REFLECTIONS - JUNE 2025

THE RESIDENCE at Glastonbury

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Sunday Church Service 9:30 Cardio Pump 10:30 Coffee & Trivia 11:00 Expressive Art: Scrapbook 1:00 Choir Practice 2:00 Guided Meditation 3:00 Lengthen & Strengthen 4:00 Game Club Social 6:00 Easy Listening	**2** 9:30 Pilates Stretch 10:00 Studio Art: Spring Theme 11:00 Cornhole Challenge 1:30 Catholic Communion 2:00 Tai Chi and Meditation 2:30 Travels with the Curator 2:30 Local Scenic Views 3:00 A Year Through History 4:30 Guided Meditation 6:00 Boston Philharmonic	**3** 9:30 Low Intensity Cardio 10:00 Bocce Tournament 11:00 Artful Expression 1:00 Mile Marker Walking Club 2:00 Happy Hour 2:30 Dance & Movement 3:00 Crossword Challenge 3:00 Choir with Richard 4:00 Choir Practice 6:00 Musical Moments	**4** 10:00 Lower Body Blast 11:00 Knowledge Bout Challenge 12:00 Lunch Excursion 1:30 Tabletop Game Challenge 2:00 Raise the Ante Bingo 2:00 Mixology 3:00 Golfing 3:30 Mindful Meditation 4:00 Creative Writing Seminar 6:00 Rosary & Prayer	**5** 9:30 Balance & Flex 10:00 Historic New England 11:00 Flower Arranging Workshop 1:00 Tai Chi and Arthritis 2:00 Gastronomy 2:00 Cardio Drumming 2:00 Molly's Art Experience 3:30 Chorus Rehearsal 4:00 Spa Session 6:00 Glenn Miller Orchestra	**6** D-Day WWII 9:30 Cardio Interval 10:00 Garden Club 10:30 Sound Bowl Healing 1:00 Yoga Foundation 1:30 Lawn Game Tournament 2:00 Social Hour 2:30 History Essentials 3:30 Creative Journaling 4:00 Bingo Tournament 6:00 Poetry Studio	**7** 9:30 Strength & Balance 10:00 Words with Friends 10:45 Bocce Challenge 1:00 Pilates Stretch 2:00 Raise the Ante Bingo 2:30 Refreshment Hour 3:00 Brushstrokes: Pastels 3:00 Book Club 4:00 A Touch of Bliss-Spa Hour 6:00 Mindful Meditation
8 9:00 Sunday Church Service 9:30 Cardio Pump 10:30 Coffee & Trivia 11:00 Expressive Art: Scrapbook 1:00 Choir Practice 2:00 Guided Meditation 3:00 Lengthen & Strengthen 4:00 Game Club Social 6:00 Easy Listening	**9** 9:30 Pilates Stretch 10:00 Studio Art: Spring Theme 11:00 Cornhole Challenge 2:00 Tai Chi and Meditation 2:30 Travels with the Curator 2:30 Local Scenic Views 3:00 Cocktail Hour 3:00 A Year Through History 4:30 Guided Meditation 6:00 Boston Philharmonic	**10** 9:30 Low Intensity Cardio 10:00 Bocce Tournament 11:00 Artful Expression 1:00 Mile Marker Walking Club 2:00 Happy Hour 2:30 Dance & Movement 3:00 Crossword Challenge 4:00 Choir Practice 6:00 Musical Moments	**11** 10:00 Lower Body Blast 11:00 Knowledge Bout Challenge 12:00 Lunch Excursion 1:30 Tabletop Game Challenge 2:00 Raise the Ante Bingo 2:00 Mixology 3:00 Golfing 3:30 Mindful Meditation 4:00 Creative Writing Seminar 6:00 Rosary & Prayer	**12** 9:30 Balance & Flex 10:00 Historic New England 11:00 Flower Arranging Workshop 1:00 Tai Chi and Arthritis 2:00 Gastronomy 2:00 Cardio Drumming 2:00 Molly's Art Experience 3:30 Chorus Rehearsal 4:00 Spa Session 6:00 Bavarian Orchestra	**13** 9:30 Cardio Interval 10:00 Garden Club 10:30 Sound Bowl Healing 1:00 Yoga Foundation 1:30 Lawn Game Tournament 2:00 Social Hour 2:30 History Essentials 3:30 Creative Journaling 4:00 Bingo Tournament 6:00 Poetry Studio	**14** Flag Day 9:30 Strength & Balance 10:00 Words with Friends 10:45 Bocce Challenge 11:00 Brushstrokes: Acrylic 1:00 Pilates Stretch 2:30 Refreshment Hour 3:00 Book Club 4:00 A Touch of Bliss-Spa Hour 6:00 Mindful Meditation
15 Happy Father's Day! 9:00 Sunday Church Service 9:30 Cardio Pump 10:30 Coffee & Trivia 11:00 Expressive Art: Scrapbook 1:00 Choir Practice 2:00 Guided Meditation 3:00 Lengthen & Strengthen 4:00 Game Club Social 6:00 Easy Listening	**16** 9:30 Pilates Stretch 10:00 Studio Art: Spring Theme 11:00 Cornhole Challenge 1:30 Catholic Communion 2:00 Tai Chi and Meditation 2:30 Travels with the Curator 2:30 Local Scenic Views 3:00 A Year Through History 4:30 Guided Meditation 6:00 Boston Philharmonic	**17** 9:30 Low Intensity Cardio 10:00 Bocce Tournament 11:00 Artful Expression 1:00 Mile Marker Walking Club 2:00 Happy Hour 2:30 Dance & Movement 3:00 Crossword Challenge 3:00 Choir with Richard 4:00 Choir Practice 6:00 Musical Moments	**18** 10:00 Lower Body Blast 11:00 Knowledge Bout Challenge 12:00 Lunch Excursion 1:30 Tabletop Game Challenge 2:00 Raise the Ante Bingo 2:00 Mixology 3:00 Golfing 3:30 Mindful Meditation 4:00 Creative Writing Seminar 6:00 Rosary & Prayer	**19** 9:30 Balance & Flex 10:00 Historic New England 11:00 Flower Arranging Workshop 1:00 Tai Chi and Arthritis 2:00 Gastronomy 2:00 Cardio Drumming 2:00 Molly's Art Experience 3:30 Chorus Rehearsal 4:00 Spa Session 6:00 Boston Philharmonic Night	**20** The Longest Day! 9:30 Cardio Interval 10:00 Garden Club 10:30 Sound Bowl Healing 1:00 Yoga Foundation 1:30 Lawn Game Tournament 2:00 Social Hour 2:30 History Essentials 3:30 Creative Journaling 4:00 Bingo Tournament 6:00 Poetry Studio	**21** 9:30 Strength & Balance 10:00 Words with Friends 10:45 Bocce Challenge 1:00 Pilates Stretch 2:00 Raise the Ante Bingo 2:30 Refreshment Hour 3:00 Brushstrokes: Pastels 3:00 Book Club 4:00 A Touch of Bliss-Spa Hour 6:00 Mindful Meditation
22 9:00 Sunday Church Service 9:30 Cardio Pump 10:30 Coffee & Trivia 11:00 Expressive Art: Scrapbook 1:00 Choir Practice 2:00 Guided Meditation 3:00 Lengthen & Strengthen 4:00 Game Club Social 6:00 Easy Listening	**23** 9:30 Pilates Stretch 10:00 Studio Art: Spring Theme 11:00 Cornhole Challenge 2:00 Tai Chi and Meditation 2:30 Travels with the Curator 2:30 Local Scenic Views 3:00 Cocktail Hour 3:00 A Year Through History 4:30 Guided Meditation 6:00 Boston Philharmonic	**24** 9:30 Low Intensity Cardio 10:00 Bocce Tournament 11:00 Artful Expression 1:00 Mile Marker Walking Club 1:30 Resident Council 2:00 Happy Hour 2:30 Dance & Movement 3:00 Crossword Challenge 4:00 Choir Practice 6:00 Musical Moments	**25** 10:00 Lower Body Blast 11:00 Knowledge Bout Challenge 12:00 Lunch Excursion 1:30 Tabletop Game Challenge 2:00 Raise the Ante Bingo 2:00 Mixology 3:00 Golfing 3:30 Mindful Meditation 4:00 Creative Writing Seminar 6:00 Rosary & Prayer	**26** 9:30 Balance & Flex 10:00 Historic New England 11:00 Flower Arranging Workshop 1:00 Tai Chi and Arthritis 2:00 Gastronomy 2:00 An African Dance Journey Sig Series 3:30 Chorus Rehearsal 4:00 Spa Session 6:00 New York Orchestra Night	**27** 9:30 Cardio Interval 10:00 Garden Club 10:30 Sound Bowl Healing 1:00 Yoga Foundation 1:30 Lawn Game Tournament 2:00 Social Hour 2:30 History Essentials 3:30 Creative Journaling 4:00 Bingo Tournament 6:00 Poetry Studio	**28** 9:30 Strength & Balance 10:00 Words with Friends 10:45 Bocce Challenge 11:00 Brushstrokes: Acrylic 1:00 Pilates Stretch 2:00 Raise the Ante Bingo 2:30 Refreshment Hour 3:00 Book Club 4:00 A Touch of Bliss-Spa Hour 6:00 Mindful Meditation
29 9:00 Sunday Church Service 9:30 Cardio Pump 10:30 Coffee & Trivia 11:00 Expressive Art: Scrapbook 1:00 Choir Practice 2:00 Guided Meditation 3:00 Lengthen & Strengthen 4:00 Game Club Social 6:00 Easy Listening	**30** 9:30 Pilates Stretch 10:00 Studio Art: Spring Theme 11:00 Cornhole Challenge 2:00 Tai Chi and Meditation 2:30 Travels with the Curator 2:30 Local Scenic Views 3:00 A Year Through History 4:30 Guided Meditation 6:00 Boston Philharmonic					

Reflections' Highlights

Happy Birthday:
6/12 Catherine A.
6/12 Elizabeth P.
6/13 Felix P.
6/16 Paul V.
6/16 Monica I.
6/29 Donald M.

Signature Series:
6/14 Sizzlin'
Saturday Sounds
6/26 African Dance Journey

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

Events are subject to change.