

Mother's Day: May 11th

Happy Mother's Day to the fabulous, fierce, and forever-loving women who have shaped our lives with laughter, hugs, and maybe a few well-timed scoldings! Whether you're a mom, a grandma, a bonus mom, or someone who's simply filled that role with love and grace — today is all about YOU. You've juggled life's chaos with style, mastered the art of "the look," and always knew how to make everything better.



Memorial Day: May 26th



This Memorial Day, we pause to remember and honor the brave men and women who made the ultimate sacrifice in service to our country. Their courage and dedication will never be forgotten. Let us take this time to reflect with gratitude, share stories, and keep their legacy alive in our hearts. "A hero is someone who has given his or her life to something bigger than oneself." — Joseph Campbell

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!

In what year did Mother's Day become an official U.S. holiday, typically celebrated in May?

A. 1908 B. 1914 C. 1925 D. 1940



B. 1914

Welcome to May!

May brings blooming flowers, sunny days, and time to honor the amazing women in our lives for Mother's Day. As the month closes, we'll come together to remember and honor those who served on Memorial Day. It's a month full of beauty, reflection, and community—let's enjoy it together! "May is the month of expectation, the month of wishes, the month of hope." by Emily Brontë



"I Remember When" by Nancy

I remember when I was little, we'd spend six weeks every summer at our cabin on Eagle Lake in Wisconsin. We went fishing, water skiing, and paddled around in a homemade wooden boat my neighbor carved out. One time, my dad fell into the lake trying to catch a fish—classic. On another trip, he caught a 52" muskie that took up the whole table! I also had a run-in with a visiting German Shepherd that bit my leg. Still have the scar on my thigh from that dog.

Author: Nancy C.

Age: 72



SUNNYBROOK Leadership Team

Lyndsay Renadette
Executive Director

Rochelle Derosiers
Sales Director

Annette Whitney
Resident Care Director

Gwen Rose
Culinary Director

Jean Harris
Resident Engagement Director

Dave Haskell
Maintenance Director



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:

5/2 Dunkin' & Ride
5/15 Shae's Massages
5/16 Fair Grounds Cafe
5/20 TJ Maxx & \$\$ Tree
5/21 KFC & Movie
5/27 Scenic Ride







BIRTHDAYS:









5/13 Shirley S.
5/14 Richard L.
5/19 David H.
5/24 Elinor B.
5/29 Linda J.









Doctor Appt Reminders:
Wed & Thur
8AM-3PM
48-Hour Notice









Activity Key

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







- 4**
- 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




- 5** Cinco de Mayo
- 9:15  Book Nook
 - 10:15  Balance Barre Exercise
 - 11:00  What is Cinco de Mayo?
 - 1:30  Quarters Bingo
 - 2:45  Welcome to Sunnybrook
 - 3:30  Music in Motion
 - 3:45  Wheel of Fortune
 - 6:30  CRIBBAGE








- 6**
- 9:30  Nail Beauty
 - 10:00  Book Club with Pam
 - 10:15  Low Impact Chair Exercise
 - 11:00  BOOK MOBILE visits
 - 1:30  Cooking Up Memories
 - 2:15  Tai Chi Barre Exercise
 - 3:00  Anni Clark-Music
 - 6:30  Card Games









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- 9:15  Book Nook
 - 10:15  Balance Barre Exercise
 - 11:00  Word Games
 - 1:00  Country Store Open
 - 2:00  Strengthening Class
 - 3:15  Peter Mezoian-Banjo
 - 3:45  Wheel of Fortune
 - 6:30  CRIBBAGE

- 8**
- 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









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- 9:15  Book Nook
 - 9:15  Walmart Shopping
 - 11:00  Word Games
 - 3:30  Music in Motion
 - 3:45  Wheel of Fortune
 - 6:30  CRIBBAGE


- 10**
- 9:30  Country Store Open
 - 10:15  Low Impact Chair Exercise
 - 11:00  Cranium Crunches
 - 1:30  Take a Stroll
 - 2:00  Mom Awards
 - 3:00  Documentary







- 11** Mother's Day
- 9:45  Mom stories - from you!
 - 10:00  Conversation Over Coffee
 - 11:00  Music in Motion
 - 1:30  Strengthening Class
 - 2:00  Corliss St. Church
 - 3:00  Documentary
 - 3:00  Mom's Day Social Hour









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- 9:15  Book Nook
 - 10:15  Balance Barre Exercise
 - 11:00  Word Games
 - 1:30  Painting with Paul
 - 2:45  Documentary
 - 3:30  Music in Motion
 - 3:45  Wheel of Fortune
 - 6:30  CRIBBAGE







- 13**
- 9:30  Nail Beauty
 - 10:15  Low Impact Chair Exercise
 - 1:30  Cooking Up Memories
 - 2:30  Drumming with Kerri
 - 3:15  Tai Chi Barre Exercise
 - 3:45  Guided Meditation
 - 6:30  Card Games









- 14**
- 9:15  Balance Barre Exercise
 - 10:00  Frank Connors - Author
 - 11:00  Word Games
 - 1:00  Country Store Open
 - 2:00  Dave Stone - Piano
 - 3:30  Strengthening Class
 - 3:45  Wheel of Fortune
 - 6:30  CRIBBAGE







- 15**
- 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









- 16**
- 9:15  Book Nook
 - 10:15  Balance Barre Exercise
 - 11:00  Lunch at Fair Grounds Cafe
 - 3:30  Music in Motion
 - 3:45  Wheel of Fortune
 - 6:30  CRIBBAGE

- 17** Armed Forces Day
- 9:30  Country Store Open
 - 10:15  Low Impact Chair Exercise
 - 11:00  Cranium Crunches
 - 1:30  Candy Bingo
 - 1:30  Take a Stroll
 - 1:30  Bruce Hardina-Music
 - 2:00  SCRABBLE
 - 3:00  Documentary







- 18**
- 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








- 19**
- 9:15  Book Nook
 - 10:15  Balance Barre Exercise
 - 11:00  Word Games
 - 1:30  Quarters Bingo
 - 2:45  Documentary
 - 3:30  Chair Yoga w/Dominique
 - 3:45  Wheel of Fortune
 - 6:30  CRIBBAGE



- 20**
- 9:15  TJMaxx & Dollar Tree
 - 9:45  Travel Documentary
 - 1:30  Cooking up Memories
 - 3:15  Tai Chi Barre Exercise
 - 3:45  Guided Meditation
 - 6:30  Card Games









- 21**
- 9:15  Book Nook
 - 10:15  Balance Barre Exercise
 - 11:00  Word Games
 - 1:00  Country Store Open
 - 1:30  Let's Catch Up
 - 3:00  Simon Says
 - 4:30  KFC & Movie
 - 6:30  CRIBBAGE

- 22**
- 9:00  Nail Beauty
 - 10:00  Tai Chi Barre Exercise
 - 10:45  Garden Club
 - 1:00  CRIBBAGE
 - 1:30  Bess & Co.-Music
 - 3:00  Music in Motion
 - 3:15  Wine and Unwind
 - 6:30  Card Games










- 23**
- 9:15  Book Nook
 - 10:15  Balance Barre Exercise
 - 11:00  Word Games
 - 3:30  Music in Motion
 - 3:45  Wheel of Fortune
 - 6:30  CRIBBAGE

- 24**
- 9:30  Country Store Open
 - 10:15  Low Impact Chair Exercise
 - 11:00  Cranium Crunches
 - 1:30  Candy Bingo
 - 1:30  Take a Stroll
 - 2:00  SCRABBLE
 - 3:00  Documentary








- 25**
- 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








- 26** Memorial Day
- 9:15  Book Nook
 - 10:15  Balance Barre Exercise
 - 11:00  Word Games
 - 1:15  Music in Motion
 - 1:30  Quarters Bingo
 - 3:00  Root Beer Floats!
 - 3:45  Wheel of Fortune
 - 6:30  CRIBBAGE

- 27**
- 9:15  Scenic Ride
 - 10:15  Low Impact Chair Exercise
 - 2:00  Jay Staples - Singer
 - 3:15  Tai Chi Barre Exercise
 - 3:45  Guided Meditation
 - 6:30  Card Games

- 28**
- 8:00  Men's Breakfast
 - 9:15  Book Nook
 - 10:15  Balance Barre Exercise
 - 11:00  Word Games
 - 1:00  Country Store Open
 - 2:00  Cooking Up Memories
 - 3:30  Strengthening Class
 - 3:45  Wheel of Fortune
 - 6:30  CRIBBAGE

- 29**
- 9:00  Nail Beauty
 - 10:00  Tai Chi Barre Exercise
 - 10:45  Garden Club
 - 1:00  CRIBBAGE
 - 1:30  Frank Ferrel-Music
 - 3:00  Music in Motion
 - 3:15  Wine and Unwind
 - 6:30  Card Games

- 30**
- 9:15  Balance Barre Exercise
 - 10:30  Resident Meeting
 - 11:00  Word Games
 - 2:30  Auction!
 - 3:30  Music in Motion
 - 3:45  Wheel of Fortune
 - 6:30  CRIBBAGE

- 31**
- 9:30  Country Store Open
 - 10:15  Low Impact Chair Exercise
 - 11:00  Cranium Crunches
 - 1:30  Candy Bingo
 - 1:30  Take a Stroll
 - 2:00  SCRABBLE
 - 3:00  Documentary