

# REFLECTIONS - AUGUST 2024

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Highlights

### Happy Birthday

8/4 Claudia B.

8/8 Elaine Y

8/12 Kathleen K.

8/20 Luisa G

### Signature Series:

8/8: Art Auction

8/22: Adventures in a Tropical Paradise

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



### 4 Friendship Day

- 9:00 Sunday Church Service
- 9:30 Cardio Pump
- 10:30 Coffee & History 101: Beer Facts
- 1:00 Harmonious Hymns
- 2:00 Expressive Art Workshop
- 3:00 Lengthen & Strengthen
- 4:00 Social Gathering
- 6:00 Easy Listening: Piano

### 5

- 9:30 Pilates Stretch
- 10:00 Virtual Museum: Louvre
- 10:30 Bocce Challenge
- 1:00 Tai Chi for Arthritis
- 1:30 Catholic Communion
- 2:00 Scenic View: Middletown
- 3:00 Intro to Guitar
- 3:30 Short Story Hour
- 4:30 Guided Meditation
- 6:00 Easy Listening Hour

### 6

- 9:30 Low Intensity Cardio
- 10:00 Ted Talk: Body Language
- 10:30 Cornhole Tournament
- 11:00 Today's Top Stories
- 1:00 Steps in Motion
- 2:00 Brush Stroke: Hot Air Balloon
- 3:00 Nail Spa
- 4:00 Choir Practice
- 6:00 Musical Moments: R Nelson

### 7

- 9:30 Core Endurance Class
- 10:30 Bocce Challenge
- 11:00 Anagrams
- 11:30 Cheeks Chicken & Waffles
- 1:00 Cardio Walk
- 1:30 Music Session with Maggie
- 3:30 Mindful Meditation
- 4:00 Creative Writing Seminar
- 6:00 Rosary & Prayer

### 1

- 9:30 Balance & Flex
- 10:00 Travel Lecture: Argentina
- 10:30 Garden Keepers
- 1:00 Tai Chi and Arthritis
- 2:00 Gastronomy: Pound Cake
- 3:00 Artful Expressions
- 3:30 Chorus Rehearsal
- 4:00 Spa Session
- 6:00 Glenn Miller Orchestra

### 2

- International Beer Day
- 9:30 Cardio Interval
- 10:00 American Literature
- 10:30 Aromatherapy: Lemon
- 10:45 Sound Therapy
- 1:00 Yoga Foundation
- 2:00 Greeting Card for Charity
- 3:30 Drawing Session
- 4:00 Bingo Tournament
- 6:00 Poetry Studio

### 3

- Strength & Balance
- 10:00 NY Times Crossword
- 11:00 Brushstrokes: Pastels
- 1:00 Pilates Stretch
- 2:30 Refreshment Hour
- 3:00 Book Club: Short Tails
- 3:30 Garden Keepers
- 4:00 A Touch of Bliss-Spa Hour
- 6:00 Mindful Meditation

### 11

- 9:00 Sunday Church Service
- 9:30 Cardio Pump
- 10:30 Coffee & History 101: Lighthouses
- 1:00 Harmonious Hymns
- 2:00 Expressive Art Workshop
- 3:00 Lengthen & Strengthen
- 4:00 Social Gathering
- 6:00 Easy Listening: Guitar

### 12

- 9:30 Pilates Stretch
- 10:00 Virtual Museum: Revolution
- 10:30 Bocce Challenge
- 1:00 Tai Chi for Arthritis
- 2:00 Scenic View: Newington
- 3:00 Intro to Origami
- 3:30 Short Story Hour
- 4:30 Guided Meditation
- 6:00 Easy Listening Hour

### 13

- 9:30 Low Intensity Cardio
- 10:00 Ted Talk Connection
- 10:30 Cornhole Tournament
- 11:00 Today's Top Stories
- 1:00 Steps in Motion
- 2:00 Brush Stroke: Floral
- 3:00 Nail Spa
- 4:00 Choir Practice
- 6:00 Musical Moments

### 14

- 9:30 Core Endurance Class
- 10:30 Bocce Challenge
- 11:00 Anagrams
- 12:00 Outing: Riverfront Park
- 1:00 Cardio Walk
- 2:00 Flower Design Workshop
- 3:30 Mindful Meditation
- 4:00 Creative Writing Seminar
- 6:00 Rosary & Prayer

### 15 Relaxation Day

- 9:30 Balance & Flex
- 10:00 Travel Lecture: Austria
- 10:30 Garden Keepers
- 1:00 Tai Chi and Arthritis
- 2:00 Gastronomy: Peach Pie Bar
- 3:00 Artful Expressions
- 3:30 Chorus Rehearsal
- 4:00 Spa Session
- 6:00 Boston Philharmonic Night

### 16

- 9:30 Cardio Interval
- 10:00 American Literature
- 10:30 Aromatherapy: Ylang Ylang
- 10:45 Sound Therapy
- 1:00 Yoga Foundation
- 2:00 Greeting Card for Charity
- 3:30 Drawing Session
- 4:00 Bingo Tournament
- 6:00 Poetry Studio

### 17

- 9:30 Strength & Balance
- 10:00 NY Times Crossword
- 11:00 Brushstrokes: Pastels
- 1:00 Pilates Stretch
- 2:30 Refreshment Hour
- 3:00 Book Club
- 3:30 Garden Keepers
- 4:00 A Touch of Bliss-Spa Hour
- 6:00 Mindful Meditation

### 18

- 9:00 Sunday Church Service
- 9:30 Cardio Pump
- 10:30 Coffee & History 101: Honey Bees
- 1:00 Harmonious Hymns
- 2:00 Expressive Art Workshop
- 3:00 Lengthen & Strengthen
- 4:00 Social Gathering
- 6:00 Easy Listening: Cello

### 19 Photography Day

- 9:30 Pilates Stretch
- 10:00 Virtual Museum: History
- 10:30 Bocce Challenge
- 1:00 Tai Chi for Arthritis
- 1:30 Catholic Communion
- 2:00 Scenic View: Ferry Park
- 3:00 Intro to Photography
- 3:30 Short Story Hour
- 4:30 Guided Meditation
- 6:00 Easy Listening Hour

### 20

- 9:30 Low Intensity Cardio
- 10:00 Ted Talk: Happy Life
- 10:30 Cornhole Tournament
- 11:00 Today's Top Stories
- 1:00 Steps in Motion
- 2:00 Brush Stroke: Sunset
- 3:00 Nail Spa
- 4:00 Choir Practice
- 6:00 Musical Moments

### 21

- 9:30 Core Endurance Class
- 10:30 Bocce Challenge
- 11:00 Anagrams
- 1:00 Cardio Walk
- 1:00 Outing: Air Museum
- 2:00 Flower Design Workshop
- 3:30 Mindful Meditation
- 4:00 Creative Writing Seminar
- 6:00 Rosary & Prayer

### 22 Signature Series

- 9:30 Balance & Flex
- 10:00 Travel Lecture: Brazil
- 10:30 Garden Keepers
- 1:00 Tai Chi and Arthritis
- 2:00 Gastronomy: Apple Muffin
- 3:00 Artful Expressions
- 3:30 Chorus Rehearsal
- 4:00 Spa Session
- 6:00 Symphonie Fantastique

### 23

- 9:30 Cardio Interval
- 10:00 American Literature
- 10:30 Aromatherapy: Cedarwood
- 10:45 Sound Therapy
- 1:00 Yoga Foundation
- 2:00 Greeting Card for Charity
- 3:30 Drawing Session
- 4:00 Bingo Tournament
- 6:00 Poetry Studio

### 24

- 9:30 Strength & Balance
- 10:00 NY Times Crossword
- 11:00 Brushstrokes: Acrylic
- 1:00 Pilates Stretch
- 2:30 Refreshment Hour
- 3:00 Book Club
- 3:30 Garden Keepers
- 4:00 A Touch of Bliss-Spa Hour
- 6:00 Mindful Meditation

### 25

- 9:00 Sunday Church Service
- 9:30 Cardio Pump
- 10:30 Coffee & History 101: National Parks
- 1:00 Harmonious Hymns
- 2:00 Expressive Art Workshop
- 3:00 Lengthen & Strengthen
- 4:00 Social Gathering
- 6:00 Easy Listening: Harp

### 26 National Dog Day

- 9:30 Pilates Stretch
- 10:00 Virtual Museum: Flight
- 10:30 Bocce Challenge
- 1:00 Tai Chi for Arthritis
- 2:00 Scenic View: Day Pond
- 3:00 Intro to Sculpting
- 3:30 Short Story Hour
- 4:30 Guided Meditation
- 6:00 Easy Listening Hour

### 27

- 9:30 Low Intensity Cardio
- 10:00 Ted Talk: Farmworkers
- 10:30 Cornhole Tournament
- 11:00 Today's Top Stories
- 1:00 Steps in Motion
- 1:30 Resident Council
- 2:00 Brush Stroke: Cactus
- 3:00 Nail Spa
- 4:00 Choir Practice
- 6:00 Musical Moments

### 28

- 9:30 Core Endurance Class
- 10:30 Bocce Challenge
- 11:00 Anagrams
- 1:00 Cardio Walk
- 1:00 Outing: Cupcake for Later
- 2:00 Flower Design Workshop
- 3:30 Mindful Meditation
- 4:00 Creative Writing Seminar
- 6:00 Rosary & Prayer

### 29

- 9:30 Balance & Flex
- 10:00 Travel Lecture: Canada
- 10:30 Garden Keepers
- 1:00 Tai Chi and Arthritis
- 2:00 Gastronomy: Lemon Scones
- 3:00 Artful Expressions
- 3:30 Chorus Rehearsal
- 4:00 Spa Session
- 6:00 New York Orchestra Night

### 30

- 9:30 Cardio Interval
- 10:00 American Literature
- 10:30 Aromatherapy: Peppermint
- 10:45 Sound Therapy
- 1:00 Yoga Foundation
- 2:00 Greeting Card for Charity
- 3:30 Drawing Session
- 4:00 Bingo Tournament
- 6:00 Poetry Studio

### 31

- 9:30 Strength & Balance
- 10:00 NY Times Crossword
- 11:00 Brushstrokes: Pastels
- 1:00 Pilates Stretch
- 2:30 Refreshment Hour
- 3:00 Book Club
- 3:30 Garden Keepers
- 4:00 A Touch of Bliss-Spa Hour
- 6:00 Mindful Meditation