

May Van Outings



Monday: Autumn Van Outings
Tues/Thurs: Medical Appointments 9-3pm
Wednesday: Summer Van Outings
Friday: Spring Van Outings
Thursday May 8th: Walker Library
Tuesday May 27th: Track Walk
Saturday May 31st: Catholic Service

Mother's Day at Avita

This Mother's Day, we honor the incredible women who have shaped our lives with love, strength, and care.

Families are warmly invited to join us for a special afternoon of planting flowers and enjoying mimosas as we celebrate the wonderful mothers in our community.



Exercise Schedule



Mon: Barre Tai Chi & Strength Training
Tues: Barre Balance
Wed: Pedal Fitness & Tai Chi W/ Sara
Thur: Barre Tai Chi & Zumba W/ Sara
Fri: Barre Balance
Sat: Weight Training & Standing Balance
Sun: Barre Balance

Welcome Back Portland Wheelers!



We are pleased to welcome Portland Wheelers back to our community on Thursday, May 22nd from 1:00–4:00 PM. Portland Wheelers is a volunteer-driven, adaptive cycling program that offers residents a unique opportunity to enjoy the outdoors and explore the local Westbrook area. Through the use of specially designed bicycles, residents are able to experience the joy and freedom of biking in a safe and supported environment. This program has become a seasonal favorite, promoting engagement, well-being, and a strong sense of connection with the community. To learn more about the organization, please visit www.portlandwheelers.org. If you would like your loved one to participate and have not yet completed a consent form, please stop by the front desk or contact Alex Velez at avelez@avitaofstroudwater.com for additional information.



AVITA OF STROUDWATER Leadership Team

Tracy Hoppe
Executive Director

Sherry Couture
Resident Care Director

Cally Brake
Sales Director

Alexandria Velez
Avita Program Director

Alissa Castro
Business Office Director

Patrick Armstrong
Culinary Director

Anthony Turcotte
Maintenance Director

Allison Shea
Assistant Resident Care Director



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday









Special Events












4

9:15  Firefighters
10:00  Daily Walking Group
10:30  Barre Balance
11:15  Category Game
1:00  Garden Bird Watching
1:30  Courtyard Games
2:30  What am I Snack Social
3:30  Yoga Movements
6:00  Chamomile Tea










5

9:15  Cinco De Mayo
10:00  Daily Walking Group
10:30  Barre Tai Chi
11:15  Word Match
1:00  Low Impact Movements
1:30  Learning The Macarena
2:30  A Taste of Mexico
3:30  Hymns & Harmony
4:00  Book Nook Club
6:00  Mexico City Travelogue









6

9:15  National Teacher's Day
10:00  Daily Walking Group
10:30  Barre Balance
11:15  Name that Tune
1:00  Wisdom & Whispers
1:30  Artist in Residence
2:30  Sangria Happy Hour
3:30  Courtyard Cornhole
6:00  Classic Film

7

9:15  Niagara Falls
10:00  Daily Walking Group
10:30  Pedal Fitness
11:15  Lakes Categories
1:00  Mindful Puzzles
1:30  Tai Chi W/ Sara
2:30  Pretzel Bites
3:30  Pressed Flower Cards
6:00  Planet Earth Viewing









1

9:15  The Evolution of May Day
10:00  Daily Walking Group
10:30  Barre Tai Chi
11:15  Word Mining
1:00  Watercolor
1:30  Catholic Communion
2:30  Puzzle Group
3:00  May Day Baskets
4:00  Evening Cool Down
6:00  Jukebox










2

9:15  National Space Day
10:00  Daily Walking Group
10:30  Barre Balance
11:15  Word Mining
1:00  Senior Green Discussions
1:30  DIY Derby Hats
2:30  Cheesecake Truffles
2:45  October Sky Premiere
3:30  Hand Massages
6:30  Evening Refreshments









3

9:15  Run for the Knowledge
10:00  Daily Walking Group
10:30  Standing Balance Exercise
11:15  Trivia Group
1:00  Reflections in Rhyme
1:30  Afternoon Bingo!
2:45  Humor Hour
3:15  Kentucky Derby!
6:00  Sunset Steps











10

9:15  World Migratory Bird Day
10:00  Daily Walking Group
10:30  Weight Training
11:15  Name that Word
1:00  Courtyard Reminiscing
1:30  Afternoon Bingo!
2:45  National Shrimp Day
3:30  Hummingbird Feeders
6:00  Sunset Steps

11

9:15  Mother's Day Reflections
10:00  Daily Walking Group
10:30  Barre Balance
11:15  Riddle me This
1:00  Love Grows Here Craft
2:30  Momosa's & Tea
4:00  Balloon Volleyball
6:00  Mother's Reflections

12

9:15  Florence Nightingale
10:00  Daily Walking Group
10:30  Pedal Fitness
11:15  Word Match
1:00  Low Impact Movements
1:30  Balloon Paddle Ball
2:30  Snack & Chat: Fresh Fruit
3:00  Barre Tai Chi
4:00  Book Nook Club
6:00  Documentary








13

9:15  Top Gun Facts
10:00  Daily Walking Group
10:30  Barre Balance
11:15  Word Scramble
1:00  Bird Feeder Refresher
1:30  Artist in Residence
2:30  Apple Pie Cookies
3:00  Basketball Tournament
4:00  High Rollers Dice Game
6:00  Classic Film











14

9:15  Olivia de Havilland
10:00  Daily Walking Group
10:30  Strength Training
11:15  Brain Boosters
1:00  This or That?
1:30  Aromatherapy Painting
2:30  Biscuits & Jam
3:30  Resident Council
6:00  Peaceful Pathways










15

9:15  Department of Agriculture
10:00  Daily Walking Group
10:30  Guitar W/ Ann Sparling
11:30  Finish the Lines
1:00  Courtyard Steps
1:30  Cooking Up Memories
1:30  Prayer Gathering
2:30  Puzzle Group
3:00  Barre Tai Chi
4:00  Jumbo Scramble










16

9:15  What am I?
10:00  Daily Walking Group
10:30  Saxophone W/ Ray Morrow
11:30  Name 10
1:00  Color Me Calm
1:30  Barre Balance
2:30  Smoothie Break
2:45  Annie Movie Premiere
3:30  Hand Massages
6:00  Evening Walks

17

9:15  Armed Forces Day
10:00  Daily Walking Group
10:30  Standing Balance Exercise
11:15  Unscramble This
1:00  Reflections in Rhyme
1:30  Afternoon Bingo!
2:45  Cherry Cobbler
3:30  Sounds of Nature
6:00  Sunset Steps









18

9:15  Perry Como
10:00  Daily Walking Group
10:30  Barre Balance
11:15  Picture It
1:00  Labyrinth
1:30  Artistic Explorations
2:30  Como's Greatest Hits
3:30  Kickball
6:00  Chamomile Tea











19

9:15  Victoria Day
10:00  Daily Walking Group
10:30  Maine Show W/ Michael
11:15  Lavender Scents
1:00  Independent Stretches
1:30  Banjo W/ Peter Mezoian
2:30  Snack & Chat: Fresh Fruit
3:15  Barre Tai Chi
4:00  Book Nook Club
6:00  Evening Chat

20

9:15  Norman Rockwell
10:00  Daily Walking Group
10:30  Barre Balance
11:15  Trivia Group
1:00  Wisdom & Whispers
1:30  Artist in Residence
2:30  Mozzarella Sticks
3:00  Basketball
4:00  Charades
6:00  Classic Film

21

9:15  Amelia Earhart
10:00  Daily Walking Group
10:30  Pedal Fitness
11:15  Word Match
1:00  Mindful Connections
1:30  Tai Chi W/ Sara
2:30  Strawberries & Cream
3:00  Balloon Paddle Ball
4:00  Card Games
6:00  Planet Earth Viewing

22

9:15  Maritime Day
10:00  Daily Walking Group
10:30  Barre Tai Chi
11:15  Ocean Category Game
1:00  Sorting Group
1:30  Cooking Up Memories
2:30  Zumba W/ Sara
3:30  The Price is Right!
6:00  American Bandstand










23

9:15  World Turtle Day
10:00  Daily Walking Group
10:30  Barre Balance
11:15  Crossword Group
1:00  Stretch & Flex
1:30  Clay Pot Turtles
2:30  Homemade Apple Sauce
2:45  The Great Outdoors
3:30  Manicures
6:00  Roundtable Discussions











24

9:15  The Smothers Brothers
10:00  Daily Walking Group
10:30  Weight Training
11:15  Word Match
1:00  Courtyard Reminiscing
1:30  Afternoon Bingo!
2:45  Cheese & Crackers
3:30  Parachute Games
6:00  Timeless Tunes

25











9:15  Indianapolis 500
10:00  Daily Walking Group
10:30  Barre Balance
11:15  Crossword Group
1:00  Breathing Techniques
1:30  Balloon Volleyball
2:30  Sunday Sundaes
3:00  Avita Spa
6:30  Evening Refreshments

26











9:15  Memorial Day
10:00  Daily Walking Group
10:30  Patriotic Sing-Along
11:15  Word Scramble
1:00  Low Impact Movements
1:30  Poppy Field Collage
2:30  Pigs in a Blanket
3:00  Barre Tai Chi
4:00  Book Nook Club
6:00  Evening Unwind

27


Track Walk

9:15  Golden Gate Bridge
10:00  Daily Walking Group
10:30  Barre Balance
11:15  Word Mining
1:00  Bird Feeder Refresher
1:30  Artist in Residence
2:30  Chips & Dip
3:00  Ax Throwing
4:00  Story Lines
6:00  Classic Film











28

9:15  What am I?
10:00  Daily Walking Group
10:30  Music W/ Andrew Kavanagh
11:30  Name 10
1:00  Mindful Connections
1:30  Courtyard Gardening
1:30  Men's Club
2:30  Cheeseburger Sliders
3:30  Chair Exercises
6:00  Peaceful Pathways

29


9:15  Senior Green: Composting
10:00  Daily Walking Group
10:30  Magic of the Loons
11:30  Finishing Lines
1:00  Zenful Art
1:30  Cooking Up Memories
1:30  Prayer Gathering
2:30  Puzzle Group
3:00  Barre Tai Chi
4:00  Kan Jam

30

9:15  Mariachi Band Day
10:00  Daily Walking Group
10:30  Barre Balance
11:15  Wordle
1:00  Color Me Calm
1:30  Bowling
2:30  Tater Kegs
2:45  On Golden Pond
3:30  Manicure Day
6:00  Evening Walks

31

Catholic Service 3:30pm

9:15  Clint Eastwood
10:00 <