

Community Celebration



Mothers are special to us and they come in all different forms. We love to celebrate our mothers and mother figures by inviting all the women in our community to a decadent mimosa bar with sweet treats. Our residents are invited to join us on Sunday May 11 at 11:00. If you would like a family member to join you, please let the engagement department know so that we can properly prepare to celebrate!

Memorial Day Ceremony

Our Veterans are sacred to us and all of those who made the ultimate sacrifice for our freedom. We will be hosting our Annual Memorial Service on Monday May 26th at 10:30. All are welcome to join us as we serve light refreshment and celebrate this patriotic event. Family are welcome to join in the ceremony as well.



Associate of the Month



Christine Ward is an exceptional overnight caregiver whose dedication truly shines. She goes above and beyond—not just for the residents in her care, but for the entire team. Whether staying late to support a colleague or offering comfort to a resident, her commitment never wavers. Christine brings warmth, compassion, and a strong sense of responsibility to every shift.

THE RESIDENCE at Great Woods

From Our Executive Director

Join Us for the Townwide Yard Sale: Saturday, May 10th!

We're excited to be participating in the townwide yard sale on Saturday, May 10th from 9:00 AM to 2:00 PM, and we'd love for you to join us! We'll be setting up in our parking lot and inviting residents, associates, and family members to take part in this fun community event.

For a \$10 donation to the Alzheimer's Association, you can reserve your own space in the lot. Just bring your own table and any items you'd like to sell — and the best part is, you keep all your proceeds! It's a great opportunity to clean out those closets, enjoy a beautiful day with neighbors, and support an important cause. We're hoping for a big turnout and a lot of yard sale treasures. Don't miss out — we'd love to see you there!

Sign up today and reserve your space by stopping by the front desk.
Thank you!

Signature Series

Friday May 9th at 2:00 A master gardener will show us how to artfully cultivate a therapeutic garden that will be sure to promote wellness and enhance your life. Therapy Gardens is a special partnership who we are very excited to host this whimsical event.

Friday May 23rd at 11:00 Come join us for a fancy little picnic with tea, tasty bites, and plenty of charm, if the weather plays nice! We will have lawn games to enjoy and get into the competitive spirit as well.



Good Times. Good Friends. *Great Care!*

THE RESIDENCE AT GREAT WOODS *Associates*

Tiffany Michalski
Executive Director

Joseph Barreiro
Restaurant Operations Director

Phillip Carraturo
*Maintenance and Housekeeping
Director*

Christopher Edwards
Resident Care Director

Carol Hickey
Reflections Director

Amber Murray
Resident Engagement Director

Nicole Seale
Business Office Director



SundayMondayTuesdayWednesdayThursdayFridaySaturday

Reminders

Our hair dresser
Patricia visits our
community on
Fridays!
Make your account
online and enjoy her
services today.

Medical
Appointment
transportation
is available on
Tuesdays.

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



4
9:45 Church Trip: Saint Mary’s
10:00 Virtual Mass
10:00 Barre and Zumba
11:15 Art Workshop-Water Colors
1:30 Current Events Round Table
2:00 Sunday Matinee
2:15 Bingo
3:30 Cardio Drumming

5
10:00 React Neuro
10:00 Full Body Theraband
11:00 Basket Weaving 101
11:00 Catholic Mass
11:30 Shield Check In
1:30 Barre and Balance
3:00 Cinco de Mayo Celebration
4:00 Tai Chi for Arthritis
6:00 Intro to Crochet

6
Happy Birthday Liz!
10:00 Total Body Fitness
11:00 Knowledge Quest
11:30 Intro to Tabata Fitness
1:30 Cooking Creations
3:00 Mocktail Mingle
4:00 Mindful Movement
6:00 Resident Run Game Club

7
10:00 Yoga for Vitality
11:00 Lecture to Learn: USO
Tribute
11:30 Calendar Planning
Committee
1:45 Dye Workshop: Ice Silk
Scarves
3:00 Balance and Flex
3:30 Cheers and Intro to Greece
6:15 Quarter Bingo

8
9:30 Norton Library Trip: Nice
Program
10:15 Advanced Strength and
Toning
11:30 Coffee and Philosophy
11:30 Day Trip: Frugal Fannies
and Chateau
1:30 Thursday Trivia Challenge
1:30 Core Conditioning
4:00 Cocktails and Art

9
10:00 Barre and Balance
11:00 Spa and Wellness Day
11:30 Tai Chi for Arthritis
1:30 Bone Builder Weights
1:30 Choir Practice
2:00 Signature Series: Therapy
Garden
3:15 Great Woods Pub
6:30 Classic Film Series

10
Happy Birthday Cathy!
10:00 Current Events Discussion
10:45 Circuit Training
11:15 Leaf Imprint Jewelry Dish
1:30 Men’s Club
2:15 Barre and Balance
3:00 Cocktail Hour
3:30 Cribbage Challenge
4:15 Guided Imagery Session
6:15 British Classic Television

11
10:00 Virtual Mass
10:00 Barre and Line Dancing
10:30 Communion Service
11:00 Mother’s Day Mimosa Bar
1:30 Current Events Round Table
2:00 Sunday Matinee
2:15 Bingo
3:30 Yoga for Vitality

12
10:00 Stretch and Strengthen
10:45 Scenic Trip: Arnold
Arboretum
11:00 Yoga for Arthritis
11:30 Wii Bowling Challenge
1:30 Barre and Balance
2:00 Vocalist: Steven King
3:30 Rosary Group
4:00 Tai Chi for Arthritis

13
10:00 Total Body Fitness
11:00 Jeopardy Challenge
1:30 Cooking Creations
3:00 Intro to Greek History
4:00 Passport to Greece
4:30 Resistance Band Class
6:00 Resident Run Game Club

14
Happy Birthday Bob!
10:00 Yoga for Vitality
11:00 Court Case Discussion
11:15 Lecture to Learn: Shield
Program
1:30 Pharmacy Trip: CVS
1:45 Nature Printing Class
3:00 Balance and Flex
3:30 Cheers and Intro to Greece
6:00 Bingo

15
9:30 Norton Library Trip: Nice
Program
10:15 Intro to Somatic Movement
11:00 Artisanal Baking
1:30 Thursday Trivia Challenge
1:30 Core Conditioning
2:15 Card Club: Black Jack 21
4:00 Cocktails and Art
6:00 Guided Meditation & Yoga

16
10:00 Barre and Balance
11:00 Garden Club
11:30 Tai Chi for Arthritis
1:30 Bone Builder Weights
1:30 Choir Practice
2:15 Bingo
3:15 Great Woods Pub
6:30 Classic Film Series

17
10:00 Saint Vincent de Paul
Visit
10:45 Circuit Training
11:15 Recycled Book Art
1:30 Men’s Club
2:15 Barre and Balance
3:00 Cocktail Hour
3:00 Guitarist: George
Figueredo
4:15 Guided Imagery Session

18
10:00 Virtual Mass
10:00 Barre and Zumba
10:30 Communion Service
11:15 Art Workshop-Water Colors
1:30 Current Events Round Table
2:00 Sunday Matinee
2:15 Bingo
3:30 Cardio Drumming

19
10:00 React Neuro
10:00 Full Body Theraband
10:45 Sip & Savor
11:30 Shield Check In
1:30 Barre and Balance
2:00 Pianist: Krisanthi Pappas
3:30 Rosary Group
4:00 Tai Chi for Arthritis
5:00 Dinner Trip: PF Changs

20
10:00 Total Body Fitness
11:00 Knowledge Quest
11:30 Intro to Tabata Fitness
1:30 Cooking Creations
3:00 Mocktail Mingle
4:00 Mindful Movement
6:00 Resident Run Game Club

21
10:00 Yoga for Vitality
11:00 Lecture to Learn: Mayan
Ruins
11:30 Lecture to Learn:
Hydration with Care
Tenders
1:30 Shopping: Savers
1:45 Beaded Sun Catcher Lesson
3:00 Balance and Flex
3:30 Cheers and Intro to Greece

22
9:30 Norton Library Trip: Nice
Program
10:15 Advanced Strength and
Toning
11:30 Coffee and Philosophy
11:30 Cultural Trip: Daniel
Webster Estate
1:30 Thursday Trivia Challenge
1:30 Core Conditioning
2:30 Texas Hold ‘Em

23
10:00 Barre and Balance
11:00 Signature Series: Garden
Party
11:30 Tai Chi for Arthritis
1:30 Bone Builder Weights
1:30 Choir Practice
2:15 Bingo
3:15 Great Woods Pub
6:30 Classic Film Series

24
10:00 Kindness Club
10:45 Circuit Training
11:15 Nature Coaster Workshop
1:30 Men’s Club
2:15 Barre and Balance
3:00 Cocktail Hour
4:00 Trivia Showdown
6:15 British Classic Television

25
10:00 Virtual Mass
10:00 Barre and Line Dancing
10:30 Communion Service
11:00 Art Workshop-Acrylics
1:30 Current Events Round Table
2:00 Sunday Matinee
2:15 Bingo
3:30 Yoga for Vitality

26
Happy Birthday Irving!
10:00 Stretch and Strengthen
10:45 Memorial Day Service
11:30 Wii Bowling Challenge
1:30 Barre and Balance
2:30 Embroidery Part 2
3:30 Rosary Group
4:00 Tai Chi for Arthritis

27
10:00 Total Body Fitness
11:00 Jeopardy Challenge
1:30 Cooking Creations
3:00 Intro to Haiku Workshop
4:00 Passport to Greece
4:30 Resistance Band Class
6:00 Resident Run Game Club

28
10:00 Yoga for Vitality
11:00 Shopping: Market Basket
11:30 Court Case Discussion
2:00 Resident Council
3:00 Balance and Flex
3:30 Cheers and Intro to Greece
6:00 Bingo

29
9:30 Norton Library Trip: Nice
Program
10:15 Advanced Strength and
Toning
11:00 Artisanal Baking
11:30 Blood Pressure Clinic
1:30 Thursday Trivia Challenge
1:30 Core Conditioning
2:00 Button Art Creations
4:00 Cocktails and Art

30
Happy Birthday Ken!
10:00 Barre and Balance
11:00 Garden Club
11:00 Book Store Trip and Home
Plate Lunch
11:30 Tai Chi for Arthritis
1:30 Bone Builder Weights
1:30 Choir Practice
2:00 Duo Vocalists
3:15 Great Woods Pub

31
10:00 Current Events Discussion
10:45 Circuit Training
11:15 Crossword Challenge
1:30 Men’s Club
2:15 Barre and Balance
3:00 Cocktail Hour
3:30 Cribbage Challenge
4:15 Guided Imagery Session
6:15 British Classic Television