

Spring Fling Garden Party Event

Celebrate this Season of New Beginnings!

Please join us at The Residence at Bedford for an afternoon of exquisite cuisine, vibrant entertainment, and fresh blooms at our Spring Fling Garden Party, Wednesday, May 21, from 3:00 pm to 5:00 pm.

Help us welcome spring with delicious bites, refreshing drinks, and lively conversation with friends.

Blossom into spring with a fling you will not forget!



RSVP by Monday, May 19

Jane Kiegel

JKiegel@residenceatbedford.com

781-226-2002

Resident Led Garden Club

We are thrilled to announce our Resident Led Garden Club, a program rooted in community spirit and growing stronger by the day! Managed by and for resident members, this club is sowing the seeds for vibrant collaboration and blooming friendships.



At their inaugural April meeting, members selected a three-person team of co-equal representatives—affectionately known as The Green Thumbs. Together, they agreed to dedicate one raised bed as a Memorial Garden, a meaningful space to honor loved ones.

With support from both our Engagement and Maintenance Departments, this budding program is sure to cultivate beauty in our raised garden beds and hearts.

The promise of May-blossoms grows with each new day.



May Blossoms with Promise



The Residence at Bedford welcomes May—a month blossoming with color, warmth, and new opportunities to connect. This month's Signature Series Events embrace the spirit of spring, featuring a Horticulture Event and our much-anticipated Spring Fling Garden Party, both celebrating the beauty and joy of flowers.

We will also honor two cherished holidays, Mother's Day and Memorial Day, both traditionally marked by meaningful gatherings and colorful blooms.

Adding to the excitement, we are thrilled to launch our Resident Led Garden Club, inviting green thumbs and flower enthusiasts alike to help cultivate beauty throughout our community's raised garden beds.

May continues to bloom with enriching programs: our Library Book Club partnership with the Bedford Free Public Library, the lively Memory Café, and the ongoing REACT Neuro program supporting brain health. Residents can enjoy interactive outings, live music every Friday, and visiting presenters covering everything from the history of the Boston Red Sox to tips for healthy joints.

To round out the month's floral theme, we are delighted to welcome The Nature Connection for a program sure to delight the senses.

We invite residents, families, and guests to blossom with us this May at The Residence at Bedford!

THE RESIDENCE AT BEDFORD *Associates*

Arzu LeBlanc
Executive Director

Denise Parece
Business Office Director

Landes Dias
Sales Specialist

Jane Kiegel
Business Development Director

Andrea Jourdan
Restaurant Operations Director

Bridget Barden
Reflections Director

Laurel Kilbourn
Resident Engagement Director

Benjamin Noreiga
Maintenance Director



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Explore!

Live Music Fridays

Crafting Workshops

Fitness Classes

Outings

Garden Club

Signature Events

Visiting Presenters

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**
- 9:30 Virtual Faith Services
 - 10:00 Resistance Bands Fitness
 - 11:00 Minuteman Walking Club
 - 11:00 Great Art Explained
 - 1:00 NYTimes Puzzle Challenges
 - 2:00 Weights & Balance
 - 3:00 Soda Float Social
 - 3:00 Scrabble Club
 - 7:15 Docuseries

- 5**
- 10:00 Light Weight Training
 - 10:30 Guided Meditation
 - 11:00 Minuteman Walking Club
 - 11:00 Film Selection Meeting
 - 11:00 REACT Neuro
 - 12:00 Bistro Open for Lunch
 - 1:00 Resident Led Garden Club
 - 1:30 What in the World
 - 2:00 Barre & Balance
 - 3:00 Pocket Billiards Club

- 6**
- 10:00 Active Living Yoga
 - 10:30 Sound Bowl Meditation
 - 11:00 Minuteman Walking Club
 - 11:00 Ambassador Committee
 - 1:30 Backgammon Club
 - 1:30 Art - Acrylic Abstract
 - 2:00 Tai Chi Balance & Mobility
 - 2:00 “Chef’s Hour” Monthly
 - 3:00 High Tea Social
 - 3:00 Mexican Train Dominoes

- 7**
- 10:00 Resistance Bands Fitness
 - 10:30 Reflective Meditation
 - 11:00 Minuteman Walking Club
 - 11:00 Gratitude Explorations
 - 12:00 Bistro Open for Lunch
 - 1:30 High Intensity Fitness
 - 2:30 Craft Workshop
 - 3:00 Happy Hour
 - 3:00 Uno Challenge
 - 6:00 Game Night, Open Campus

- 8**
- 10:00 Yoga for Vitality
 - 10:30 Invigorating Meditations
 - 10:30 The Nature Connection
 - 11:00 Minuteman Walking Club
 - 1:30 Outing-Louisa May Alcott
 - 2:00 Tai Chi Balance & Mobility
 - 2:00 Signature - Horticulture
 - 3:00 Chess Club
 - 7:15 Film Classics

- 9**
- Salon Hours 10am - 3pm
 - 9:00 Shopping & Errands
 - 10:00 Cardio Pump
 - 10:30 Mindful Meditation
 - 11:00 Minuteman Walking Club
 - 12:00 Bistro Open for Lunch
 - 1:30 Left Right Center Game
 - 2:00 Barre & Balance
 - 2:00 Live Music-Ruth Rappaport
 - 3:00 Trivial Pursuit
 - 3:00 Wine & Cheese Social

- 10**
- 8:30 Minyan Svcs-Temple Isaiah
 - 10:00 Light Weight Training
 - 10:30 Environment & Mind
 - 11:00 Minuteman Walking Club
 - 11:30 Bocce Challenge
 - 1:30 Pet Blanket Workshop
 - 2:00 Stretch & Flexibility
 - 3:00 Card Players Group
 - 3:00 Sundae Social
 - 7:15 Feature Film

- 11** Mother's Day
- 9:30 Virtual Faith Services
 - 10:00 Resistance Bands Fitness
 - 11:00 Minuteman Walking Club
 - 11:00 Great Art Explained
 - 1:00 NYTimes Puzzle Challenges
 - 2:00 Weights & Balance
 - 3:00 Soda Float Social
 - 3:00 Scrabble Club
 - 7:15 Docuseries

- 12**
- 10:00 Light Weight Training
 - 10:30 Guided Meditation
 - 11:00 Minuteman Walking Club
 - 11:00 Watercolor Still Life
 - 11:00 REACT Neuro
 - 11:00 Visiting Presenter
 - 12:00 Bistro Open for Lunch
 - 1:30 What in the World
 - 2:00 Barre & Balance
 - 3:00 Pocket Billiards Club

- 13**
- 10:00 Active Living Yoga
 - 10:30 Sound Bowl Meditation
 - 11:00 Minuteman Walking Club
 - 11:00 Presenter-Robin Shelgren
 - 1:30 Backgammon Club
 - 1:30 Art - Acrylic Abstract
 - 2:00 Tai Chi Balance & Mobility
 - 3:00 High Tea Social
 - 3:00 Mexican Train Dominoes
 - 7:15 Documentary Film

- 14**
- 10:00 Resistance Bands Fitness
 - 10:30 Reflective Meditation
 - 11:00 Minuteman Walking Club
 - 11:00 Gratitude Explorations
 - 12:00 Bistro Open for Lunch
 - 1:30 High Intensity Fitness
 - 2:30 Craft Workshop
 - 3:00 Bananagrams
 - 3:00 Happy Hour
 - 6:00 Game Night, Open Campus

- 15**
- 10:00 Yoga for Vitality
 - 10:30 Invigorating Meditations
 - 11:00 Minuteman Walking Club
 - 11:00 Practical Philosophy
 - 1:30 Expressive Abstract Art
 - 1:30 Outing - Tulip Picking
 - 2:00 Tai Chi Balance & Mobility
 - 3:00 Chess Club
 - 3:00 Cornhole Challenge Social
 - 7:15 Film Classics

- 16**
- Salon Hours 10am - 3pm
 - 9:00 Shopping & Errands
 - 10:00 Cardio Pump
 - 10:30 Mindful Meditation
 - 11:00 Minuteman Walking Club
 - 12:00 Bistro Open for Lunch
 - 1:30 Left Right Center Game
 - 2:00 Barre & Balance
 - 2:00 Live Music - Al & Tom
 - 3:00 Trivial Pursuit

- 17** HBD Veronika & Ben
- 8:30 Minyan Svcs-Temple Isaiah
 - 10:00 Light Weight Training
 - 10:30 Environment & Mind
 - 11:00 Minuteman Walking Club
 - 11:30 Corn Hole Tournament
 - 1:30 Pet Blanket Workshop
 - 2:00 Stretch & Flexibility
 - 3:00 Card Players Group
 - 3:00 Sundae Social
 - 7:15 Feature Film

- 18**
- 9:30 Virtual Faith Services
 - 10:00 Resistance Bands Fitness
 - 11:00 Minuteman Walking Club
 - 11:00 Great Art Explained
 - 1:00 NYTimes Puzzle Challenges
 - 2:00 Weights & Balance
 - 3:00 Soda Float Social
 - 3:00 Scrabble Club
 - 7:15 Docuseries

- 19**
- 10:00 Light Weight Training
 - 10:30 Guided Meditation
 - 11:00 Minuteman Walking Club
 - 11:00 REACT Neuro
 - 11:00 Visiting Presenter-Bayada
 - 12:00 Bistro Open for Lunch
 - 1:00 Resident Led Garden Club
 - 1:30 What in the World
 - 2:00 Barre & Balance
 - 3:00 Pocket Billiards Club

- 20**
- 10:00 Active Living Yoga
 - 10:30 Sound Bowl Meditation
 - 11:00 Minuteman Walking Club
 - 11:00 Ambassador Committee
 - 1:30 Art - Acrylic Abstract
 - 1:30 Senior Olympics Event
 - 2:00 Tai Chi Balance & Mobility
 - 3:00 High Tea Social
 - 3:00 Mexican Train Dominoes
 - 7:15 Documentary Film

- 21**
- 10:00 Resistance Bands Fitness
 - 10:30 Reflective Meditation
 - 11:00 Minuteman Walking Club
 - 11:00 Gratitude Explorations
 - 12:00 Bistro Open for Lunch
 - 1:30 High Intensity Fitness
 - 2:30 Craft Workshop
 - 3:00 Spring Fling Garden Party
 - 6:00 Game Night, Open Campus
 - 7:15 Comedy Film Series

- 22**
- 10:00 Yoga for Vitality
 - 10:30 Invigorating Meditations
 - 11:00 Minuteman Walking Club
 - 1:30 Music Appreciation
 - 1:30 Outing-Chip In Farm
 - 2:00 Tai Chi Balance & Mobility
 - 3:00 Chess Club
 - 3:00 Cornhole Challenge Social
 - 7:15 Film Classics

- 23**
- 9:00 Shopping & Errands
 - 10:00 Cardio Pump
 - 10:30 Mindful Meditation
 - 11:00 Minuteman Walking Club
 - 12:00 Bistro Open for Lunch
 - 1:30 Left Right Center Game
 - 2:00 Barre & Balance
 - 2:00 Live Music - Joe Mack
 - 3:00 Trivial Pursuit
 - 3:00 Wine & Cheese Social

- 24**
- 8:30 Minyan Svcs-Temple Isaiah
 - 10:00 Light Weight Training
 - 10:30 Environment & Mind
 - 11:00 Minuteman Walking Club
 - 11:30 Bocce Challenge
 - 1:30 Pet Blanket Workshop
 - 2:00 Stretch & Flexibility
 - 3:00 Card Players Group
 - 3:00 Sundae Social
 - 7:15 Feature Film

- 25**
- 9:30 Virtual Faith Services
 - 10:00 Resistance Bands Fitness
 - 11:00 Minuteman Walking Club
 - 11:00 Great Art Explained
 - 1:00 NYTimes Puzzle Challenges
 - 2:00 Weights & Balance
 - 3:00 Soda Float Social
 - 3:00 Scrabble Club
 - 7:15 Docuseries

- 26** Memorial Day
- 10:00 Light Weight Training
 - 10:30 Guided Meditation
 - 11:00 Minuteman Walking Club
 - 11:00 Watercolor Still Life
 - 11:00 REACT Neuro
 - 12:00 Bistro Open for Lunch
 - 1:30 What in the World
 - 2:00 Barre & Balance
 - 3:00 Pocket Billiards Club
 - 3:00 Sip and Savor Social

- 27**
- 10:00 Active Living Yoga
 - 10:30 Sound Bowl Meditation
 - 11:00 Minuteman Walking Club
 - 11:00 Ambassador Committee
 - 1:00 All Residents Meeting
 - 1:30 Backgammon Club
 - 1:30 Art - Acrylic Abstract
 - 2:00 Tai Chi Balance & Mobility
 - 3:00 High Tea Social
 - 3:00 Mexican Train Dominoes

- 28**
- 10:00 Resistance Bands Fitness
 - 10:30 Reflective Meditation
 - 11:00 Minuteman Walking Club
 - 11:00 Gratitude Explorations
 - 12:00 Bistro Open for Lunch
 - 1:30 High Intensity Fitness
 - 2:30 Craft Workshop
 - 3:00 Bananagrams
 - 3:00 Happy Hour
 - 6:00 Game Night, Open Campus

- 29**
- 10:00 Yoga for Vitality
 - 10:30 Invigorating Meditations
 - 11:00 Minuteman Walking Club
 - 11:00 Practical Philosophy
 - 1:30 Expressive Abstract Art
 - 1:30 Outing-Lowell Human Soc
 - 1:30 Bedford Library Book Club
 - 2:00 Tai Chi Balance & Mobility
 - 3:00 Chess Club
 - 3:00 Cornhole Challenge Social

- 30**
- Salon Hours 10am - 3pm
 - 9:00 Shopping & Errands
 - 10:00 Cardio Pump
 - 10:30 Mindful Meditation
 - 11:00 Minuteman Walking Club
 - 12:00 Bistro Open for Lunch
 - 1:30 Left Right Center Game
 - 2:00 Barre & Balance
 - 2:00 Live Music - Ben Couvee
 - 3:00 Trivial Pursuit

- 31**
- 8:30 Minyan Svcs-Temple Isaiah
 - 10:00 Light Weight Training
 - 10:30 Environment & Mind
 - 11:00 Minuteman Walking Club
 - 11:30 Corn Hole Tournament
 - 1:30 Pet Blanket Workshop
 - 2:00 Stretch & Flexibility
 - 3:00 Card Players Group
 - 3:00 Sundae Social
 - 7:15 Feature Film