Study  
4:00 Famous Faces  
6:30 String Quartet

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10:00 Cardio Muscle Pump  
10:30 Trip to Bowling Alley  
11:00 Dealers Choice Trivia  
1:00 Aromatherapy  
2:00 Abstract Concepts  
3:00 Stretch and Flex  
3:00 Methodist Bible Study  
4:00 Famous Faces  
6:30 String Quartet

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10:00 Cardio Muscle Pump  
10:30 Joey's Pizza Lunch Trip  
11:00 Dealers Choice Trivia  
1:00 Aromatherapy  
2:00 Abstract Concepts  
3:00 Stretch and Flex  
3:00 Methodist Bible Study  
4:00 Famous Faces  
6:30 String Quartet

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10:00 Cardio Muscle Pump  
10:30 Scenic Bus Tour  
11:00 Dealers Choice Trivia  
1:00 Aromatherapy  
2:00 Abstract Concepts  
3:00 Stretch and Flex  
3:00 Methodist Bible Study  
4:00 Famous Faces  
6:30 String Quartet

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10:00 Cardio Drumming  
10:30 Barre and Balance Class  
11:00 Artists of Past  
2:00 Guided Meditation  
2:00 Expressive Art Creations  
3:00 Riddle Me This  
4:00 Classic Piano  
7:00 Musical Theatre

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10:00 Cardio Drumming  
10:30 Barre and Balance Class  
11:00 Artists of Past  
2:00 Guided Meditation  
2:00 Karaoke with Billy Lee  
3:00 Riddle Me This  
4:00 Classic Piano  
7:00 Musical Theatre

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10:00 Resident Council  
10:00 Cardio Drumming  
10:30 Barre and Balance Class  
11:00 Artists of Past  
2:00 Guided Meditation  
2:00 Expressive Art Creations  
3:00 Riddle Me This  
4:00 Classic Piano  
7:00 Musical Theatre

22

10:00 Cardio Drumming  
10:30 Barre and Balance Class  
11:00 Artists of Past  
2:00 Guided Meditation  
2:00 Karaoke with Billy Lee  
3:00 Riddle Me This  
4:00 Classic Piano  
7:00 Musical Theatre

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10:00 Cardio Drumming  
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11:00 Artists of Past  
2:00 Guided Meditation  
2:00 Expressive Art Creations  
2:15 Karaoke with Billy Lee  
3:00 Riddle Me This  
4:00 Classic Piano  
7:00 Musical Theatre

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9:45 Tai Chi for Arthritis  
10:00 Reflections Scenic Trip  
11:00 Cornhole Tournament  
1:00 Table Games  
2:30 Performer-Doug Jennings  
2:45 Wine & Hors D'oeuvres  
3:00 Jump and Jive  
4:00 Flashback Friday's  
6:30 Finish the Phrase

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9:45 Tai Chi for Arthritis  
10:00 Reflections Scenic Trip  
10:30 Walmart Shopping Trip  
11:00 Cornhole Tournament  
1:00 Table Games  
2:30 Performer-Brian Johnson  
2:45 Wine & Hors D'oeuvres  
3:00 Jump and Jive  
4:00 Flashback Friday's  
6:30 Finish the Phrase

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9:45 Tai Chi for Arthritis  
10:00 Reflections Scenic Trip  
11:00 Cornhole Tournament  
1:00 Table Games  
2:30 Performer-DJ Mike  
2:45 Wine & Hors D'oeuvres  
3:00 Jump and Jive  
4:00 Flashback Friday's  
6:30 Finish the Phrase

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9:45 Tai Chi for Arthritis  
10:00 Reflections Scenic Trip  
10:30 Ride to LBI  
11:00 Cornhole Tournament  
1:00 Table Games  
2:30 Performer-Mike Corliss  
2:45 Wine & Hors D'oeuvres  
3:00 Jump and Jive  
4:00 Flashback Friday's  
6:30 Finish the Phrase

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2:30 Performer-Billy Lee  
2:45 Wine & Hors D'oeuvres  
3:00 Jump and Jive  
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10:00 Calisthenics Breathing  
10:15 Instructor Led Cahir Yoga  
11:00 Faith Circle  
11:30 Pet Therapy - Boo  
1:00 Artist's Choice  
2:00 Music Therapy  
2:00 Refreshment Variety Hour  
3:00 Historic Figures  
4:00 Author Discussions: Plot Twists

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10:00 Calisthenics Breathing  
10:30 Cardio Aerobic Exercise  
11:00 Faith Circle  
1:00 Artist's Choice  
2:00 Music Therapy  
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