

Veteran Appreciation Lunch



We have so many wonderful residents who are veterans living among us. We invite our residents to a luncheon in our Country Kitchen on Wednesday July 2nd at 12:00 PM. We invite our residents to dress for the occasion as we will use this opportunity to take new photos for a refresh to update our Veteran Wall. We kindly ask that you RSVP to Amber by Monday June 30th to reserve your spot.

International Series

Our next stop in our International Series is a visit to the United Arab Emirates by request from residents within our community. Our Engagement Team is quite excited for this stop as we had an opportunity to learn about this unique culture and we can't wait to share what we have learned with our community. Join us for our Cocktails and Artists and Passport series to learn more!



Tiff's Tour de Europe

Join us for a special armchair travel presentation as our Executive Director, Tiffany Michalski, takes us on a journey through Europe! After spending 10 unforgettable days exploring historic cities, breathtaking landscapes, and iconic landmarks, Tiffany is excited to share her experience with us. Through beautiful photographs and personal stories, she'll walk us through the sights and culture of her European adventure. From charming streets to stunning architecture, this is a wonderful opportunity to explore the world without leaving your seat. Don't miss this engaging presentation on Monday, July 28th at 2:00 PM in the Theater.

THE RESIDENCE at Great Woods

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

Kyler Ouellet
Sales and Marketing Director

Nicole Seale
Business Office Director



July at Great Woods: Summer Fun!

Summer is in full swing at The Residence at Great Woods, and we're soaking it all in with refreshing socials, ice cream trips, and creating bountiful gardens. As we enjoy the sunshine, don't forget to stay hydrated and take breaks to beat the heat!

We're also rallying together for a cause close to our hearts—our fundraiser for the Walk to End Alzheimer's! Stop by the front desk to purchase raffle tickets for a chance to win an amazing prize package: two Red Sox tickets for the August 5th game, a \$50 Visa gift card for parking and souvenirs, and a \$50 gift card to The Bleacher Bar. All proceeds go toward supporting the fight to end Alzheimer's.

Mark your calendars and join our team for the walk on October 19th! Let's walk together, make memories, and support a meaningful mission.

Signature Series

Thursday July 10 at 2:00 PM

Join us for a photography seminar with local photographer Kristopher Ventresco of Starlight Photography. Kris will share tips and techniques for capturing the beauty of nature through your lens. From lighting and composition to finding the perfect shot outdoors, this informative session is perfect for beginners and enthusiasts alike.

Wednesday July 23 at 11:30 AM

Our annual Seafood Celebration is here and we are as excited as ever for another fantastic event! Restaurant Operations Chef Joseph Barreiro is ready to wow you with his culinary skills and his latest creations!

Sunday



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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

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10:00 Barre and Line Dancing
10:30 Communion Service
11:00 Art Workshop-Acrylics
1:30 Passport to the UAE
2:00 Sunday Matinee
2:15 Bingo
3:30 Tai Chi for Arthritis

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10:00 Stretch and Strengthen
10:45 Sip & Savor
11:30 Wii Bowling Challenge
2:00 Barre and Balance
2:00 Movie Matinee: Musical
3:00 Guest Speaker: Dana Zaiser Travelogue
4:00 Actor’s Guild
6:00 Bocce Tournament

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10:00 Total Body Fitness
11:00 Jeopardy Challenge
11:30 Intro to Tabata
1:30 Horticulture Club
2:00 Movie Matinee: Stand up Comedy
3:00 Cocktails and Art: Maisoon Al Salah
4:30 Resistance Band Class
6:00 Resident Run Game Club

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10:00 Yoga for Vitality
10:30 Errands Day
11:00 Court Case Discussion
1:30 Tie Dye Workshop
2:00 Movie Matinee: Documentary
2:30 Trail Trip: Bike Path
3:00 Tai Chi for Arthritis
3:30 Happy Hour
6:00 Bingo

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10:15 Intro: Somatic Breathing
11:00 Colt State Park Visit
1:30 Patriotic Baking Part 2
2:00 Movie Matinee: International
3:00 Core Conditioning
3:45 Sip and Savor
6:00 Lawn Games: Volley Ball

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10:00 Barre and Balance
11:00 Garden Club
11:15 Council on Aging: Bridge Club
1:30 Bone Builder Weights
2:00 Movie Matinee: Classics
2:15 Bingo
3:00 Choir Practice
3:15 Great Woods Pub
6:30 Classic Film Series

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10:00 Kindness Club
10:45 Wii Bowling
11:15 NY Times Wordle
1:30 Men’s Club
2:00 Movie Matinee: Rom Com
2:15 Barre and Balance
3:00 Cocktail Hour
4:00 Trivia Showdown
6:15 British Classic Television

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Happy Birthday Ruth
10:00 Barre and Zumba
10:00 Trip: Saint Mary’s
10:30 Communion Service
11:15 Art Workshop-Water Colors
1:30 Passport to the UAE
2:00 Sunday Matinee
2:15 Bingo
3:30 Tai Chi for Arthritis

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10:00 React Neuro
10:00 Full Body Theraband
10:45 Sip & Savor
11:30 Shield Check In
2:00 Barre and Balance
2:00 Movie Matinee: Musical
3:30 Rosary Group
4:00 Actor’s Guild
6:00 Showcase Cinema Trip: Super Man

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10:00 Total Body Fitness
11:00 Guitarist: Mike Dardis
11:30 Pilates
1:30 Horticulture Club
2:00 Movie Matinee: Stand up Comedy
3:00 Cocktails and Art: Najat Makki
4:00 Mindful Movement
6:00 Resident Run Game Club

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10:00 Yoga for Vitality
11:00 NY Times Challenge
1:30 Message in a Bottle Workshop
2:00 Movie Matinee: Documentary
2:00 Ice Cream Trip: Bubbling Brook
3:00 Tai Chi for Arthritis
3:30 Happy Hour
6:15 Quarter Bingo

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10:15 Intro: Somatic Breathing
11:00 Fall Planning Committee
1:30 Baking Club: 7 Layer Bars
2:00 Movie Matinee: International
3:00 Core Conditioning
3:45 Sip and Savor
6:00 Lawn Games: Corn Hole

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10:00 Library Committee
10:00 Barre and Balance
11:00 Garden Club
1:30 Bone Builder Weights
2:00 Movie Matinee: Classics
2:15 Bingo
3:00 Choir Practice
3:15 Great Woods Pub
6:30 Classic Film Series

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Happy Birthday Lin
10:00 St. Vincent de Paul Volunteer Visit
10:45 Wii Bowling
11:15 NY Times Wordle
1:30 Men’s Club
2:00 Movie Matinee: Rom Com
2:15 Barre and Balance
3:00 Cocktail Hour
4:00 Evening Mass Trip

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10:00 Barre and Line Dancing
10:30 Communion Service
11:00 Art Workshop-Acrylics
1:30 Passport to the UAE
2:00 Sunday Matinee
2:15 Bingo
3:30 Tai Chi for Arthritis

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10:00 Stretch and Strengthen
10:45 Sip & Savor
11:30 Wii Bowling Challenge
2:00 Barre and Balance
2:00 Movie Matinee: Musical
3:30 Vocalist: Bombshell Betty
4:00 Actor’s Guild
6:00 Intro to Crochet

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10:00 Total Body Fitness
11:00 Jeopardy Challenge
11:30 Intro to Tabata
1:30 Horticulture Club
2:00 Movie Matinee: Stand up Comedy
3:00 Cocktails and Art: Abdul Qader
4:30 Resistance Band Class
6:00 Resident Run Game Club

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10:00 Yoga for Vitality
11:00 Court Case Discussion
11:30 Signature Series: Seafood Fest
2:00 Movie Matinee: Documentary
2:30 Shopping Trip: Market Basket
3:00 Tai Chi for Arthritis
3:30 Happy Hour
6:00 Bingo

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10:15 Advanced Strength and Toning
11:00 Baking Club: Strawberry Shortcake
11:30 Philosophy Discussion Group
2:30 Resident Council
3:00 Core Conditioning
3:45 Sip and Savor
6:00 Walking Club Outing

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10:00 Barre and Balance
11:00 Garden Club
11:15 Council on Aging: Bridge Club
1:30 Bone Builder Weights
2:00 Movie Matinee: Classics
2:15 Bingo
3:00 Choir Practice
3:15 Great Woods Pub
6:30 Classic Film Series

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

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Happy Birthday Bob P
10:00 Barre and Zumba
10:00 Trip: Saint Mary’s
10:30 Communion Service
11:15 Art Workshop-Water Colors
1:30 Passport to the UAE
2:00 Sunday Matinee
2:15 Bingo
3:30 Tai Chi for Arthritis

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10:00 React Neuro
10:00 Full Body Theraband
10:45 Sip & Savor
11:30 Shield Check In
2:00 Movie Matinee: Musical
2:00 Tiff’s Tour de Europe
3:30 Barre and Balance
4:00 Book Club
6:00 Dinner Trip: Olive Garden

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Happy Birthday Frank
10:00 Total Body Fitness
11:00 Knowledge Quest
11:30 Pilates
1:30 Horticulture Club
2:00 Movie Matinee: Stand up Comedy
3:00 Cocktails and Art
4:00 Mindful Movement
6:00 Resident Run Game Club

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10:00 Yoga for Vitality
11:00 NY Times Challenge
1:30 Beach in a Jar Workshop
2:00 Movie Matinee: Documentary
2:00 Ice Cream Trip: Crescent Ridge
3:00 Tai Chi for Arthritis
3:30 Happy Hour
6:15 Quarter Bingo

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10:15 Intro: Somatic Breathing
11:00 Artisanal Baking
11:15 Cape Code Canal Cruise
1:30 Baking Club: Brownies
2:00 Movie Matinee: International
3:00 Core Conditioning
3:45 Sip and Savor
6:00 Guided Meditation & Yoga

