

## Support Group

We're thrilled to continue our partnership with Colleen Clark (CC), a facilitator from the Alzheimer's Association, to bring you our support group meetings! These sessions offer a safe and supportive space to connect, share experiences, and gain valuable insights. Join us for the upcoming groups on July 23rd and August 27th at 4:30 PM. We look forward to seeing you there!



## Evening Campfires



As summer evenings settle in, we invite our families to join us for campfires on Wednesdays at 6 PM in the center courtyard. Gather around the fire for cozy conversation, laughter, and everyone's favorite sweet treat..S'mores! It's a wonderful chance to enjoy the warm weather & connect with loved ones!

## Portland Discovery Boat Cruises

This month, each neighborhood will embark on scenic boat cruises through Portland Discovery. The Autumn Neighborhood will sail on July 14th, the Summer Neighborhood on July 16th, and the Spring Neighborhood on July 18th. We're looking forward to relaxing, enjoying beautiful views, and creating lasting memories close to home.



## Cornhole Craze 2025!

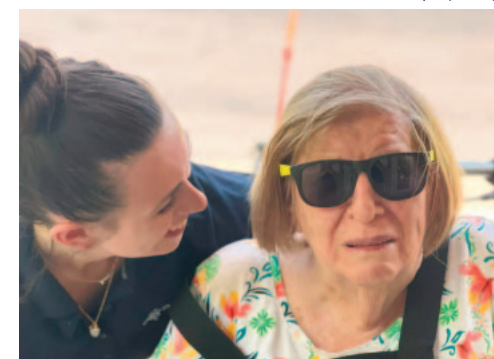
Join us on July 24th at the Stroudwater Lodge for our Second Annual Cornhole Craze Tournament as we rally together in support of the Greater Portland Walk to End Alzheimer's, a cause that touches the lives of so many in our community. This special day will bring together residents, families, associates, and professional partners for cornhole, a BBQ lunch, live music, and sweet treats, all in the spirit of connection, remembrance, and hope. Plates are \$5, with



proceeds supporting our walk team. We look forward to sharing this meaningful day with you.

## Portland Wheelers

Portland Wheelers has returned to our residents here at Avita! They will be at the community every other Thursday afternoon from 1-4pm. For more information please go to <https://portlandwheelers.org/> If you have not signed your loved one up yet, please see the front desk for a form or email Alex at [avelez@avitaofstroudwater.com](mailto:avelez@avitaofstroudwater.com) for more information. We have been enjoying the season so far!



### 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



6

9:15  Dalai Lama  
10:00  Daily Walking Group  
10:30  Barre Balance  
11:15  Category Game  
1:00  Dalai Lama Quotations  
1:30  Balloon Volleyball  
2:30  Sunday Sundaes  
3:15  Meditation Exercises  
4:15  Nail Care & Massages  
6:00  The Brady Bunch



7

Autumn Audubon

9:15  Ringo Starr  
10:00  Daily Walking Group  
10:30  Michael Perry Show  
11:30  Name 10  
1:00  Beatles Listening  
1:30  Parachute Games  
2:30  Chocolate Samples  
3:00  Barre Tai Chi  
4:00  Book Nook Club  
6:00  Evening Breeze

8

ME Military Museum

9:15  Learning for Life: Cows  
10:00  Daily Walking Group  
10:30  Barre Balance  
11:15  Crossword Group  
1:00  Garden Walk  
1:30  Artist in Residence  
3:00  Raspberry Tastings  
4:00  Short Stories  
6:00  Puzzle Group

9

Summer Audubon

9:15  Argentina  
10:00  Daily Walking Group  
10:30  Strength Training  
11:15  Name that Word  
1:00  Bird Feeder Refresher  
1:30  Lawn Darts  
2:30  Chips & Dip  
3:00  Shoppers Bingo!  
4:15  Hand Massages  
6:00  Evening Campfire











10

Portland Wheelers 1-4p

9:15  Cats  
10:00  Daily Walking Group  
10:30  Live W/ Bess & Tom  
11:30  Name that Breed  
1:00  Labyrinth  
1:30  Cooking Up Memories  
1:30  Prayer Gathering  
2:30  Zumba W/ Sara  
3:30  Putting Pactice  
6:00  Evening Tea Talk










11

Spring Audubon










9:15  Charlotte's Web  
10:00  Daily Walking Group  
10:30  Barre Balance  
11:15  Wordle  
1:00  Courtyard Connections  
1:30  Bucket Ball  
2:30  Pet Therapy W/ Stella  
2:45  National Mojito Day  
4:00  Yoga W/ Melinda  
6:00  Evening Walks

12

George Washington Carver

9:15  George Washington Carver  
10:00  Daily Walking Group  
10:30  Standing Balance Exercise  
11:15  Word Mining  
1:00  Reflections in Rhyme  
1:30  Afternoon Bingo!  
2:45  Musical Connections  
3:30  Family Feud!  
6:00  Sunset Steps

13











9:15  Auto Racing  
10:00  Daily Walking Group  
10:30  Barre Balance  
11:15  Picture It  
1:00  Garden Meditation  
1:30  Beach Scenes  
2:30  Sunday Sundaes  
3:30  Courtyard Bubble Party  
6:00  Roundtable Discussions

14

Autumn Boat Cruise

9:15  Shark Awareness Day  
10:00  Daily Walking Group  
10:30  Strength Training  
11:15  Word Mining  
1:00  Garden Hydration  
1:30  Floral Arrangements  
2:30  Snack & Chat: Humor  
3:00  Barre Tai Chi  
4:00  Book Nook Club  
6:00  Documentary

15

9:15  MLB All-Stars  
10:00  Daily Walking Group  
10:30  Barre Balance  
11:15  Word Match  
1:00  Courtyard Care  
1:30  Artist in Residence  
2:30  Snack: Connections  
3:30  Choir Practice W/ Julie  
4:15  Music Trivia  
6:00  Classic Film











16

Summer Boat Cruise

9:15  Classic Toys  
10:00  Daily Walking Group  
10:30  Pedal Fitness  
11:15  Unscramble This  
1:00  Reflections  
1:30  Tai Chi W/ Sara  
2:30  Pigs in a Blanket  
3:00  The Price is Right!  
4:00  Basketball  
6:00  Evening Campfire











17

Portland Wheelers 1-4p

9:15  Who am I?  
10:00  Daily Walking Group  
10:30  Guitar W/ Ann Sparling  
11:30  Name 10  
1:00  Word Search Group  
1:30  Cooking Up Memories  
2:30  Snack Social  
3:00  Barre Tai Chi  
4:00  Outdoor Games  
6:00  Andy Williams

18











Spring Boat Cruise

9:15  Nelson Mandela  
10:00  Daily Walking Group  
10:30  Saxophone W/ Ray Morrow  
11:30  Finish the Phrase  
1:00  Quotations  
1:30  Frisbee Toss  
2:30  Tropical Fruit  
3:15  Water Pong  
4:15  Manicures  
6:00  Courtyard Chats

19








9:15  Woodie Wagon Day  
10:00  Daily Walking Group  
10:30  Weight Training  
11:15  Category Game  
1:00  Courtyard Reminiscing  
1:30  Afternoon Bingo!  
2:45  Smoothies  
3:30  Trinket Dish  
6:00  Sunset Steps

20

9:15  Man on the Moon  
10:00  Daily Walking Group  
10:30  Barre Balance  
11:15  Moon Trivia  
1:00  Breathing Techniques  
1:30  DIY Bird Seed Molds  
2:30  Sunday Sundaes  
3:15  Ax Throwing  
4:15  Hydration Station  
6:00  The Brady Bunch






21

Autumn Picnic

9:15  North Island, New Zealand  
10:00  Daily Walking Group  
10:30  Pedal Fitness  
11:15  Name that Word  
1:00  Garden Hydration  
1:30  Horseshoes  
2:30  Snack & Chat: Fresh Fruit  
3:00  Barre Tai Chi  
4:00  Book Nook Club  
6:00  Documentary











22

Walker Library




9:15  What am I?  
10:00  Daily Walking Group  
10:30  Barre Balance  
11:15  Fill in the Blank  
1:00  Garden Walk  
1:30  Artist in Residence  
2:30  Cucumber Sandwiches  
3:30  Yardzee!  
6:00  Chamomile Tea

23

Summer Picnic










9:15  First Lighthouse Day  
10:00  Daily Walking Group  
10:30  Strength Training  
11:15  Word Scramble  
1:00  Bird Feeder Refresher  
1:30  Kan Jam  
2:30  Root Beer Floats  
3:15  Resident Council  
4:30  Hand Massages  
6:00  Evening Campfire

24

9:15  Amelia Earhart  
10:00  Daily Walking Group  
10:30  Yoga W/ Jess  
11:15  Airplanes  
1:00  Garden Tending  
1:30  Cooking Up Memories  
1:30  Prayer Gathering  
2:30  Zumba W/ Sara  
3:30  Avita Spa  
6:00  Evening Tea Talk










25

Spring Picnic









9:15  Drone Day  
10:00  Daily Walking Group  
10:30  Live W/ Andrew Kavanagh  
11:30  Finishing Lines  
1:00  Take 5 & Exercise  
1:30  Watermelon Art  
2:30  Cheese & Crackers  
3:15  Courtyard Games  
6:00  Evening Walks

26

Catholic Mass 3:30p

9:15  New York State  
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  Musical Connections  
3:30  Disc Golf  
6:00  Sunset Steps

27











9:15  Billboard Charts  
10:00  Daily Walking Group  
10:30  Barre Balance  
11:15  Category Game  
1:00  Big Bang Hits  
1:30  DIY Bookmarks  
2:30  Riddle me This  
3:00  Iced Tea Party  
6:00  Roundtable Discussions

28

Autumn Beals










9:15  Miami  
10:00  Daily Walking Group  
10:30  Strength Training  
11:15  Wordle  
1:00  Garden Hydration  
1:30  Floral Arrangements  
2:30  Snack & Chat: Fresh Fruit  
3:00  Barre Tai Chi  
4:00  Book Nook Club  
6:00  The Golden Girls

29

9:15  NASA Day  
10:00  Daily Walking Group  
10:30  The Singing Cowboy!  
11:30  Crossword Group  
1:00  Courtyard Care  
1:30  Artist in Residence  
2:30  Chicken Wing Day  
3:30  Barre Balance  
4:15  Story Lines  
6:00  Classic Film








30

Summer Beals

9:15  Paul Anka  
10:00  Daily Walking Group  
10:30  Musical Generations  
11:30  Name that Word  
1:00  Daily Serenity  
1:30  Noodle Fitness  
2:30  Chips & Dip  
3:00  Karaoke!  
4:00  Basketball  
6:00  Evening Campfire

31

Portland Wheelers 1-4p

9:15  Mount Fuji  
10:00  Daily Walking Group  
10:30  Bowling Competition!  
11:30  Finish the Lines  
1:00  Word Search Group  
1:30  Cooking Up Memories  
1:30  Prayer Gathering  
3:00  Barre Tai Chi  
4:00  Courtyard Cards  
6:00  Andy Williams



## Special Events

7/1- Paint W/ Hope  
7/2- Tai Chi W/ Sara  
7/3- Live W/ Larry  
7/3-Communion  
7/7- Micheal Perry  
7/8- Paint W/ Hope  
7/10- Bess & Tom  
7/10- Zumba W/ Sara  
7/11- Pat and Stella Visit  
7/15- Paint W/ Hope  
7/16- Tai Chi W/ Sara  
7/17- Live W/ Ann  
7/18- Live W/ Ray  
7/22- Paint W/ Hope  
7/24- Yoga W/ Jess  
7/24- Zumba W/ Sara  
7/25- Live W/ Andrew  
7/29 Live W/ Billy  
7/29- Paint W/ Hope

## Activity Key

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