

TRIPS AND OUTINGS



Tuesdays at 1:30pm Local Errands Trip -
request a ride with the Concierge

Thursdays at 9:30am Shopping Trips
- see schedule for locations

Wednesday, July 9th 10am Falmouth Street Fair

Thursday, July 10th 1:30pm Katie's Homemade Ice Cream

Wednesday, July 16th 12pm Lunch Bunch - Sesuit Harbor Cafe

Wednesday, July 30th 4pm Cape Cod Baseball Game - Cotuit

SPECIAL EVENTS

Friday, July 4th 12pm Independence Day BBQ Lunch

Saturday, July 12th 2pm Slightly Tooned Concert

Thursday, July 24th 5pm Summer Party

LAURENTIDE NEWS



Summer is in full swing, and with it comes sunshine, celebrations and plenty of opportunities to enjoy living here at Laurentide! Whether it's sitting in the Courtyard enjoying the flowers and birds, exercising in one of our many classes or creating a masterpiece in our painting class, there's something for everyone to enjoy. A printed version of our daily

schedule can be found at the front desk or dining room. It is also listed on the TV's near the elevators. We hope you will come to one of our many programs, events or outings.

Congratulations to our June "Associate of the Month" - Manuela. She recently joined the team as one of our chefs, although she hasn't been here long, she has quickly become a valued member of the culinary team. Manuela is friendly to everyone who enters the kitchen and shows great care when preparing meals for residents and staff, always going out of her way to make special muffins and desserts that everyone enjoys.

Nominate the next "Associate of the Month" through the suggestion box at the front desk or let us know if there is something we can improve. We want to hear from you!

LAURENTIDE AT MASHPEE COMMONS *Leadership Team*

Kristen Tucker
Executive Director

Jennifer Keilty
Community Sales Director

Eric Bright
Culinary Director

Melissa Bielinski
Resident Engagement Director

Samantha Delaney
Avita Director

Chris Zaniewski
Maintenance Director

Lindsay Bagge
Business Office Director

Kim Washburn
Resident Care Director



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday










Saturday











64 Great Neck Rd S
Mashpee, MA 02649
(508) 863-4876

northbridgecommunities.com/laurentide-at-mashpee-commons/
independent and assisted living








6

10:00  Barre Exercise Class
10:30  Mass - Christ the King
11:15  Catholic Communion
11:15  Test Your Knowledge
1:30  Walking Club
2:00  Backgammon Game
2:00  Icons of American Culture
2:30  Movie Matinee
3:00  Charades
6:30  Sunday Night Movie











7

10:15  Forever Fit
11:15  Boggle
1:30  Whist Card Game
2:00  UNO Card Game
3:00  Netflix Series
3:15  Local Trail Walk
4:00  Rock & Roll Happy Hour
6:30  Monday Musical

8

10:15  Bayada Exercise Class
11:15  Brain Games
1:30  Local Errands Trip
2:00  Broadway Barre with Cindy
3:00  Bingo
4:15  Courtyard Ax Throwing
6:30  Classic Movie Night











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9:30  Rosary
9:30  Falmouth Street Fair
10:00  Catholic Communion - CTK
10:15  Barre Exercise Class
11:15  Gentle Movement w/ Bonnie
11:15  Brain Games
1:30  Mahjongg Game
2:00  Silver Striders Walk
3:00  Live Music Concert
4:00  Happy Hour










10

9:30  Shopping Trip
10:15  Strength Exercises
11:15  Polished & Pampered
1:30  Ice Cream Trip
2:00  Barre Tai Chi
3:00  Bingo
4:15  Tech Support Sessions
4:15  Cocktails and Mocktails
6:30  Resident Choice Movie










11

10:00  Green Thumb Club
10:15  Seated Exercise Class
11:15  Left, Right, Center Game
1:30  Canasta
1:30  Mandala Coloring
2:00  Artist in Residence Paint
2:00  Jeopardy Game
3:00  Barre Tai Chi
4:00  Happy Hour
6:30  Friday Night Movie

12

10:15  Fitness Exercise Class
11:15  Test Your Knowledge
1:30  Cribbage Game
2:00  Summer Social
3:15  Matinee Movie
3:30  Mass Christ the King
4:00  Mexican Train - Dominoes
4:15  Fitness Center Workout
6:30  Special Saturday Showing









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10:00  Barre Exercise Class
10:30  Mass - Christ the King
11:15  Test Your Knowledge
1:30  Walking Club
2:00  Backgammon Game
2:00  Icons of American Culture
2:30  Movie Matinee
3:00  Charades
6:30  Sunday Night Movie










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10:15  Forever Fit
11:15  Boggle
1:30  Whist Card Game
1:30  Barre Tai Chi
2:00  UNO Card Game
3:00  Netflix Series
3:15  Local Trail Walk
4:00  Happy Hour
6:30  Monday Musical

15

10:15  Bayada Exercise Class
11:15  Brain Games
1:00  Mass with Father Healy
1:30  Local Errands Trip
2:00  Broadway Barre with Cindy
3:00  Bingo
4:15  Courtyard Cornhole
6:30  Classic Movie Night










16

9:30  Rosary
10:15  Barre Exercise Class
11:15  Brain Games
11:15  Hearts and Paws Visit
12:00  LUNCH BUNCH
2:00  Silver Striders Walk
3:00  Live Music Concert
4:00  Happy Hour
6:30  Documentary Night










17

9:30  Shopping Trip
10:15  Strength Exercises
11:15  Polished & Pampered
2:00  Barre Tai Chi
3:00  Bingo
4:15  Cocktails and Mocktails
6:30  Resident Choice Movie










18

10:00  Green Thumb Club
10:15  Seated Exercise Class
11:15  Left, Right, Center Game
1:30  Canasta
1:30  Mandala Coloring
2:00  Jeopardy Game
3:00  Barre Tai Chi
4:00  Happy Hour
6:30  Friday Night Movie






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10:15  Fitness Exercise Class
11:15  Test Your Knowledge
1:30  Cribbage Game
2:00  Artist in Residence
3:15  Matinee Movie
3:30  Mass Christ the King
4:00  Mexican Train - Dominoes
4:15  Fitness Center Workout
6:30  Special Saturday Showing








20

10:00  Barre Exercise Class
10:30  Mass - Christ the King
11:15  Test Your Knowledge
1:30  Walking Club
2:00  Backgammon Game
2:00  Icons of American Culture
2:30  Movie Matinee
3:00  Charades
6:30  Sunday Night Movie










21

10:15  Forever Fit
11:15  Boggle
1:30  Whist Card Game
1:30  Barre Tai Chi
2:00  UNO Card Game
2:30  National Ice Cream Day
3:00  Netflix Series
3:15  Local Trail Walk
4:00  Happy Hour
6:30  Monday Musical

22

10:15  Bayada Exercise Class
11:15  Brain Games
1:30  Local Errands Trip
2:00  Broadway Barre with Cindy
3:00  Bingo
4:15  Courtyard Games
6:30  Classic Movie Night


23

9:30  Rosary
10:15  Barre Exercise Class
11:15  Brain Games
11:15  Gentle Movement w/ Bonnie
1:30  Mahjongg Game
2:00  Silver Striders Walk
3:00  Live Music Concert
4:00  Happy Hour
6:30  Documentary Night










24

9:30  Shopping Trip
10:15  Strength Exercises
11:15  Polished & Pampered
2:00  Barre Tai Chi
3:00  Bingo
5:00  Resident/Family Party
6:30  Resident Choice Movie










25

10:00  Green Thumb Club
10:15  Seated Exercise Class
11:15  Left, Right, Center Game
1:30  Canasta
1:30  Mandala Coloring
2:00  Jeopardy Game
3:00  Drums Alive Exercise
4:00  Happy Hour
6:30  Friday Night Movie

26

10:00  Companion Animals Visit
10:15  Fitness Exercise Class
11:15  Test Your Knowledge
1:30  Cribbage Game
2:00  Cooking up Memories
3:15  Matinee Movie
3:30  Mass Christ the King
4:00  Mexican Train - Dominoes
4:15  Fitness Center Workout
6:30  Special Saturday Showing








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10:00  Barre Exercise Class
10:30  Mass - Christ the King
11:15  Test Your Knowledge
1:30  Walking Club
2:00  Backgammon Game
2:00  Icons of American Culture
2:30  Movie Matinee
3:00  Charades
6:30  Sunday Night Movie









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10:15  Forever Fit
11:15  Boggle
1:30  Whist Card Game
1:30  Barre Tai Chi
2:00  UNO Card Game
3:00  Netflix Series
3:15  Local Trail Walk
4:00  Happy Hour
6:30  Monday Musical

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10:15  Bayada Exercise Class
11:15  Brain Games
1:30  Local Errands Trip
2:00  Broadway Barre with Cindy
3:00  Bingo
4:15  Courtyard Games
6:30  Classic Movie Night

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9:30  Rosary
10:15  Barre Exercise Class
1:30  Mahjongg Game
2:00  Silver Striders Walk
3:00  Live Music Concert
4:00  Happy Hour
4:00  Cape Cod Baseball Game
6:30  Documentary Night

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9:30  Shopping Trip
10:15  Strength Exercises
11:15  Polished & Pampered
2:00  Barre Tai Chi
3:00  Bingo
4:15  Cocktails and Mocktails
6:30  Resident Choice Movie



JULY BIRTHDAYS

July 16th - Marlene G.

July 25th - Janet R.

July 25th - Janet C.

July 26th - Bill J.

Activity Key

-  - Connect
-  - Feel
-  - Move
-  - Learn