

Exercise Schedule

Sunday: Balance Barre Fitness & Strength and Stretching

Monday: Tai Chi Barre & Energy Flow w/ Sara (biweekly)

Tuesday: Strength and Stretching & Balance Barre Fitness

Wednesday: Zumba w/ Sara & Tai Chi Barre

Thursday: Yoga w/ Jess & Strength & Stretching

Friday: Balance Barre Fitness & Walking Club

Saturday: Strength and Stretch & Various Sports



Don't Miss This...

7/8 Summer, Science, & Sunlight

7/8 Concert with Bess & Per

7/9 Newlywed Game

7/10 Literary Seminar with Jim

7/11 Concert with Louie Phillipe

7/14 Karaoke

7/16 Garden Taste Test

7/16 Book Club

7/17 Vet 2 Vet Social

7/18 Concert with Tom Dyhrberg

7/22 OLLI Presentation

7/23 Lighthouses of Maine

7/24 Cornhole Craze Fundraiser Event

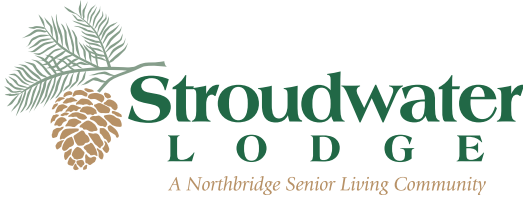
7/24 History Seminar with Anna

7/25 Concert with Red Gallagher

7/29 Concert with Shifting Winds Quintet

7/30 Green Burials Presentation

Sunday Berry Socials: Cranberry, Strawberry, Blueberry, & Blackberry Socials



Cornhole Craze

Thursday July 24th 10 am - 2 pm at Stroudwater Lodge

The Stroudwater campus will be holding our second annual Cornhole Craze Tournament to benefit our sister community, Avita of Stroudwater, and their walk team in the Greater Portland Walk to End Alzheimer's in October 2025 which is very important to us. The day will consist of residents, families, professionals, and associates playing cornhole, enjoying a wonderful BBQ, live entertainment, an ice cream truck, and a 50/50 raffle! It would mean the world for you to join us and support the cause. This will also be a good opportunity for residents and families to meet our professional partners and other resources within the community as well. The event fee will be \$5 per plate. Please RSVP by July 7th to Rachel McDonald, Resident Engagement Director.

STROUDWATER LODGE Leadership Team

Nichole Doyer
Senior Executive Director

Elise Hodgetts
Resident Care Director

Lea Rust
Sales Director

Ashley Freeman
Business Office Director

David Tucci
Maintenance Director

Lyndon Ambrefe
Culinary Director

Rachel McDonald
Resident Engagement Director



Educational Opportunities!

Our residents have asked for more learning opportunities, and we listened! We have increased our educational programs, had more presentations from community members, as well as presentations from our own residents on the topics of Travel Photography and Meteorology. In July, we will be visited by Osher Lifelong Learning Institute for a presentation and Cedar Brook Burial Ground to discuss Green Burials. We also invite you to our educational outings to the

Planetarium and Maine Military Museum.

Interested in learning something new? Let us know!



Sunday



116 Landing Rd
Westbrook, ME 04092
(207) 223-6574

northbridgecommunities.com/stroudwater-lodge/
independent and assisted living

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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9:00 Coffee & Current Events
10:00 Balance Barre Fitness
10:30 Catholic Mass Livestream
11:00 Categories
1:30 Strength & Stretching
2:30 Cranberry Social
4:00 National Day of Rock & Roll Presentation
6:00 Evening TV Series

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9:00 Tending The Garden
9:30 Tai Chi Balance Barre
10:30 Hannaford Shopping
11:00 Pictionary
1:30 Flower Arranging
2:30 Bingo! Bring your Quarters
3:30 Fireside Chat
4:00 Energy Flow with Sara
6:00 Evening Movie

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9:00 Strength & Stretching
10:00 Artist in Residence: Painting w/ Hope
11:00 Jeopardy Trivia
1:00 TJ Maxx Shopping
1:30 Balance Barre Fitness
2:30 Summer, Science & Sunlight
3:00 Concert with Bess & Per
4:00 Happy Hour
6:00 Evening Movie

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9:00 Tending The Garden
9:30 Zumba with Sara
11:00 Wheel of Fortune
1:00 Arm Chair Travels
1:30 BINGO! Bring your Quarters
2:30 Amateur Tech Support
3:30 Tai Chi Balance Barre
4:00 Newlywed Game
6:00 Evening Movie

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9:15 Coffee & Current Events
10:00 Yoga with Jess
11:00 Brain Teasers
1:00 Cards & Games
2:00 Literary Seminar w/ Jim
3:00 Strength & Stretching
4:00 Happy Hour
6:00 Evening Movie
6:30 Poetry with Paige

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9:15 Tending the Flowers
10:00 Balance Barre Fitness
10:00 Strawberry Picking
11:00 NY Times Brain Games
1:30 Cooking Up Memories
2:00 Walking Club
3:00 Concert with Louie P
4:00 Courtyard Social
6:00 Evening Movie
6:15 Knit & Chat w/ Jodi

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9:30 Strength & Stretching
10:15 Daily Calm: Mindfulness
11:00 Brain Games
1:30 Bingo! Bring Your Quarters
3:00 Mini Manicures with Kerry
3:30 Bridge Club
4:00 Croquet
6:00 Evening Movie

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9:00 Coffee & Current Events
10:00 Balance Barre Fitness
10:30 Catholic Mass Livestream
11:00 Categories
1:30 Strength & Stretching
2:30 Strawberry Social
4:00 Wimbledon
6:00 Evening TV Series

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9:00 Tending The Garden
9:30 Tai Chi Balance Barre
10:30 Hannaford Shopping
11:00 Word Mining
1:30 Flower Arranging
1:30 Nail Salon
2:30 Bingo! Bring your Quarters
3:30 Karaoke
4:00 Walking Club
6:00 Evening Movie

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9:00 Strength & Stretching
10:00 Watercolor Painting
11:00 Jeopardy Trivia
1:30 Balance Barre Fitness
1:30 Tidewater Garden Walk
2:00 Coping with Life Changes
2:30 Scrabble
3:00 Fireside Chat
4:00 Happy Hour
6:00 Evening Movie

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9:00 Tending The Garden
9:30 Zumba with Sara
11:00 Wheel of Fortune
1:00 Arm Chair Travels
1:30 BINGO! Bring your Quarters
1:30 Planetarium: Habitat Earth
2:30 Garden Taste Test
3:30 Tai Chi Balance Barre
4:00 Book Club
6:00 Evening Movie

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9:15 Coffee & Current Events
10:00 Yoga with Jess
11:00 Brain Teasers
1:00 Titanic Documentary
2:00 Rummikub
2:00 Vet 2 Vet Social
3:00 Strength & Stretching
4:00 Happy Hour
6:00 Evening Movie

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9:15 Tending the Flowers
10:00 Balance Barre Fitness
11:00 NY Times Brain Games
11:30 Boat Cruise Picnic
1:30 Cooking Up Memories
2:00 Walking Club
3:00 Concert with Tom Dyhrberg
4:00 Courtyard Social
6:00 Evening Movie
6:15 Knit & Chat w/ Jodi

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9:30 Strength & Stretching
10:15 Daily Calm: Mindfulness
11:00 Brain Games
1:30 Bingo! Bring Your Quarters
3:00 Short Story Club
3:30 Bridge Club
4:00 Bocce Ball
6:00 Evening Movie

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9:00 Coffee & Current Events
10:00 Balance Barre Fitness
10:30 Catholic Mass Livestream
11:00 Categories
1:30 Strength & Stretching
2:30 Blueberry Social
4:00 Mysteries of the Moon
6:00 Evening TV Series

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9:00 Tending The Garden
9:30 Tai Chi Balance Barre
10:30 Hannaford Shopping
11:00 Pictionary
1:30 Flower Arranging
2:30 Bingo! Bring your Quarters
3:30 Finish the Lyric
4:00 Energy Flow with Sara
6:00 Evening Movie

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9:00 Strength & Stretching
10:00 Artist in Residence: Painting w/ Hope
11:00 Jeopardy Trivia
1:00 Bug Lighthouse
1:30 Balance Barre Fitness
2:30 Scrabble
3:00 O.L.L.I. Presentation
4:00 Happy Hour
6:00 Evening Movie

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9:00 Tending The Garden
9:30 Zumba with Sara
11:00 Wheel of Fortune
1:00 Arm Chair Travels
1:30 BINGO! Bring your Quarters
2:30 Lighthouses of Maine
3:30 Tai Chi Balance Barre
4:00 Would You Rather
6:00 Evening Movie

24

9:15 Coffee & Current Events
10:00 Yoga with Jess
10:00 Cornhole Craze
11:00 Brain Teasers
1:00 Cards & Games
2:00 History Seminar w/ Anna
3:00 Strength & Stretching
4:00 Happy Hour
6:00 Evening Movie
6:30 Poetry with Paige

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9:15 Tending the Flowers
10:00 Balance Barre Fitness
11:00 NY Times Brain Games
1:30 Cooking Up Memories
2:00 All Resident Meeting
2:00 Walking Club
3:00 Concert with Red Gallagher
4:00 Courtyard Social
6:00 Evening Movie
6:15 Knit & Chat w/ Jodi

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9:30 Strength & Stretching
10:15 Daily Calm: Mindfulness
11:00 Brain Games
1:30 Bingo! Bring Your Quarters
3:00 Roller Derby Talk
3:30 Bridge Club
4:00 Cornhole
6:00 Evening Movie

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9:00 Coffee & Current Events
10:00 Balance Barre Fitness
10:30 Catholic Mass Livestream
11:00 Categories
1:30 Strength & Stretching
2:30 Blackberry Social
4:00 Stand Up Comedy
6:00 Evening TV Series

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9:00 Tending The Garden
9:30 Tai Chi Balance Barre
10:30 Hannaford Shopping
11:00 Word Mining
1:30 Flower Arranging
1:30 Nail Salon
2:30 Bingo! Bring your Quarters
3:00 Fireside Chat
4:00 Walking Club
6:00 Evening Movie

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9:00 Strength & Stretching
10:00 Inspirational Rock Painting
11:00 Jeopardy Trivia
1:30 Balance Barre Fitness
2:30 Scrabble
3:00 Concert with Shifting Winds Quintet
4:00 Happy Hour
6:00 Evening Movie

30

9:00 Tending The Garden
9:30 Strength & Stretching
11:00 Wheel of Fortune
1:00 Arm Chair Travels
1:30 BINGO! Bring your Quarters
2:30 Maine Military Museum
3:30 Tai Chi Balance Barre
4:00 Just for Laughs
6:00 Evening Movie

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9:15 Coffee & Current Events
10:00 Yoga with Jess
11:00 Brain Teasers
11:30 Lake House Tavern Lunch
2:00 Rummikub
3:00 Strength & Stretching
4:00 Happy Hour
6:00 Evening Movie
6:30 Poetry with Paige



Outings

Hannaford Shopping
Every Monday at 10:30
7/1 Red Robin
7/2 Hacker's Hill Scenic Drive
7/8 TJ Maxx shopping
7/11 Strawberry Picking at Pineland Farms
7/15 Garden Walk at Tidewater Farm
7/16 Habitat Earth at Planetarium
7/18 Boat Cruise Picnic
7/22 Bug Lighthouse
7/30 Maine Military Museum
7/31 Lake House Tavern in Windham

Activity Key

- Connect
- Feel
- Move
- Learn