

Exercise Schedule

Sunday: Balance Barre Fitness and Strength & Stretching

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

Tuesday: Strength & Stretching and Balance Barre Fitness

Wednesday: Zumba w/ Sara & Tai Chi Barre

Thursday: Yoga w/ Jenny & Corn Hole

Friday: Balance Barre Fitness & Walking Club

Saturday: Strength & Stretch & Various Sports



Don't Miss This...

5/1 Lei Day Hawaiian Presentation

5/1 May Day Happy Hour

5/2 Concert with Bess & Per

5/3 Kentucky Derby Social & Hat Making

5/6 Teacher Recognition

5/8 Literary Seminar with Jim

5/9 Mother's Day Event

5/11 Concert with Ray Morrow

5/13 Craft Beer Tasting & Info Session

5/16 Garden Club: Planting

5/20 Senior Green: Dog Toy Making

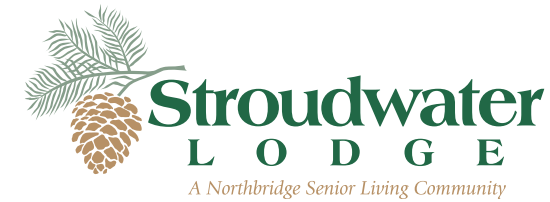
5/21 Book Club

5/22 History Seminar with Anna

5/23 Ukulele Jam Band

5/28 Spelling Bee

5/30 Concert with Sarah



MAY 2025

independent and
assisted living

Mother's Day Sea Glass & Sips Event

Friday, May 9th at 2:00-3:30 PM

to RSVP by April 30th. Each apartment may invite up to two guests!

Join us for a Mother's Day delight! On this special day of love and cheer, let shimmering treasures draw you near. A crafty escape that's calm and bright, we will turn sea glass into pure delight! Join us for tea, mimosas, and delicious hordourves to celebrate Mothers Day 2025.



Please email
rmcdonald@stroudwaterlodge.com

April Showers Bring May Flowers

The old saying "April showers bring May flowers" isn't just a poetic way to talk about spring weather—

it's also a great reminder that this is the perfect time to start thinking about your garden. We will be bringing back our garden out in the courtyard this month! We will be going on trip to the garden center to pick out this year's flowers, plants, and produce to grow. Then we will be inviting residents to join us to plant, tend, and water the garden. We will have weekly garden tending on Mondays and Thursdays at 9am once the garden is up and running.



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

Beau Marchitelli
Culinary Director

Rachel McDonald
Resident Engagement Director



Sunday



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

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

Monday

Tuesday



Wednesday

Thursday

Friday

Saturday

Outings

Hannaford Shopping
Every Monday at 10:30
5/1 Cat Café
5/6 Scenic Drive
5/8 Macy's Shopping
5/13 Garden Shopping
5/14 Red Robin
Luncheon
5/15 Noon Day Concert
5/20 Motorland Class
Car Museum
5/21 Animal Refuge
League
5/23 Riverside Golf
Club Luncheon
5/27 Good Will Drop
Off & Shop
5/28 Portland Head
Lighthouse
5/29 Portland Stage

- 4**
- 9:00 Coffee and Conversation
 - 10:00 Balance Barre Fitness
 - 10:30 Catholic Mass Livestream
 - 11:00 Categories
 - 1:30 Strength & Stretching
 - 2:30 Mocktail Mojito Social
 - 4:00 Name That Tune
 - 6:00 Evening TV Series

- 11**
- 9:00 Coffee and Current Events
 - 10:00 Balance Barre Fitness
 - 10:30 Catholic Mass Livestream
 - 11:00 Categories
 - 1:30 Strength & Stretching
 - 3:00 Saxophone Concert w/ Ray Morrow
 - 4:00 Mother's Day Social
 - 6:00 Evening TV Series

- 18**
- 9:00 Coffee and Conversation
 - 10:00 Balance Barre Fitness
 - 10:30 Catholic Mass Livestream
 - 11:00 Categories
 - 1:30 Strength & Stretching
 - 2:30 Perry Como Social
 - 4:00 Gardening 101
 - 6:00 Evening TV Series

- 25**
- 9:00 Coffee and Conversation
 - 10:00 Balance Barre Fitness
 - 10:30 Catholic Mass Livestream
 - 11:00 Categories
 - 1:30 Strength & Stretching
 - 2:30 Pickle Social
 - 3:00 Cards & Games
 - 6:00 Evening TV Series

- 5**
- 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 Finish the Lyric
 - 4:00 Energy Flow with Sara
 - 6:00 Evening Movie

- 12**
- 9:30 Tai Chi Balance Barre
 - 10:30 Hannaford Shopping
 - 11:00 Word Mining
 - 1:30 Flower Arranging
 - 2:30 Bingo! Bring your Quarters
 - 3:00 Musical Trivia
 - 4:00 Courtyard Walks
 - 6:00 Evening Movie

- 19**
- 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 Finish the Lyric
 - 4:00 Energy Flow with Sara
 - 6:00 Evening Movie

- 26**
- 9:00 Tending The Garden
 - 9:30 Tai Chi Balance Barre
 - 10:30 Hannaford Shopping
 - 11:00 Word Mining
 - 1:30 Flower Arranging
 - 2:30 Bingo! Bring your Quarters
 - 3:00 Concert: Sapphire Lane
 - 4:00 Corn Hole Social
 - 6:00 Evening Movie

- 6**
- 9:00 Strength & Stretching
 - 10:00 Artist in Residence: Painting w/ Hope
 - 11:00 Jeopardy Trivia
 - 11:00 Scenic Drive
 - 1:30 Balance Barre Fitness
 - 2:30 Scrabble
 - 3:00 Teacher Recognition
 - 4:00 Happy Hour
 - 6:00 Evening Movie

- 13**
- 9:00 Strength & Stretching
 - 10:00 Artist in Residence: Painting w/ Hope
 - 11:00 Jeopardy Trivia
 - 1:30 Balance Barre Fitness
 - 1:30 Garden Club Outing
 - 2:30 Scrabble
 - 4:00 Happy Hour & Craft Beer Tasting
 - 6:00 Evening Movie

- 20**
- 9:00 Strength & Stretching
 - 10:00 Senior Green: Dog Toys
 - 11:00 Jeopardy Trivia
 - 1:30 Balance Barre Fitness
 - 2:00 Coping with Life Changes w/ Lori-Ann
 - 2:00 Classic Car Museum
 - 2:30 Scrabble for Beginners
 - 4:00 Happy Hour
 - 6:00 Evening Movie

- 27**
- 9:00 Strength & Stretching
 - 10:00 Artist in Residence: Painting w/ Hope
 - 10:00 Good Will Outing
 - 11:00 Jeopardy Trivia
 - 1:30 Balance Barre Fitness
 - 2:30 Scrabble
 - 3:00 Book Nook Exchange
 - 4:00 Happy Hour
 - 6:00 Evening Movie

- 7**
- 9:30 Zumba with Sara
 - 10:00 Coffee & Conversation
 - 11:00 Wheel of Fortune
 - 1:00 Arm Chair Travels
 - 1:30 BINGO! Bring your Quarters
 - 3:30 Balance Barre Tai Chi
 - 4:00 Just for Laughs
 - 6:00 Evening Movie

- 14**
- 9:30 Zumba with Sara
 - 11:00 Wheel of Fortune
 - 11:30 Red Robin Luncheon
 - 1:00 Arm Chair Travels
 - 1:30 BINGO! Bring your Quarters
 - 3:30 Balance Barre Tai Chi
 - 4:00 Sports Center
 - 6:00 Evening Movie

- 21**
- 9:30 Zumba with Sara
 - 11:00 Wheel of Fortune
 - 1:00 Arm Chair Travels
 - 1:30 BINGO! Bring your Quarters
 - 2:00 Animal Refuge League
 - 2:30 Book Club
 - 3:30 Balance Barre Tai Chi
 - 4:00 Just for Laughs
 - 6:00 Evening Movie

- 28**
- 9:30 Zumba with Sara
 - 11:00 Wheel of Fortune
 - 1:00 Arm Chair Travels
 - 1:30 BINGO! Bring your Quarters
 - 1:30 Portland Head Lighthouse
 - 3:30 Balance Barre Tai Chi
 - 4:00 Spelling Bee
 - 6:00 Evening Movie

- 1**
- 9:15 Coffee & Conversations
 - 10:00 Yoga with Jenny
 - 11:00 Brain Teasers
 - 1:00 Catholic Communion
 - 2:00 Lei Day Hawaiian Demo
 - 3:00 Corn Hole
 - 3:00 Cat Cafe Outing
 - 4:00 May Day Happy Hour
 - 6:00 Evening Movie
 - 6:30 Poetry with Paige

- 8**
- 9:15 Coffee & Conversations
 - 10:00 Yoga with Jenny
 - 11:00 Brain Teasers
 - 11:00 Macy's Shopping
 - 1:00 Rummikub
 - 2:00 Literary Seminar w/ Jim
 - 3:00 Corn Hole
 - 4:00 Happy Hour
 - 6:00 Evening Movie

- 15**
- 9:15 Coffee & Conversations
 - 10:00 Yoga with Jenny
 - 11:00 Brain Teasers
 - 11:45 Noonday Concert
 - 1:00 Corn Hole
 - 2:30 Speaker: Savvy Palettes
 - 4:00 Happy Hour
 - 6:00 Evening Movie
 - 6:30 Poetry with Paige

- 22**
- 9:00 Tending The Garden
 - 9:15 Coffee & Conversations
 - 10:00 Yoga with Jenny
 - 11:00 Brain Teasers
 - 1:00 Rummikub
 - 2:00 History Seminar w/ Anna
 - 3:00 Corn Hole
 - 4:00 Happy Hour
 - 6:00 Evening Movie
 - 6:30 Poetry with Paige

- 29**
- 9:00 Tending The Garden
 - 9:15 Coffee & Conversations
 - 10:00 Yoga with Jenny
 - 11:00 Brain Teasers
 - 1:00 Cards & Games
 - 2:00 Portland Stage
 - 3:00 Corn Hole
 - 4:00 Happy Hour
 - 6:00 Evening Movie
 - 6:30 Poetry with Paige

- 2**
- 9:15 Tending the Flowers
 - 10:00 Balance Barre Fitness
 - 11:00 NY Times Brain Games
 - 1:30 Cooking Up Memories
 - 2:00 Walking Club
 - 3:00 Piano & Percussion Concert w/ Bess & Per
 - 4:00 Spritzer Social
 - 6:00 Evening Movie
 - 6:15 Knit & Chat w/ Jodi

- 9**
- 9:15 Tending the Flowers
 - 10:00 Balance Barre Fitness
 - 11:00 NY Times Brain Games
 - 1:30 Documentary
 - 2:00 Mother's Day Event
 - 4:00 Walking Club
 - 6:00 Evening Movie
 - 6:15 Knit & Chat w/ Jodi

- 16**
- 9:15 Tending the Flowers
 - 10:00 Balance Barre Fitness
 - 11:00 NY Times Brain Games
 - 1:30 Cooking Up Memories
 - 2:00 Walking Club
 - 2:00 Garden Club: Planting
 - 3:00 Concert: Kevin Farley
 - 4:00 Courtyard Social
 - 6:00 Evening Movie
 - 6:15 Knit & Chat w/ Jodi

- 23**
- 9:15 Tending the Flowers
 - 10:00 Balance Barre Fitness
 - 11:00 NY Times Brain Games
 - 11:30 Riverside Golf Luncheon
 - 1:30 Cooking Up Memories
 - 2:00 Walking Club
 - 3:00 Ukulele Jam Band
 - 4:00 Courtyard Social
 - 6:00 Evening Movie
 - 6:15 Knit & Chat w/ Jodi

- 30**
- 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 Classical Flute w/ Sarah
 - 4:00 Courtyard Social
 - 6:00 Evening Movie
 - 6:15 Knit & Chat w/ Jodi

- 3**
- 9:30 Strength & Stretching
 - 10:15 Daily Calm: Mindfulness
 - 11:00 Brain Games
 - 1:30 Bingo! Bring Your Quarters
 - 3:00 Kentucky Derby Hats
 - 4:00 Kentucky Derby Social
 - 6:00 Evening Movie

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

- 17**
- 9:30 Strength & Stretching
 - 10:15 Daily Calm: Mindfulness
 - 11:00 Brain Games
 - 1:30 Bingo! Bring Your Quarters
 - 3:00 Oldies Sing-A-Long
 - 4:00 Axe Throwing
 - 6:00 Evening Movie

- 24**
- 9:30 Strength & Stretching
 - 10:15 Daily Calm: Mindfulness
 - 11:00 Brain Games
 - 1:30 Bingo! Bring Your Quarters
 - 3:00 Mini Manicures w Kerry
 - 4:00 Bocce Ball
 - 6:00 Evening Movie

- 31**
- 9:30 Strength & Stretching
 - 10:15 Daily Calm: Mindfulness
 - 11:00 Brain Games
 - 1:30 Bingo! Bring Your Quarters
 - 3:00 Virtual Art Gallery
 - 4:00 Baseball Toss
 - 6:00 Evening Movie

Activity Key

- Connect
- Feel
- Move
- Learn