

REFLECTIONS - JUNE 2025

Sunday

1

10:15 Yoga Chair Exercise Class
11:00 Word Extraction
11:00 Virtual Catholic Mass
1:00 **Music and Movement-Lance**
2:00 Court Case Discussion
2:15 Red Sox Ice Cream social
3:00 Knowledge Bout Challenge
3:30 Sensory Sensations
6:30 Musical Memories

8

10:15 Chair Yoga
11:00 Virtual Catholic Mass
11:00 Karoke
1:30 Neighborhood Walk
2:00 Court Case Discussion
2:15 Red Sox Ice Cream Social
3:00 Knowledge Bout Challenge
3:30 Sensory Sensations
6:30 Musical Memories

15

Father's Day

10:15 Walk for Fitness
11:00 Word Extraction
11:00 Virtual Catholic Mass
1:30 Cardio Circuits
2:00 Court Case Discussion
2:15 Red Sox Ice Cream Social
3:00 Knowledge Bout Challenge
3:30 Sensory Sensations
6:30 Musical Memories

22

10:15 Barre & Balance Class
11:00 Walk for Fitness
11:00 Virtual Catholic Mass
1:30 Cardio Circuits
2:00 Court Case Discussion
2:15 Red Sox Ice Cream Social
2:30 **Music and Movement -Lance**
3:30 Sensory Sensations
4:30 Word Extraction
6:30 Musical Memories

29

10:15 Walk For Fitness
10:15 Word Extraction
11:00 Virtual Catholic Mass
11:00 Chair Yoga
1:00 Court Case Discussion
2:15 Red Sox Ice Cream Social
3:00 Knowledge Bout Challenge
3:30 Sensory Sensations
6:30 Musical Memories

Monday

2

Dancing Day!

10:00 Cardio Drumming Class
10:00 World News Report
10:30 Classification Challenge
10:30 **Scenic Excursion**
1:30 Flower Arrangements
2:00 Art Skills-Color Therapy
3:00 **Steps in Time Dancing-Pub**
4:00 Pub Social
6:30 Movie: Biography-Sinatra

9

10:00 Cardio Drumming Class
10:00 World News Report
10:30 Classification Challenge
10:30 **Scenic Excursion**
1:30 Flower Arrangements
2:00 Art Skills-Color Therapy
3:30 **One Man Band**
4:30 Pub Social
6:30 Mindful Writing Group

16

10:00 Cardio Drumming Class
10:00 World News Report
10:30 Classification Challenge
10:30 **Scenic Excursion**
1:30 Flower Arrangements
2:00 Art Skills-Color Therapy
3:00 Tai Chi for Arthritis
4:00 Trivia at the Pub
6:30 Mindful Writing Group

23

10:00 Cardio Drumming Class
10:00 World News Report
10:30 Classification Challenge
10:30 **Scenic Excursion**
1:30 Flower Arrangements
2:00 Art Skills-Color Therapy
3:00 Tai Chi for Arthritis
4:00 Trivia at the Pub
6:30 History Discussion

30

10:00 Cardio Drumming Class
10:00 World News Report
10:30 Classification Challenge
10:30 **Scenic Excursion**
1:30 Flower Arrangements
2:00 Art Skills-Color Therapy
3:00 Tai Chi for Arthritis
4:00 Pub Social
6:30 Mindful Discussion

Tuesday

3

10:00 Resistance Band Exercise
10:00 History Unfolded
11:00 Den Discussion
1:30 Walk for Fitness
1:30 Community Charades
2:00 **Music Therapy with Linda**
3:00 Co-ed Nail & Eyebrow Grooming Spa
4:00 Social Hour at Pub

10

10:00 Resistance Band Exercise
10:00 History Unfolded
10:45 Building Workshop
1:30 Walk for Fitness
1:30 Drawing Experience
2:00 **Music Therapy with Linda**
3:00 Co-ed Nail & Eyebrow Grooming Spa
4:00 Pub Hour

17

10:00 Resistance Band Exercise
10:00 History Unfolded
11:00 Outdoor Plant Discussion
11:30 Chair Travel
1:30 Walk for Fitness
1:30 Community Showdown
2:00 Sergio's Yoga Session
3:00 Co-ed Nail & Eyebrow Grooming Spa
4:00 Pub Hour

24

10:00 Resistance Band Exercise
10:00 History Unfolded
10:45 Building Workshop
10:45 Walk for Fitness
1:30 Drawing Workshop
1:30 Dipped Flower Workshop
2:30 **One Man Band**
3:00 Co-ed Nail & Eyebrow Grooming Spa
4:00 Pub Hour



Wednesday

4

10:00 Wellness Yoga
10:00 World News Report
11:00 Resident Council
12:00 **Pizza in Bistro**
1:30 **Reflections Excursion**
1:30 Travel & Discuss
2:30 Art Therapy
3:00 Afternoon Humor
4:00 Signature Cocktail Hour
6:30 Guided Imagery

11

Steve's Birthday!!!

10:00 Wellness Yoga
10:00 World News Report
11:00 Short Stories
1:30 **Reflections Excursion**
1:30 Travel & Discuss
2:30 **One Man Band-Josh**
3:00 Afternoon Humor
4:00 Signature Cocktail Hour
6:30 Guided Imagery

18

10:00 Wellness Yoga
10:00 World News Report
11:00 Choice Dilemma's
1:30 **Reflections Excursion**
1:30 Travel & Discuss
2:30 **One Man Band-Josh**
3:00 Afternoon Humor
4:00 Signature Cocktail Hour
6:30 Guided Imagery

25

10:00 Wellness Yoga
10:00 World News Report
11:00 Short Stories
1:30 **Reflections Excursion**
1:30 Travel & Discuss
2:30 Music Memories
3:00 Afternoon Humor
4:00 Signature Cocktail Hour
6:30 Guided Imagery



Thursday

5

10:00 Tai Chi for Arthritis
10:00 Positive News Exchange
10:30 **Pet Therapy**
11:15 Boylston Singers Group
1:30 Phrase Completion
2:00 Strength & Conditioning
2:45 Word Extraction
4:00 Refreshments & Charcuterie Social
6:30 Spiritual Music Hour

12

10:00 Tai Chi for Arthritis
10:00 Positive News Exchange
10:30 Culinary Creations -
11:15 Boylston Singers Group
1:30 Strength & Conditioning
2:15 Wordle
4:00 Refreshments Social-Pub
6:30 Spiritual Music Hour

19

Juneteenth

10:00 Tai Chi for Arthritis
10:00 Positive News Exchange
10:30 Culinary Creations -
11:15 Boylston Singers Group
1:30 Phrase Completion
2:30 Strength & Conditioning
3:15 Outdoor reading
4:00 Pub Social
6:30 Movie: Travel Europe

26

10:00 Tai Chi for Arthritis
10:00 Positive News Exchange
10:30 Culinary Creations -
11:15 Boylston Singers Group
1:30 Strength & Conditioning
2:30 Musical Memories
4:00 Pub Social
6:30 Spiritual Music Hour

Friday

6

10:00 Cardio Drumming
10:00 World News Report
10:45 Vocal Fusion Karaoke
11:15 Intellectual Puzzles
12:45 Streamed Symphony Concert
2:30 **One Man Band**
3:30 Boylston Place Walk
4:00 Social Pub Hour
6:30 Hand Massages

13

10:00 Cardio Drumming
10:00 World News Report
10:45 Vocal Fusion Karaoke
12:45 Streamed Symphony Concert
2:00 Renowned Profiles
2:30 **VioLynn Performer**
4:00 Pub Social
6:30 Hand Massages

20

Longest Day!

10:00 Cardio Drumming
10:00 World News Report
10:45 Vocal Fusion Karaoke
11:15 Intellectual Puzzles
12:45 Streamed Symphony Concert
2:00 Renowned Profiles
3:00 Open Art Studio
4:00 Pub Hour
6:30 Hand Massages

27

10:00 Cardio Drumming
10:00 World News Report
10:45 Vocal Fusion Karaoke
12:45 Streamed Symphony Concert
2:00 Renowned Profiles
3:00 Brushstrokes
4:00 Social Pub Hour
6:30 Hand Massages

Saturday

7

10:15 Exercise - Chair Stretch
11:00 Watercolor Basics
1:00 Hand Rejuvenation
1:15 Movie Matinee
2:00 Golf Putting Tournament
3:00 Resistance Band Exercise
3:30 Sensory Sensations
4:00 Visual-Hidden Words
6:30 Guided Meditation

14

10:15 Exercise - Chair Stretch
11:00 Watercolor Basics
1:00 Hand Rejuvenation
1:15 Movie Matinee
2:00 Putting Golf Tournment
3:00 Resistance Band Exercise
3:30 Sensory Sensations
4:00 Word Extraction
6:30 Guided Meditation

21

10:15 Exercise - Chair Stretch
11:00 Watercolor Basics
1:00 Hand Rejuvenation
1:15 Movie Matinee
2:00 Putting Tournament
3:00 Resistance Band Exercise
3:30 Sensory Sensations
4:00 Word Extraction
6:30 Guided Meditation

28

10:15 Exercise - Chair Stretch
11:00 Watercolor Basics
1:00 Hand Rejuvenation
1:15 Movie Matinee
2:30 **VioLynne Performer**
3:00 Resistance Band Exercise
3:30 Sensory Sensations
4:00 Word Extraction
6:30 Guided Meditation

Reminders

Please update:
wardrobes
bring sunscreen
hats and sunglasses
so that we can enjoy
the outdoors safely!

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

