

A Maritime Feast

Join us for a delicious and lively Seafood Celebration with Live Music! This exciting event brings together the freshest seafood and the smooth sounds of live entertainment for an unforgettable afternoon. We will also have games for anyone interested! Whether you're a fan of lobster, shrimp, oysters, or classic fish favorites, there's something for everyone to enjoy. Our chefs will be serving up flavorful dishes sure to satisfy every seafood lover's palate.

While you dine, relax and enjoy the rhythm of talented local musicians playing upbeat and feel-good tunes. It's the perfect chance to gather with friends, meet new neighbors, and soak in the festive



atmosphere. Come hungry, come happy, and come ready to celebrate the tastes of the sea. Don't miss this flavorful fusion of food and music—it's a summer-inspired event that's sure to make waves! We look forward to seeing you there for an afternoon of great eats and great beats.

A Botanical Balms Workshop

Come join us for a hands-on Lip Balm Workshop where you'll learn the art of crafting your very own natural lip balm from scratch! In this engaging session, you'll discover the step-by-step process of creating smooth, soothing lip balms using high-quality, all-natural ingredients. Not only will you learn the techniques behind blending oils, waxes, and butters, but you'll also dive into the fascinating world of herbalism. We'll explore the healing properties of various herbs used in your balm—like calendula, chamomile, and lavender—and how they benefit and nourish your lips. You'll leave with a deeper understanding of how plants support skin health and a few custom-made balms to enjoy or share. Whether you're looking to



start a new hobby, make thoughtful gifts, or simply learn something new, this workshop is a fun, educational experience for all. Come get creative, connect with nature's remedies, and walk away with something beautiful and useful!

THE RESIDENCE at Glastonbury

THE RESIDENCE AT GLASTONBURY *Associates*

Adam Baez

Executive Director

Jeremy Tucker

Resident Engagement Director

Eduardo Perez

Restaurant Operations Director

Tammy Schwartz

Resident Care Director

Lorraine Funk

Sales Specialist

Jeremy Lucenay

Maintenance Director

Ina Fisher

Reflections Director

Welcome Ina! Reflections Director!

My name is Ina Fisher and I'm honored to step into my new role as the Reflections Director and a proud leader within this vibrant and compassionate community. With over 17 years of experience in the medical field, I have spent my career serving in senior living settings in various roles where each one has strengthened my dedication to supporting older adults and their families. Reflections is not just a neighborhood it's a space that speaks to my heart and purpose.

As a leader, I believe in showing up with presence, integrity, and empathy every single day. My mission is to foster a caring, supportive, and engaging environment where residents feel valued and safe, families feel connected and included, and my team feels inspired and supported. Relationship building and trust are at the core of my leadership philosophy, and I'm deeply committed to listening, learning, and leading with compassion.

I come from a large, loving family that shaped me into who I am today and laied a foundation for my morals, work ethic, and deep respect for human connection. My husband and I have been married for 18 years and are proud parents to two amazing boys, Josh 14 and Eli 10. Our home is full of life and craziness including our two fur babies Whisky, a rescue cat, and Bear, their loyal German Shepherd. I wouldn't change it for the world. I thank god every day for my blessings.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



6

9:00 Church Service
10:00 Cardio Dance
10:45 Bocce Ball Challenge
12:30 Cards with Andy
1:30 Film Club!
2:00 Ante up Bingo!
3:15 The Game Experience
3:15 Hoppy Hour
4:15 Word Puzzle Bonanza!

7

Happy B-Day Jean D.
10:00 Upper Body Weightlifting
10:00 Studio Art;
10:30 Sound Healing
10:45 Scenic Ride
12:30 The Trick Takers! Hearts
1:30 Film Club!
2:00 Tai Chi and Meditation
3:00 The Margarita Experience
4:15 Art with Molly
6:00 Trivial Pursuit

13

9:00 Church Service
10:00 Cardio Dance
10:45 Bocce Ball Challenge
12:30 Cards with Andy
1:30 Film Club!
2:00 Ante up Bingo!
3:15 The Game Experience
3:15 Hoppy Hour
4:15 Word Puzzle Bonanza!

14

10:00 Upper Body Weightlifting
10:00 Studio Art;
10:30 Sound Healing
10:45 Scenic Ride
12:30 The Trick Takers! Hearts
1:30 Film Club!
2:00 Tai Chi and Meditation
3:00 Lucky Irish Social Hour
4:15 Art with Molly
6:00 Flower's with Molly

20

9:00 Church Service
10:00 Cardio Dance
10:45 Bocce Ball Challenge
12:30 Cards with Andy
1:30 Film Club!
2:00 Ante up Bingo!
3:15 The Game Experience
3:15 Hoppy Hour
4:15 Word Puzzle Bonanza!

21

10:00 Upper Body Weightlifting
10:00 Studio Art;
10:30 Sound Healing
10:45 Scenic Ride
12:30 The Trick Takers! Hearts
1:30 Catholic Communion
1:30 Film Club!
2:00 Tai Chi and Meditation
3:00 The MVP Mixer Social Hour
4:15 Art with Molly

27

9:00 Church Service
10:00 Cardio Dance
10:45 Bocce Ball Challenge
12:30 Cards with Andy
1:30 Film Club!
2:00 Ante up Bingo!
3:15 The Game Experience
3:15 Hoppy Hour
4:15 Word Puzzle Bonanza!

28

10:00 Upper Body Weightlifting
10:00 Studio Art;
10:30 Sound Healing
10:45 Scenic Ride
12:30 The Trick Takers! Hearts
1:30 Film Club!
2:00 Tai Chi and Meditation
3:00 The Margarita Experience
4:15 Art with Molly
6:00 Flower's with Molly

1

Happy B-Day Diane L.
10:00 Core & Cardio
10:45 The Bocce Challenge
12:30 Shuffled & Ready, Spades!
1:30 Resident Council Meeting
1:30 Film Club!
3:00 Mugs & Mingle
3:30 Think More
4:15 Crossword Challenge

8

10:00 Core & Cardio
10:45 Fiber Circle
10:45 The Bocce Challenge
12:30 Shuffled & Ready, Spades!
1:30 Film Club!
2:00 Maintenance Committee Meeting
3:00 Mugs & Mingle
3:30 Think More
4:15 Crossword Challenge

15

10:00 Core & Cardio
10:45 The Bocce Challenge
12:30 Shuffled & Ready, Spades!
1:30 Director Led Resident Council Meeting
1:30 Film Club!
3:00 Mugs & Mingle
3:30 Think More
4:15 Crossword Challenge

22

Happy B-Day Fred S.
10:00 Core & Cardio
10:45 Fiber Circle
10:45 The Bocce Challenge
12:30 Shuffled & Ready, Spades!
1:00 Parkinson's Support Group
1:30 Film Club!
2:00 Food Committee
2:00 Maintenance Committee Meeting
3:00 Mugs & Mingle

29

Happy B-Day Mary G.
10:00 Core & Cardio
10:45 The Bocce Challenge
12:30 Shuffled & Ready, Spades!
1:30 Film Club!
2:00 A Fashion Show!
3:00 Mugs & Mingle
3:30 Think More
4:15 Crossword Challenge

2

9:30 Lower Body Blast
10:30 Sound Bowl Healing
12:30 Hit & Fit Boxing Class
1:30 Film Club!
2:00 Raise the Ante Bingo
3:15 80's Themed Social Hour
4:15 Travel & Discuss
5:30 Film Classics
6:00 Art with Molly

9

9:30 Lower Body Blast
10:30 Sound Bowl Healing
12:30 Hit & Fit Boxing Class
1:30 Film Club!
2:00 Raise the Ante Bingo
2:00 Veteran Social
3:15 50's Themed Social Hour
4:15 Travel & Discuss
5:30 Film Classics
6:00 Manicures with Molly

16

Happy B-Day Howard
9:30 Lower Body Blast
10:30 Sound Bowl Healing
12:30 Hit & Fit Boxing Class
1:30 Film Club!
2:00 Men's Group
2:00 A Special Bingo Experience with Prizes!
3:15 60's Themed Social Hour
4:15 Travel & Discuss
5:30 Film Classics

23

9:30 Lower Body Blast
10:30 Sound Bowl Healing
12:30 Hit & Fit Boxing Class
1:30 Film Club!
2:00 Raise the Ante Bingo
3:15 70's Themed Social Hour
4:15 Travel & Discuss
5:30 Film Classics
6:00 Manicures with Molly

30

9:30 Lower Body Blast
10:30 Sound Bowl Healing
12:30 Hit & Fit Boxing Class
1:30 Film Club!
2:00 Raise the Ante Bingo
3:15 80's Themed Social Hour
4:15 Travel & Discuss
5:30 Film Classics
6:00 Art with Molly

3

10:00 Full Body Burn
10:45 The Bocce Challenge!
12:30 The Bluff Bunch: Poker
1:30 Film Club!
3:30 Think More
4:15 Nail Spa!
6:00 Easy Listening

10

Happy B-Day Ann V.
10:00 Full Body Burn
10:45 The Bocce Challenge!
12:30 The Bluff Bunch: Poker
1:30 Film Club!
2:00 Music with Al.
2:00 A Botanical Balms Workshop
3:30 Think More
4:15 Nail Spa!
6:00 Easy Listening

17

10:00 Full Body Burn
10:45 The Bocce Challenge!
12:30 The Bluff Bunch: Poker
1:30 Film Club!
3:30 Think More
4:15 Nail Spa!
6:00 Easy Listening

24

New Moon
10:00 Full Body Burn
10:45 The Bocce Challenge!
12:30 The Bluff Bunch: Poker
1:30 Film Club!
2:00 A Maritime Feast
3:30 Think More
4:15 Nail Spa!
6:00 Easy Listening

31

Happy B-Day Bob Z.
10:00 Full Body Burn
10:45 The Bocce Challenge!
12:30 The Bluff Bunch: Poker
1:30 Film Club!
3:30 Think More
4:15 Nail Spa!
6:00 Easy Listening

4

Happy 4th!!!
10:00 Upper Body Burn
10:00 Shopping; Walmart
10:30 Sound Bowl Healing
11:30 Lunch: Saddlers
12:30 No Limit Legends: Poker
1:30 Film Club!
2:00 Barre & Balance
3:00 The Enchanted Social Hour
4:15 Jumbo Crossword
6:00 Short Stories (Resident

11

10:00 Upper Body Burn
10:00 Shopping; Stop & Shop
10:30 Sound Bowl Healing
11:00 Belltown Hill Orchards Apple Picking
12:30 No Limit Legends: Poker
1:30 Film Club!
2:00 Rob the Drummer!
3:00 The Saloon Soirée
4:15 Jumbo Crossword

18

10:00 Upper Body Burn
10:00 Shopping; Talbots
10:30 Sound Bowl Healing
11:30 Lunch; Birch Hill
12:30 No Limit Legends: Poker
1:30 Film Club!
2:00 Barre & Balance
3:00 Glam & Gather Social Hour
4:15 Jumbo Crossword
6:00 Short Stories (Resident

25

10:00 Upper Body Burn
10:00 Shopping; Talbots
10:30 Sound Bowl Healing
12:30 No Limit Legends: Poker
12:30 New London Light House Cruise
1:30 Film Club!
2:00 Barre & Balance
3:00 The Enchanted Social Hour
4:15 Jumbo Crossword

5

Happy B-Day Sylvia D.
10:00 Lower Body Conditioning
10:45 Brushstrokes:
12:30 You Pick Games Experience
1:30 Film Club!
2:00 Raise the Ante Bingo
3:15 True or False?
3:15 Hoppy Hour
4:15 Tai Chi

12

Happy B-Day John P.
10:00 Lower Body Conditioning
10:45 Brushstrokes:
12:30 You Pick Games Experience
1:30 Film Club!
2:00 Raise the Ante Bingo
3:15 True or False?
3:15 Hoppy Hour
4:15 Tai Chi

19

10:00 Lower Body Conditioning
10:45 Brushstrokes:
12:30 You Pick Games Experience
1:30 Film Club!
2:00 Raise the Ante Bingo
3:15 True or False?
3:15 Hoppy Hour
4:15 Tai Chi

26

10:00 Lower Body Conditioning
10:45 Brushstrokes:
12:30 You Pick Games Experience
1:30 Film Club!
2:00 Raise the Ante Bingo
3:15 True or False?
3:15 Hoppy Hour
4:15 Tai Chi

Monthly Shout-Out!

Outings!

- Saddlers
- Belltown Orchards Blue Berry picking
- Birch Hill Tavern
- New London Lighthouse Cruise

Signature Series!

- Botanical Balms Workshop
- 7/10 @ 2pm
- A Maritime Feast
- 7/24 @ 2pm

Our engagement program is built upon both our residents' interests and our Five Principles for Vitality.

By providing quality and choice, we hope to encourage socialization and well-being for mind, body, and spirit.

Continued Learning
Arts & Culture
Physical Fitness
Community Connections
Wellness & Self-Care

