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







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



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 volunteerdriven, 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.





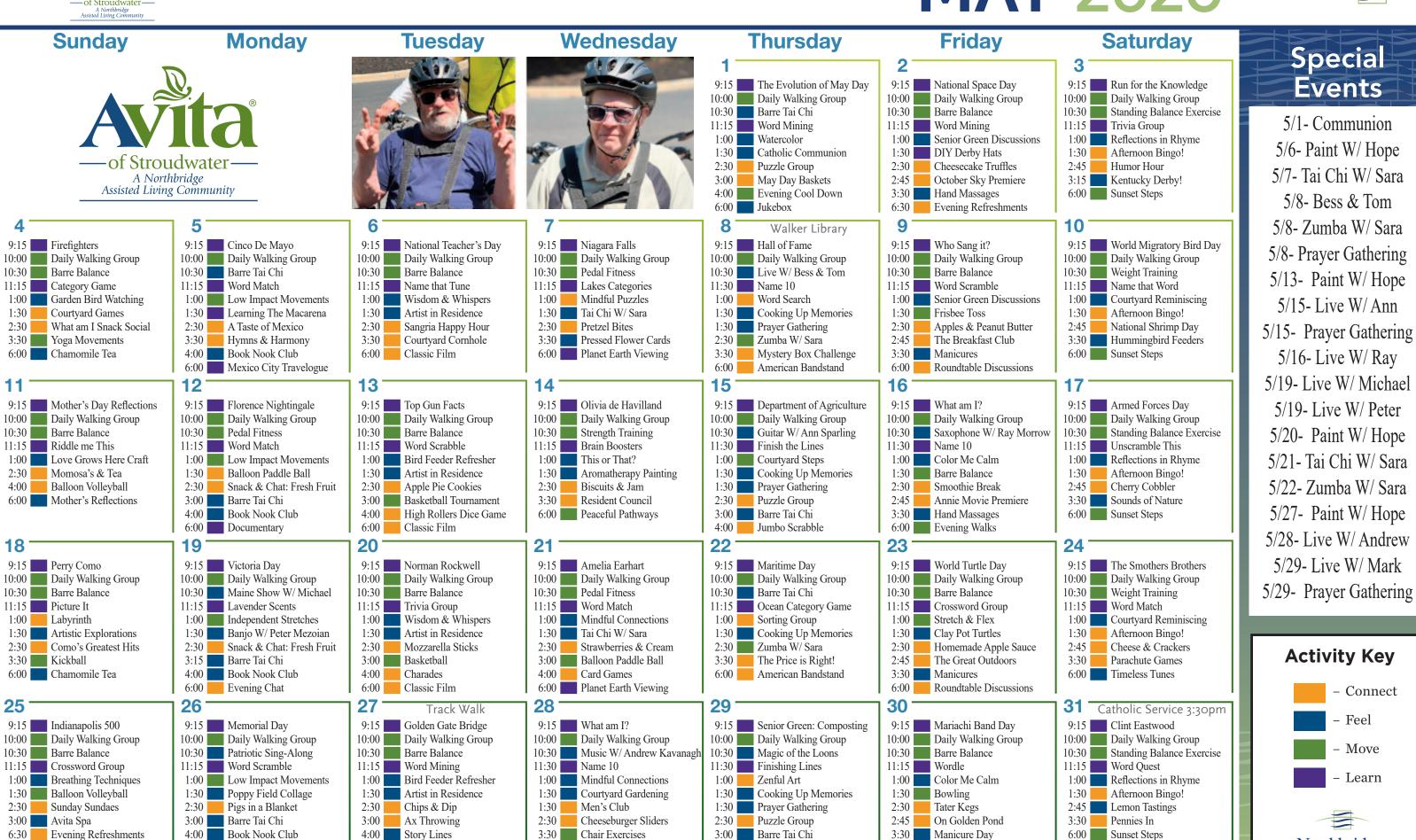






MAY 2025





6:00 Peaceful Pathways

4:00 Kan Jam

6:00 Evening Walks

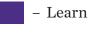
Special Events

5/1- Communion 5/6- Paint W/ Hope 5/7- Tai Chi W/ Sara 5/8- Bess & Tom 5/8- Zumba W/ Sara 5/8- Prayer Gathering 5/13- Paint W/ Hope 5/15- Live W/ Ann 5/15- Prayer Gathering 5/16- Live W/ Ray 5/19- Live W/ Michael 5/19- Live W/ Peter 5/20- Paint W/ Hope 5/21- Tai Chi W/ Sara 5/22- Zumba W/ Sara 5/27- Paint W/ Hope 5/28- Live W/ Andrew

Activity Key

5/29- Live W/ Mark







6:00 Evening Unwind

Classic Film

18

2:30