REFLECTIONS - MAY 2025

THE RESIDENCE at Voorhees

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 **10:00** Beginner Aerobics w/ Asia **10:30** Musical Trivia Challenge **11:00** Inquiring Minds with Mike **11:30** Art Expression-Watercolor **1:30** Tai Chi for Arthritis **2:00** Hand Rejuvenation **2:30** Shanley Horowitz-Opera **3:00** Cocktail Hour **4:00** Open Art Studio **6:00** Virtual Museum Tour	**2** **10:00** Yoga for Vitality **10:30** Barre and Balance Class **11:30** Tea Connoisseurs with Tia **1:30** Greeting Card Workshop **2:00** BAYADA Fitness Class **2:30** Wine & Cheese Social **3:00** Music Listening Hour **3:30** Dog Visit with Lil Bit **4:00** Serenity Nail Spa **6:00** Meditative Breath	**3** **10:00** Balance & Flex **10:30** Positive News & Views **11:00** Seeking Wisdom & Advice **1:00** Board Game Club **2:00** Cardio Aerobics **2:30** Studio Arts - Acrylics **3:30** Trivia Challenge **4:00** Photographic Memories **6:00** Bible Studies **6:30** Aromatherapy Session
4 **10:00** Strength & Conditioning **10:30** Catholic Mass Service **11:30** Inspirational Message **1:30** Great Courses: The Louvre **2:00** Volleyball Tournament **2:30** Upper Body Conditioning **3:00** Word Game Challenge **3:30** Mosaic Art Workshop **4:30** History Hour America **6:00** Mindful Meditations	**5** Cinco de Mayo **10:00** Weightlifting For Density **10:30** Tea Connoisseurs with Tia **11:00** Expressive Composition **11:30** Puzzle Club **1:30** Tai Chi for Arthritis **2:00** Intro to Scrapbooking **3:00** "Krafting" with Kendra **4:00** Floral Design Workshop **6:00** Sound Bowl Meditation **6:30** Rhythmic Drumming	**6** **10:00** Bone Builders **10:30** St. Andrews Catholic Mass **11:00** Open Art Studio w/ Ella **11:30** Mindful Movement **1:30** Seasonal Community Stroll **2:00** Horticulture Series **3:00** Spa Session - Rejuvenate **4:00** Zumba Dance Class **6:00** Musical Moments **7:00** Rosary Prayer	**7** **10:00** Guided Meditation **10:30** Live Vocal Entertainment **11:30** Cooking With Kristine **1:30** Drawing Session **2:15** Craft for a Cause **3:15** FIT Walking Group **4:00** Harmony Arts w/ Herrietta **4:30** Musical Moments **6:30** Gratitude Journaling **6:30** Tai Chi For Arthritis	**8** **10:00** Beginner Aerobics w/ Asia **10:30** Musical Trivia Challenge **11:00** Inquiring Minds with Mike **11:30** Art Expression-Watercolor **1:30** Tai Chi for Arthritis **2:00** Hand Rejuvenation **2:30** DJ Chuck Sikora Performs **3:00** Cocktail Hour **4:00** Open Art Studio **6:00** Virtual Museum Tour	**9** **10:00** Yoga for Vitality **10:30** Barre and Balance Class **11:30** Tea Connoisseurs with Tia **1:30** Greeting Card Workshop **2:00** BAYADA Fitness Class **2:30** Wine & Cheese Social **3:00** Music Listening Hour **3:30** Dog Visit with Lil Bit **4:00** Serenity Nail Spa **6:00** Meditative Breath	**10** **10:00** Balance & Flex **10:30** Positive News & Views **11:00** Seeking Wisdom & Advice **1:00** Board Game Club **2:00** Cardio Aerobics **2:30** Studio Arts - Acrylics **3:30** Trivia Challenge **4:00** Photographic Memories **6:00** Bible Studies **6:30** Aromatherapy Session
11 Mother's Day **10:00** Strength & Conditioning **10:30** Catholic Mass Service **11:00** Spring Fling Garden Party **1:30** Great Courses: The Louvre **2:00** Volleyball Tournament **2:30** Upper Body Conditioning **3:00** Word Game Challenge **3:30** Mosaic Art Workshop **4:30** History Hour America **6:00** Mindful Meditations	**12** Happy Birthday Cheryl! **10:00** Weightlifting For Density **10:30** Tea Connoisseurs with Tia **11:00** Expressive Composition **11:30** Puzzle Club **1:30** Tai Chi for Arthritis **2:00** Intro to Scrapbooking **3:00** "Krafting" with Kendra **4:00** Floral Design Workshop **6:00** Sound Bowl Meditation **6:30** Rhythmic Drumming	**13** **10:00** Bone Builders **10:30** St. Andrews Catholic Mass **11:00** Open Art Studio w/ Ella **11:30** Mindful Movement **1:30** Seasonal Community Stroll **2:00** Zumba Dance Class **3:00** Spa Session - Rejuvenate **4:00** Beginner Photography **6:00** Musical Moments **7:00** Rosary Prayer	**14** **10:00** Guided Meditation **10:30** Memorial Park Outing **11:30** Cooking With Kristine **1:30** Drawing Session **2:15** Craft for a Cause **3:15** FIT Walking Group **4:00** Harmony Arts w/ Herrietta **4:30** Musical Moments **6:00** Gratitude Journal w/ Inez **6:30** Tai Chi For Arthritis	**15** **10:00** Beginner Aerobics w/ Asia **10:30** Musical Trivia Challenge **11:00** Inquiring Minds with Mike **11:30** Art Expression-Watercolor **1:30** Tai Chi for Arthritis **2:00** Hand Rejuvenation **2:30** Jay Daniels on Piano **3:00** Cocktail Hour **4:00** Open Art Studio **6:00** Virtual Museum Tour	**16** **10:00** Yoga for Vitality **10:30** Barre and Balance Class **11:30** Tea Connoisseurs with Tia **1:30** Greeting Card Workshop **2:00** BAYADA Fitness Class **2:30** Wine & Cheese Social **3:00** Music Listening Hour **3:30** Dog Visit with Lil Bit **4:00** Serenity Nail Spa **6:00** Meditative Breath	**17** Happy Birthday Vera! **10:00** Balance & Flex **10:30** Positive News & Views **11:00** Seeking Wisdom & Advice **1:00** Board Game Club **2:00** Cardio Aerobics **2:30** Studio Arts - Acrylics **3:30** Trivia Challenge **4:00** Photographic Memories **6:00** Bible Studies **6:30** Aromatherapy Session
18 Happy Birthday Gladys! **10:00** Strength & Conditioning **10:30** Catholic Mass Service **11:30** Inspirational Message **1:30** Great Courses: The Louvre **2:00** Volleyball Tournament **2:30** Upper Body Conditioning **3:00** Word Game Challenge **3:30** Mosaic Art Workshop **4:30** History Hour America **6:00** Mindful Meditations	**19** **10:00** Weightlifting For Density **10:30** Tea Connoisseurs with Tia **11:00** Expressive Composition **11:30** Puzzle Club **1:30** Tai Chi for Arthritis **2:00** Intro to Scrapbooking **3:00** "Krafting" with Kendra **4:00** Floral Design Workshop **6:00** Sound Bowl Meditation **6:30** Rhythmic Drumming	**20** Happy Birthday Joan! **10:00** Bone Builders **10:30** St. Andrews Catholic Mass **11:00** Open Art Studio w/ Ella **11:30** Mindful Movement **1:30** Seasonal Community Stroll **2:00** Zumba Dance Class **3:00** Spa Session - Rejuvenate **4:00** Beginner Photography **6:00** Musical Moments **7:00** Rosary Prayer	**21** **10:00** Guided Meditation **10:30** Live Vocal Entertainment **1:30** Drawing Session **2:15** Craft for a Cause **3:00** Resident Council Meeting **3:15** FIT Walking Group **4:00** Harmony Arts w/ Herrietta **4:30** Musical Moments **6:30** Gratitude Journaling **6:30** Tai Chi For Arthritis	**22** **10:00** Beginner Aerobics w/ Asia **10:30** Musical Trivia Challenge **11:00** Inquiring Minds with Mike **11:30** Art Expression-Watercolor **1:30** Tai Chi for Arthritis **2:00** Hand Rejuvenation **2:30** Steve Fertel on Piano **3:00** Cocktail Hour **4:00** Open Art Studio **6:00** Virtual Museum Tour	**23** **10:00** Yoga for Vitality **10:30** Barre and Balance Class **11:30** Tea Connoisseurs with Tia **1:30** Greeting Card Workshop **2:00** BAYADA Fitness Class **2:30** Wine & Cheese Social **3:00** Music Listening Hour **3:30** Dog Visit with Lil Bit **4:00** Serenity Nail Spa **6:00** Meditative Breath	**24** **10:00** Balance & Flex **10:30** Positive News & Views **11:00** Seeking Wisdom & Advice **1:00** Board Game Club **2:00** Cardio Aerobics **2:30** Studio Arts - Acrylics **3:30** Trivia Challenge **4:00** Photographic Memories **6:00** Bible Studies **6:30** Aromatherapy Session
25 **10:00** Strength & Conditioning **10:30** Catholic Mass Service **11:30** Inspirational Message **1:30** Great Courses: The Louvre **2:00** Volleyball Tournament **2:30** Upper Body Conditioning **3:00** Word Game Challenge **3:30** Mosaic Art Workshop **4:30** History Hour America **6:00** Mindful Meditations	**26** Memorial Day **10:00** Weightlifting For Density **10:30** Tea Connoisseurs with Tia **11:00** Memorial Day Family BBQ **11:30** Puzzle Club **1:30** Tai Chi for Arthritis **2:00** Intro to Scrapbooking **3:00** "Krafting" with Kendra **4:00** Floral Design Workshop **6:00** Sound Bowl Meditation **6:30** Rhythmic Drumming	**27** **10:00** Bone Builders **10:30** St. Andrews Catholic Mass **11:00** Open Art Studio w/ Ella **11:30** Mindful Movement **1:30** Seasonal Community Stroll **2:00** Zumba Dance Class **3:00** Spa Session - Rejuvenate **4:00** Beginner Photography **6:00** Musical Moments **7:00** Rosary Prayer	**28** Happy Birthday Rose! **10:00** Guided Meditation **10:30** Memorial Park Outing **11:30** Cooking With Kristine **1:30** Drawing Session **2:15** Craft for a Cause **3:15** FIT Walking Group **4:00** Harmony Arts w/ Herrietta **4:30** Musical Moments **6:00** Gratitude Journal w/ Inez **6:30** Tai Chi For Arthritis	**29** **10:00** Beginner Aerobics w/ Asia **10:30** Musical Trivia Challenge **11:00** Inquiring Minds with Mike **11:30** Art Expression-Watercolor **1:30** Tai Chi for Arthritis **2:00** Hand Rejuvenation **2:30** Beth Tinnon-Vocalist **3:00** Cocktail Hour **4:00** Open Art Studio **6:00** Virtual Museum Tour	**30** **10:00** Yoga for Vitality **10:30** Barre and Balance Class **11:30** Tea Connoisseurs with Tia **1:30** Greeting Card Workshop **2:00** Fitness Dance Class **2:30** Wine & Cheese Social **3:00** Music Listening Hour **3:30** Dog Visit with Lil Bit **4:00** Serenity Nail Spa **6:00** Meditative Breath	**31** **10:00** Balance & Flex **10:30** Positive News & Views **11:00** Seeking Wisdom & Advice **1:00** Board Game Club **2:00** Cardio Aerobics **2:30** Studio Arts - Acrylics **3:30** Trivia Challenge **4:00** Photographic Memories **6:00** Bible Studies **6:30** Aromatherapy Session

May Reflections

"If evolution really works, how come mothers only have two hands?"
- Milton Berle

"True heroism is remarkably sober. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost."
- Athur Ashe

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

Events are subject to change.