

Book Group

Please join us for this month's Book Group. We will be discussing "The Stars are Fire" by Anita Shreve. From the New York Times best-selling author this is a ferociously suspenseful new novel based on the riveting true story of the largest fire in Maine's history. Book Group is presented by the Abbott Library.

Please see Martha if you would like a copy!



Planting Season

Calling all green thumbs! Soon, our planters will be in place and ready for planting. Gardening is not just about the end result; it's also about enjoying the process. Take time to appreciate the beauty of the garden and the satisfaction of nurturing our plants. Gardening can be a relaxing and rewarding activity, so let's make the most of it!



Bocce!

As the days grow longer and warmer, it's time to dust off the bocce balls and get down to business. Bocce is an ancient Italian sport that combines skill, strategy, and social interaction. Played on a flat surface, the objective is to throw balls closest to the pallino, a smaller target ball. Bocce is enjoyed by all ages and its simplicity and competitive nature ensure it will be fun.



MAY 2025

*independent and
assisted living*

Happy Mother's Day!

Mother's Day is a beautiful reminder of the importance of mothers in our lives. It is a day to celebrate their strength, resilience, and boundless love. Whether through grand gestures or simple acts of kindness, taking the time to show appreciation for our mothers can create lasting memories and deepen the bonds we share. As we celebrate Mother's Day, let us cherish the heart of the family and the incredible women who fill that role. Happy Mother's Day to all our Mariner Mothers!



THE MARINER AT MARBLEHEAD *Leadership Team*

Andrew Gillis
Executive Director

Kendra Stanislawzyk
Business Director

Heather Steadman
Resident Care Director

Missy Abraham
Avita Director

Martha Dooling
Resident Engagement Director

Enworth Davis
Culinary Director

Andrew McClaskey
Maintenance Director



Memorial Day

Memorial Day, observed on the last Monday of May, is more than what many consider the beginning of summer. It is also a solemn day dedicated to honoring the men and women who have died in military service to the United States. Originating after the Civil War, it was initially known as Decoration Day, a time to decorate the graves of fallen soldiers. Today, Memorial Day is marked by ceremonies, parades, and moments of reflection, reminding us of the sacrifices made for our freedom. For all the Mariners who have served in the military, we sincerely thank you for your service.





MAY 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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independent and assisted living



Title

“Amidst the blooms, in nature’s majesty
We see your hand in every petal that glowed
Renewed by new growth, we humbly pray
To live a life as vibrant as this day
With newfound strength and hearts aglow,
We thank you for this month’s gentle flow.”
-Catherine Pulsifer

4 Symphony by the Sea

9:15 Morning Meditation
10:00 Stretch and Tone
11:00 Religious Services
11:00 Scrabble
2:00 Corn Hole
3:00 SPUR Game Day
3:00 Symphony by the Sea
4:00 Trivia

5 Cinco de Mayo

9:15 Morning Meditation
9:30 Crosby’s Market
10:00 Forever Young with Viv
11:00 Out to Abbot Library
11:00 Brain Games
2:00 Bridge Group
3:30 Cinco de Mayo Party
3:30 Brian Kane on Sax

6 Nurse’s Day

9:15 Morning Meditation
10:00 Stretch & Tone
11:00 Communion
11:00 Rummikube
12:00 Nursing Day Luncheon
1:30 Barre Balance Fitness
2:00 Canasta 101
5:00 Dine Out Tuesday!

7 Beauport Luncheon

9:15 Morning Meditation
10:00 Forever Young with Viv
11:00 Brain Games
12:00 Beauport Luncheon
1:30 Mariner Walkers
2:00 Artist in Residence
3:00 Poker Group

8

9:15 Morning Meditation
10:00 Barre Balance Fitness
11:00 Book Club Meeting
11:00 Brain Games
2:00 French 101
3:00 Strength & Balance w Kim
4:00 Shuffleboard

9 Mother’s Day Lecture

9:15 Morning Meditation
9:30 Coffee with Peter
10:00 Forever Young with Viv
11:00 Prof Nick D’Salvatore
1:30 Jewelry Class
3:00 Tai Chi with Val

10

9:15 Morning Meditation
10:00 Barre Tai Chi
10:30 Documentary Hour
11:00 Rummikube
1:30 Musical Mariners
3:00 Strength Training w Kim

11 Mother’s Day

9:15 Morning Meditation
10:00 Stretch and Tone
11:00 Religious Services
11:00 Scrabble
2:00 Bocce
3:00 Karaoke
3:00 Mother’s Day Concert
4:00 Trivia

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9:15 Morning Meditation
9:30 Crosby’s Market
10:00 Forever Young with Viv
11:00 Out to Abbot Library
11:00 Brain Games
2:00 Bridge Group
3:30 Scrabble

13 Fire Safety Lecture

9:15 Morning Meditation
10:00 Stretch & Tone
11:00 Communion
11:00 Rummikube
1:30 Barre Balance Fitness
2:00 Canasta 101
2:00 Fire Safety with Andrew

14 Titanic Artifacts Exhibit

9:15 Morning Meditation
10:00 Forever Young with Viv
11:00 Book Group
11:00 Titanic Artifacts Exhibit
1:30 Mariner Walkers
2:00 Artist in Residence
3:00 Poker Group

15 David Sparr at Piano

9:15 Morning Meditation
10:00 Barre Balance Fitness
11:00 Brain Games
2:00 French 101
3:00 Strength & Balance w Kim
4:00 Shuffleboard
4:00 David Sparr at the Piano

16 Paint and Sip Party

9:15 Morning Meditation
9:30 Coffee with Peter
10:00 Forever Young with Viv
11:00 Brain Games
1:30 Jewelry Class
2:00 Visit with the PEM
3:00 Tai Chi with Val
4:00 Paint and Sip

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9:15 Morning Meditation
10:00 Barre Tai Chi
10:30 Documentary Hour
11:00 Rummikube
1:30 Musical Mariners
3:00 Strength Training w Kim

18

9:15 Morning Meditation
10:00 Stretch and Tone
11:00 Religious Services
11:00 Scrabble
2:00 Corn Hole
3:00 Karaoke
4:00 Trivia

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9:15 Morning Meditation
9:30 Crosby’s Market
10:00 Forever Young with Viv
11:00 Out to Abbot Library
11:00 Brain Games
12:00 March Birthday Party
2:00 Bridge Group
3:30 Scrabble

20 Scot Andrews at Piano

9:15 Morning Meditation
10:00 Stretch & Tone
11:00 Communion
11:00 Rummikube
1:30 Resident Council
1:30 Bocce
2:00 Canasta 101
3:00 Scot Andrews/Piano
5:00 Dine Out Tuesday!

21 Tour of Fenway Park

9:15 Morning Meditation
10:00 Forever Young with Viv
11:00 Brain Games
11:00 Tour of Fenway Park
1:30 Mariner Walkers
2:00 Artist in Residence
3:00 Poker Group

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9:15 Morning Meditation
10:00 Barre Balance Fitness
11:00 Brain Games
2:00 French 101
3:00 Strength & Balance w Kim
4:00 Shuffleboard

23

9:15 Morning Meditation
9:30 Coffee with Peter
10:00 Forever Young with Viv
11:00 Brain Games
1:30 Jewelry Class
3:00 Tai Chi with Val

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9:15 Morning Meditation
10:00 Barre Tai Chi
10:30 Documentary Hour
11:00 Rummikube
1:30 Musical Mariners
3:00 Strength Training w Kim

25

9:15 Morning Meditation
10:00 Stretch and Tone
11:00 Religious Services
11:00 Scrabble
2:00 Bocce
3:00 Karaoke
4:00 Trivia

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9:15 Morning Meditation
9:30 Crosby’s Market
10:00 Forever Young with Viv
11:00 Brain Games
12:00 Memorial Day Cookout
2:00 Bridge Group
3:30 Scrabble

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9:15 Morning Meditation
10:00 Stretch & Tone
11:00 Communion
11:00 Rummikube
1:30 Barre Balance Fitness
2:00 Canasta 101

28 Wenham Tea House

9:15 Morning Meditation
10:00 Forever Young with Viv
11:00 Brain Games
12:00 Wenham Tea House
1:30 Mariner Walkers
2:00 Artist in Residence
3:00 Poker Group

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9:15 Morning Meditation
10:00 Barre Balance Fitness
11:00 Brain Games
2:00 French 101
3:00 Strength & Balance w Kim
4:00 Shuffleboard

30

9:15 Morning Meditation
9:30 Coffee with Peter
10:00 Forever Young with Viv
11:00 Brain Games
1:30 Jewelry Class
3:00 Tai Chi with Val

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9:15 Morning Meditation
10:00 Barre Tai Chi
10:30 Documentary Hour
11:00 Rummikube
1:30 Musical Mariners
3:00 Strength Training w Kim

Activity Key

- Connect
- Feel
- Move
- Learn

