

COMMUNITY HAPPENINGS



Saturday, May 3rd 2pm High Roller Bingo
Dining Room

Monday, May 5th 4pm Cinco De Mayo
Happy Hour

Tuesday, May 6th 2pm Lexi's Baby Shower

Thursday, May 8th 6:15pm Evening Concert w/ Laura James

Sunday, May 11th 2pm Mother's Day Garden Party and Concert at 3pm

Sunday, May 18th 2pm Sunshine Singers

Monday, May 26th 12pm Memorial Day BBQ

Tuesday, May 27th 6:15pm Irish Set Dancers and Music

OUT AND ABOUT

Thursday, May 1st 9:15am MFA "Art in Bloom" Exhibit - Boston

Thursday, May 15th 1:30pm Sommerset Ice Cream Trip

Saturday, May 17th 2:15pm Cape Symphony "Music of Billy Joel"

Wednesday, May 21st 12pm LUNCH BUNCH - Dolphin Restaurant

LAURENTIDE NEWS



We hope you are enjoying the wonderful services and programs that Laurentide has to offer. Check your mailroom cubbies for internal communication and come to our monthly resident meetings for information from the team.

The digital TV signs throughout the building have information on daily programs and menus, special events and trips, weather and more.

April showers bring May flowers.

Keep these tips in mind when enjoying the lovely spring weather.

1. Dress in layers - spring weather can change quickly.
2. Protect against the sun - use sunscreen, wear a hat and sunglasses, even on cloudy days to protect your skin from the UV rays.
3. Check allergies - spring pollen can trigger allergies. Take medication and limit outdoor time on high pollen days.
4. Wear proper footwear - Supportive, non-slip sneakers are best. Wet grass or mud can make surfaces slippery.
5. Start physical activity slowly - Stretch first and listen to your body for overexertion.
6. Stay connected - bring a phone or walk with a buddy.

Congratulations to our nurse Lynne Spirito for being nominated as our "Associate of the Month" for April. Lynne always jumps in when needed with positivity and compassion. She is always looking out for the well-being of our residents.

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



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



MAY BIRTHDAYS

May 1st - David F.

May 11th - Wanda J.

May 26th - Arthur P.

May 29th - Yolanda C.

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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 Scrabble
2:00 Backgammon Game
2:30 Movie Matinee
3:30 Group Crossword
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 PBS Series
3:15 Walking Club
4:00 Cinco De Mayo Happy Hour
6:30 Monday Musical

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National Nurses Day
10:00 Parkinson's Support Group
10:15 Bayada Exercise Class
11:15 Brain Games
11:15 Activity Planning Meeting
1:30 Local Errands Trip
2:00 Broadway Barre with Cindy
2:00 Lexi's Baby Shower
3:00 Bingo
4:15 Share your Story
6:30 Classic Movie Night

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9:30 Rosary
10:15 Barre Exercise Class
11:15 Community Update Meeting for Residents
1:30 Mahjongg Game
1:30 Blood Pressure Clinic
2:00 Silver Striders Walk
3:00 Live Music Concert
4:00 Pub Trivia Happy Hour
6:30 Documentary Night

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9:30 Shopping Trip
10:15 Strength Exercises
11:15 Polished & Pampered
1:30 Barre Tai Chi
1:30 Spa Day
2:00 Spintopia
3:00 Bingo
4:15 Tech Support Sessions
6:00 Singer Laura James
6:30 Resident Choice Movie

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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 Drums Alive Exercise
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 Spring 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

11 Happy Mother's Day

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 Flower Arranging Class
2:30 Movie Matinee
3:00 Mother's Day Concert Lori
3:30 Group Crossword
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 PBS Series
3:15 Walking Club
4:00 Happy Hour
6:30 Monday Musical

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

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9:30 Rosary
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
6:30 Documentary Night

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9:30 Shopping Trip
10:15 Strength Exercises
11:15 Polished & Pampered
1:30 Barre Tai Chi
1:30 Sommerset Ice Cream Trip
2:00 Spintopia
3:00 Bingo
4:15 Meet Your Neighbors
6:30 Resident Choice Movie

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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

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10:15 Fitness Exercise Class
11:15 Test Your Knowledge
1:30 Cribbage Game
2:00 Artist in Residence
2:15 Cape Symphony Trip
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 Sunshine Singers
2:30 Movie Matinee
3:30 Group Crossword
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 PBS Series
3:15 Walking Club
4:00 Happy Hour
6:30 Monday Musical

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10:15 Bayada Exercise Class
11:15 Brain Games
1:00 Catholic Prayer Service
1:30 Local Errands Trip
2:00 Broadway Barre with Cindy
3:00 Bingo
4:15 Share your Story
6:30 Classic Movie Night

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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

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9:30 Shopping Trip
10:15 Strength Exercises
11:15 Polished & Pampered
1:30 Barre Tai Chi
2:00 Spintopia
3:00 Bingo
4:15 Meet Your Neighbors
6:30 Resident Choice Movie

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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

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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 Scrabble
2:00 Backgammon Game
2:30 Movie Matinee
3:30 Group Crossword
6:30 Sunday Night Movie

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Memorial Day
10:15 Forever Fit
11:15 Boggle
12:00 Memorial Day BBQ
1:30 Whist Card Game
1:30 Barre Tai Chi
2:00 UNO Card Game
3:00 PBS Series
3:15 Walking Club
4:00 Happy Hour
6:30 Memorial Day Concert

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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 Share your Story
6:15 Irish Set Dancers & Music
6:30 Classic Movie Night

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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

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9:30 Shopping Trip
10:15 Strength Exercises
11:15 Polished & Pampered
1:30 Barre Tai Chi
2:00 Spintopia
3:00 Bingo
4:15 Meet Your Neighbors
6:30 Resident Choice Movie

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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

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10:15 Fitness Exercise Class
11:15 Test Your Knowledge
1:30 Cribbage Game
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

Activity Key

- Connect
- Feel
- Move
- Learn