

Happy Independence Day!

Sunnybrook, where the spirit of patriotism shines bright! We'll enjoy festive music, a cheerful atmosphere, and time spent with friends. Come join the fun with red, white, and blue treats and a special patriotic bingo with prizes. Whether you're reminiscing about celebrations past or simply enjoying the moment, this 4th of July is all about community, gratitude, and honoring the freedoms we cherish. Let freedom ring!



Garden Club at Sunnybrook!



Join us for Garden Club every Thursday at 10:45 AM on the garden level! No green thumbs required—just bring your enthusiasm and love for the outdoors. Together, we plant, water, and grow fresh herbs that's proudly used by the Sunnybrook Kitchen! Whether you're a seasoned gardener or just curious, Garden Club is the perfect place to dig in, make friends, and enjoy the simple joys of nature.

Where can I find my photos?

Are you wondering where all the pictures go that we take? Check out our Facebook Page @SunnybrookSeniorLiving or TikTok Account @NorthbridgeCommunities!

What is the most common food eaten on the Fourth of July?

- A) Hamburgers B) Hot Dogs
C) Watermelon D) Corn on the Cob



B) Hot Dogs



Welcome to July!

Summer is in full swing, and July brings sunshine, laughter, and lots of fun at Sunnybrook! From patriotic celebrations to relaxing afternoons outdoors, there's something for everyone to enjoy. Keep an eye out for bingo with prizes, summer socials, and refreshing treats to beat the heat. Whether you're relaxing in the Piano Parlor or enjoying a cool drink in the Garden Level, July at Sunnybrook is all about summer smiles and sweet memories!



SUNNYBROOK Leadership Team

Lyndsay Renadette
Executive Director

Rochelle Desrosiers
Sales Director

Annette Whitney
Resident Care Director

Sue Brume
Assistant Resident Care Director

Gwen Rose
Culinary Director

Jean Harris
Resident Engagement Director

Dave Haskell
Maintenance Director



“I Remember When...” by Rich

I remember in 1954, at 14, I started working the rich soil of the Connecticut River Valley, known worldwide for its fine tobacco—used in the wrappers of the best cigars. You had to be careful not to bruise the leaves. I worked long days, from seven in the morning to six at night, bringing a sandwich and grit. Buses came from as far as Florida, bringing workers for the harvest. I gave most of my pay to my mother, keeping just a few dollars. At the end of the season, she'd take me to Hartford to buy school clothes. A dollar an hour—and a world of character.

Author: Rich L.

Age: 85



Sunday



340 Bath Rd
Brunswick, ME 04011
(207) 443-9100

northbridgecommunities.com/sunnybrook/
assisted living

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

IMPORTANT DATES

SIGN UPS:

7/2 Music on the Mall
7/7 Dunkin' & Ride
7/9 Music on the Mall
7/14 Paul's Gallery
7/16 Music on the Mall
7/18 Winslow Park
7/22 Walmart
7/23 Music on the Mall
7/25 Cameron's Lobster
7/29 Fielder's Choice
6/30 Music on the Mall

BIRTHDAY:

7/26 Martin S



Doctor Appt Reminders:

Wed & Thur
8AM - 3PM
48-Hour Notice


Activity Key

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



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9:45  Short Stories
10:00  Conversation Over Coffee
10:30  Pop Quiz!
10:45  Music in Motion
1:30  Strengthening Class
2:00  Movie









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9:15  Dunkin' Donuts & Ride
11:00  Catch That
1:30  Quarters Bingo
2:45  Welcome to Sunnybrook
3:30  Music in Motion
3:45  Wheel of Fortune
6:30  CRIBBAGE









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9:00  Nail Beauty
10:15  Low Impact Chair Exercise
11:00  Cranium Crunches
2:15  What Would You Do?
3:15  Chair Yoga with Video
3:45  Guided Meditation
6:30  Card Games








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9:15  Low Impact Chair Exercise
10:00  Frank Connors - Author
11:00  Word Games
1:00  Country Store Open
2:00  Dave Stone - Piano
3:30  Strengthening Class
5:15  Music on the Mall
6:30  CRIBBAGE








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9:00  Nail Beauty
10:00  Tai Chi Barre Exercise
10:45  Garden Club
1:00  CRIBBAGE
2:00  Richard Reichner-Music
3:00  Music in Motion
3:15  Wine and Unwind
6:30  Card Games


11

9:15  Book Nook
10:15  Balance Barre Exercise
11:00  Word Games
2:00  Mike Perry: "Maine Memories"
3:30  Music in Motion
3:45  Wheel of Fortune
6:30  CRIBBAGE







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9:30  Country Store Open
10:15  Low Impact Chair Exercise
11:00  Cranium Crunches
1:30  Candy Bingo
2:00  SCRABBLE
2:45  Take a Stroll
3:00  Documentary





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9:45  Short Stories
10:00  Conversation Over Coffee
10:30  Pop Quiz!
10:45  Music in Motion
1:30  Strengthening Class
2:00  Corliss St. Church
2:45  Movie









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9:15  Balance Barre Exercise
10:30  Trip to Paul's Gallery
2:45  Documentary
3:30  Music in Motion
3:45  Wheel of Fortune
6:30  CRIBBAGE









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9:15  Nail Beauty
10:15  Low Impact Chair Exercise
11:00  Cranium Crunches
1:30  Cooking Up Memories
3:15  Richard Simmons Exercise
3:45  Guided Meditation
6:30  Card Games








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8:00  Gentleman's Breakfast
9:15  Book Nook
10:15  Balance Barre Exercise
11:00  Word Games
1:00  Country Store Open
2:00  Bowdoin Music Festival
5:15  Music on the Mall
6:30  CRIBBAGE








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9:00  Nail Beauty
10:00  Tai Chi Barre Exercise
10:45  Garden Club
1:00  CRIBBAGE
2:00  Sapphire Lane - Music
3:00  Music in Motion
3:15  Wine and Unwind
6:30  Card Games







18

9:15  Book Nook
10:15  Balance Barre Exercise
11:00  Word Games
11:00  Picnic at Winslow Park
3:30  Music in Motion
3:45  Wheel of Fortune
6:30  CRIBBAGE









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9:30  Country Store Open
10:15  Low Impact Chair Exercise
11:00  Cranium Crunches
1:30  Bruce Hardina-Music
2:00  SCRABBLE
2:45  Take a Stroll
3:00  Documentary

20

9:45  Short Stories
10:00  Conversation Over Coffee
10:30  Pop Quiz!
10:45  Music in Motion
1:30  Strengthening Class
2:00  Movie









21

9:15  Book Nook
10:15  Balance Barre Exercise
11:00  Word Games
1:30  Quarters Bingo
2:45  Cooking up Memories
3:30  Music in Motion
3:45  Wheel of Fortune
6:30  CRIBBAGE


22

9:00  Walmart Shopping
11:00  Senior Green
2:00  Jay Staples - Singer
3:15  Tai Chi Barre Exercise
3:45  Guided Meditation
6:30  Card Games








23

9:15  Book Nook
10:15  Balance Barre Exercise
11:00  Word Games
1:00  Country Store Open
2:00  Nat'l Ice Cream Day
3:30  Strengthening Class
5:15  Music on the Mall
6:30  CRIBBAGE








24

9:00  Nail Beauty
10:00  Tai Chi Barre Exercise
10:45  Garden Club
1:00  CRIBBAGE
3:00  Music in Motion
3:15  Wine and Unwind
6:30  Card Games



25

9:15  Low Impact Chair Exercise
10:00  Resident Meeting
11:00  Cameron's Lobster House
1:30  Travel Documentary
3:30  Music in Motion
3:45  Wheel of Fortune
6:30  CRIBBAGE









26

9:30  Country Store Open
10:15  Low Impact Chair Exercise
11:00  Cranium Crunches
1:30  Candy Bingo
2:00  SCRABBLE
2:45  Take a Stroll
3:00  Documentary




27

9:45  Short Stories
10:00  Conversation Over Coffee
10:30  Pop Quiz!
10:45  Music in Motion
1:30  Strengthening Class
2:00  Movie









28

9:15  Book Nook
10:15  Balance Barre Exercise
11:00  Word Games
1:30  Quarters Bingo
2:45  Cooking up Memories
3:30  Music in Motion
3:45  Wheel of Fortune
6:30  CRIBBAGE









29

9:00  Nail Beauty
10:15  Low Impact Chair Exercise
11:00  Cranium Crunches
1:15  Fielder's Choice
3:15  Tai Chi Barre Exercise
3:45  Guided Meditation
6:30  Card Games

30

9:15  Book Nook
10:15  Balance Barre Exercise
11:00  Word Games
1:00  Country Store Open
1:30  Bess & Co.-Music
3:30  Strengthening Class
5:15  Music on the Mall
6:30  CRIBBAGE

31

9:00  Nail Beauty
10:00  Tai Chi Barre Exercise
10:45  Garden Club
1:00  CRIBBAGE
2:00  Carolyn Currie-Music
3:00  Music in Motion
3:15  Wine and Unwind
6:30  Card Games

