

Signature Event: Cake Wars

You're invited to fun and friendly baking showdown! We're hosting a delicious challenge among our Directors! Based on the popular show "Cake Wars," enjoy lively entertainment as the Directors go head-to-head decorating their own cakes. The audience will help vote for the best cake and taste the sweet results!

May the best cake win!

Save the date: March 14th from 2-2:45pm in the Great Room



Sweet Charcuterie Design Workshop

We invite you to participate in a sweet session on the art of dessert charcuterie! Come learn from our talented chef Jack how to create your own beautiful charcuterie board using sweet ingredients! We will discover what makes this trend so fun and delicious. Bring your appetite and creativity on Thursday March 28th from 2-3:15pm in the Great Room.

Please RSVP. Inquire with Rachel Cotton for more details.



THE RESIDENCE at Paine Estate

THE RESIDENCE AT PAINE ESTATE *Associates*

Josh Hammond
Executive Director

Susan Stolpinski
Resident Care Director

Alicia Wagner
Sales and Marketing Director

Rachel Cotton
Resident Engagement Director

Iva Philbin
Reflections Director

Doug Freeman
Business Office Director

Nick Kostopulos
Maintenance Director

Jack Snyder
Restaurant Operations Director



Special Lectures this Month

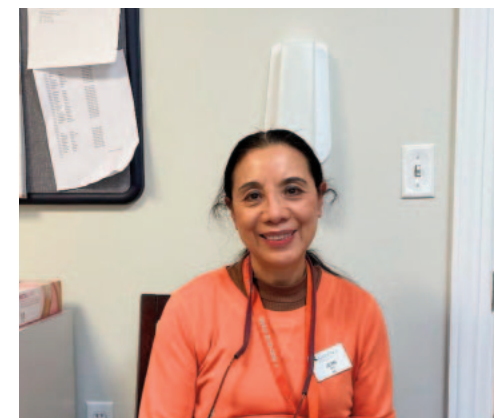
On March 1st at 2pm, we invite Abigail, then head of the Wayland Sustainability Department to discuss go green initiatives throughout the town. Learn how Wayland plans to combat climate change with goals to lower greenhouse gas emissions, transition to clean energy and more!




Then on March 11th at 2pm, engage in a History of Baseball in New England with former Curator of The Cape Cod Baseball League Hall of Fame Daniel Dunn! With over 20 years of experience, Daniel brings a wealth of knowledge of America's pastime!

Associate of the Month!

Jean has worked for Residence at Paine Estate for almost 2 years. Jean is very kind, caring and compassionate. Jean goes above and beyond her job responsibilities. Jean makes sure all the residents are safe and all their paperwork is up to date. Jean is always willing to lend a helping hand to everyone who needs assistance. Jean does it with a smile. Jean is always willing to pick up shifts when needed. We are very lucky to have Jean as part of our team!



| MARCH | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|--|---|--|--|--|---|---|
| 31 | <div>Happy Bday David S! Easter Sunday</div> <div>9:00 Virtual Catholic Morning Mass</div> <div>10:00 Beats for Bone Density</div> <div>10:45 Theatre Club: Drama Skits</div> <div>1:30 Full Body Workout</div> <div>2:00 What in the World..?</div> <div>3:00 Sweet Treats Bar</div> <div>3:00 Easter Spiritual Reflections</div> <div>3:30 Fact or Opinion</div> <div>6:30 Kiss the Ground Documentary</div> |  | |  | | 1 <div>Happy 100th Natalie!</div> <div>10:00 Strength Training</div> <div>10:30 Music and Movement</div> <div>11:00 Nail Spa & Hand Massages</div> <div>11:00 Grimm Brothers Folk Stories</div> <div>1:30 Thera Bands Training</div> <div>2:00 Live Wayland Sustainability Lecture</div> <div>3:00 Pub & Trivia Social Hour</div> <div>3:30 Bingo with Iva</div> <div>6:00 Virtual Shabbat Services</div> | 2 <div>Happy Bday Pete!</div> <div>9:45 Barre and Balance</div> <div>10:30 Open Art Studio</div> <div>1:00 Energizing Chair Yoga</div> <div>1:30 NYT Spelling Bee</div> <div>2:00 Happy Hour</div> <div>4:00 Saturday Silver Screen</div> <div>4:30 Philosophy Through Humor</div> <div>6:00 Netflix Series: The English Game</div> |
| 3 | <div></div> <div>9:00 Virtual Catholic Morning Mass</div> <div>10:00 Beats for Bone Density</div> <div>10:45 Theatre Club: Ragtime the Musical</div> <div>1:30 Full Body Workout</div> <div>2:00 What in the World..?</div> <div>3:00 Sweet Treats Bar</div> <div>3:30 Fact or Opinion</div> <div>6:30 The Greatest Night in Pop Documentary</div> | 4 <div></div> <div>10:00 Full Body Thera Bands</div> <div>11:00 History of Engineering Achievements</div> <div>11:00 Knitting Club</div> <div>1:15 Stretch and Strengthen</div> <div>2:00 Learn to Bird</div> <div>3:00 Global Goodies Social</div> <div>4:00 Charades and Games</div> <div>6:30 Silver Screen: Film Classics</div> | 5 <div>Happy Bday Ellen!</div> <div>9:00 Local Errands Outing</div> <div>10:00 Weight Conditioning</div> <div>10:30 Songs and Stories</div> <div>10:30 Energizing Chair Yoga</div> <div>11:00 Great Art Explained: The Kiss</div> <div>1:15 Tai Chi: Practice and Learn</div> <div>2:00 Resident Ambassador Mtg</div> <div>2:00 Balance Clinic and Lecture</div> <div>3:00 New Resident Welcome Social</div> <div>6:30 Evening Bingo with Larry!</div> | 6 <div></div> <div>9:00 Local Errands Outing</div> <div>9:45 Barre & Balance</div> <div>10:30 Outing: Worcester Art Museum</div> <div>11:00 BSO Music Appreciation</div> <div>1:15 Dynamic Flow Yoga</div> <div>2:00 Culinary Creations</div> <div>2:00 Travel in Time: Big Band Era</div> <div>3:00 Wine and Cheese Social</div> <div>4:00 Lecture to Learn: Geology and National Parks</div> | 7 <div></div> <div>10:00 Core Endurance</div> <div>10:30 Tai Chi for Relaxation</div> <div>11:00 Ethics in Action</div> <div>11:00 Blank Slate Challenge</div> <div>1:15 Advanced Strength & Toning</div> <div>2:00 Clyde Saxophone Concert</div> <div>3:00 Cocktails and Conversations</div> <div>3:15 Tech Support with Rachel</div> <div>4:30 Masters of the Air</div> | 8 <div></div> <div>10:00 Strength Training</div> <div>10:30 Music and Movement</div> <div>10:30 Aromatherapy Spa Session</div> <div>11:00 Earth: One Amazing Day</div> <div>1:30 Thera Bands Training</div> <div>1:45 Art Hour: Iced Dye Silk Scarves</div> <div>2:00 World's Greatest Short Stories</div> <div>3:00 Pub & Trivia Social Hour</div> <div>3:30 Bingo with Iva</div> <div>6:00 Virtual Shabbat Services</div> | 9 <div></div> <div>9:45 Barre and Balance</div> <div>10:30 Open Art Studio</div> <div>1:00 Energizing Chair Yoga</div> <div>1:30 NYT Connections</div> <div>2:00 Happy Hour</div> <div>4:00 Saturday Silver Screen</div> <div>4:30 Philosophy Through Humor</div> <div>6:00 Netflix Series: The English Game</div> |
| 10 | <div>Happy Bday Muriel!</div> <div>9:00 Virtual Catholic Morning Mass</div> <div>10:00 Beats for Bone Density</div> <div>10:45 My Favorite Things: ?</div> <div>1:30 Full Body Workout</div> <div>2:00 What in the World..?</div> <div>3:00 Sweet Treats Bar</div> <div>3:30 NYT Group Crosswords</div> <div>6:30 The Dynasty Documentary</div> | 11 <div></div> <div>10:00 Full Body Thera Bands</div> <div>11:00 Knitting Club</div> <div>11:00 Irish Step Dance History</div> <div>1:15 Stretch and Strengthen</div> <div>1:30 Communion with St. Ann's Church</div> <div>2:00 The Story of Baseball Lecture</div> <div>3:00 Global Goodies Social</div> <div>4:00 Chinese Checkers</div> <div>6:30 Silver Screen: Hollywood</div> | 12 <div></div> <div>9:00 Local Errands Outing</div> <div>10:00 Weight Conditioning</div> <div>10:30 Songs and Stories</div> <div>10:30 Energizing Chair Yoga</div> <div>11:00 The Culture Chat Podcast</div> <div>1:15 Tai Chi: Practice and Learn</div> <div>1:45 Cinematic Masterpiece Matinee & Popcorn Bar</div> <div>4:00 Film Critics Discussion</div> <div>6:30 Evening Bingo with Larry!</div> | 13 <div></div> <div>9:00 Local Errands Outing</div> <div>9:45 Barre & Balance</div> <div>11:00 BSO Music Appreciation</div> <div>11:30 Outing: Owen O'Leary's Pub</div> <div>1:15 Dynamic Flow Yoga</div> <div>2:00 Culinary Creations</div> <div>2:00 Travelogue: Italy</div> <div>3:00 Wine and Cheese Social</div> <div>4:00 Lecture to Learn: Geology and National Parks</div> | 14 <div></div> <div>10:00 Core Endurance</div> <div>10:30 Tai Chi for Relaxation</div> <div>11:00 Ethics in Action</div> <div>11:00 Blank Slate Challenge</div> <div>1:15 Advanced Strength & Toning</div> <div>2:00 Signature Event: Cake Wars</div> <div>3:00 Cocktails and Conversations</div> <div>3:15 Dog Visit with Leia</div> <div>4:30 Masters of the Air</div> | 15 <div></div> <div>10:00 Strength Training</div> <div>10:30 Music and Movement</div> <div>11:00 Nail Spa & Hand Massages</div> <div>11:00 Irish Poetry Classics</div> <div>1:30 Thera Bands Training</div> <div>2:00 Irish Accordion Concert</div> <div>3:00 St. Patrick's Day Irish Pub</div> <div>3:30 Bingo with Iva</div> <div>6:00 Virtual Shabbat Services</div> | 16 <div></div> <div>9:45 Barre and Balance</div> <div>10:30 Open Art Studio</div> <div>1:00 Energizing Chair Yoga</div> <div>1:30 NYT Spelling Bee</div> <div>2:00 Happy Hour</div> <div>4:00 Saturday Silver Screen</div> <div>4:30 Philosophy Through Humor</div> <div>6:00 Netflix Series: The English Game</div> |
| 17 | <div>St. Patrick's Day</div> <div>9:00 Virtual Catholic Morning Mass</div> <div>10:00 Beats for Bone Density</div> <div>10:45 Theatre Club: Who is Kirk Douglas</div> <div>1:30 Full Body Workout</div> <div>2:00 Emil Solo Violin Concert</div> <div>3:00 Sweet Treats Bar</div> <div>3:30 What in the World..?</div> <div>6:30 Einstein and the Bomb Doc udrama</div> | 18 <div></div> <div>10:00 Full Body Thera Bands</div> <div>11:00 Knitting Club</div> <div>11:00 SHIELD Presentation</div> <div>1:15 Stretch and Strengthen</div> <div>1:30 Communion with St. Ann's Church</div> <div>2:00 Learn to Bird</div> <div>3:00 Global Goodies Social</div> <div>4:00 Charades and Games</div> <div>6:30 Film Classics</div> | 19 <div></div> <div>9:00 Local Errands Outing</div> <div>10:00 Weight Conditioning</div> <div>10:30 Songs and Stories</div> <div>10:30 Energizing Chair Yoga</div> <div>11:00 Great Art Explained: Apollo and Daphne</div> <div>1:15 Tai Chi: Practice and Learn</div> <div>1:30 Town Hall Meeting</div> <div>3:00 Bloody Mary Social Hour</div> <div>6:30 Evening Bingo with Larry!</div> | 20 <div></div> <div>9:00 Local Errands Outing</div> <div>9:45 Barre & Balance</div> <div>10:00 Outing: Museum of Fine Arts</div> <div>11:00 BSO Music Appreciation</div> <div>1:15 Dynamic Flow Yoga</div> <div>2:00 Culinary Creations</div> <div>2:00 Travel in Time: The Gilded Age</div> <div>3:00 Wine and Cheese Social</div> <div>4:00 Lecture to Learn: Geology and National Parks</div> | 21 <div></div> <div>10:00 Core Endurance</div> <div>10:30 Tai Chi for Relaxation</div> <div>11:00 Ethics in Action</div> <div>11:00 Blank Slate Challenge</div> <div>1:15 Advanced Strength & Toning</div> <div>2:00 Signature Event: Sweet Charcuterie Design</div> <div>3:00 Cocktails and Conversations</div> <div>3:15 Tech Support with Rachel</div> <div>4:30 Masters of the Air</div> | 22 <div></div> <div>10:00 Strength Training</div> <div>10:30 Music and Movement</div> <div>10:30 Aromatherapy Spa Session</div> <div>11:00 Earth: One Amazing Day</div> <div>1:30 Thera Bands Training</div> <div>2:00 Author Deep Dive:</div> <div>2:00 Art Hour: Spring Centerpieces</div> <div>3:00 Pub & Trivia Social Hour</div> <div>3:30 Bingo with Iva</div> <div>6:00 Virtual Shabbat Services</div> | 23 <div></div> <div>9:45 Barre and Balance</div> <div>10:30 Open Art Studio</div> <div>1:00 Energizing Chair Yoga</div> <div>1:30 NYT Connections</div> <div>2:00 Happy Hour</div> <div>4:00 Saturday Silver Screen</div> <div>4:30 Philosophy Through Humor</div> <div>6:00 Netflix Series: The English Game</div> |
| 24 | <div></div> <div>9:00 Virtual Catholic Morning Mass</div> <div>10:00 Beats for Bone Density</div> <div>10:30 My Favorite Things: Cars</div> <div>1:30 Full Body Workout</div> <div>2:00 What in the World..?</div> <div>3:00 Sweet Treats Bar</div> <div>3:30 NYT Group Crosswords</div> <div>6:30 Untold Breaking Point Doc</div> | 25 <div>Happy Bday Roger!</div> <div>10:00 Full Body Thera Bands</div> <div>11:00 Knitting Club</div> <div>11:00 History of the Genius</div> <div>1:15 Stretch and Strengthen</div> <div>1:30 Communion with St. Ann's Church</div> <div>1:30 Steve King Keyboard Concert</div> <div>3:00 Global Goodies Social</div> <div>4:00 Chinese Checkers</div> <div>6:30 Silver Screen: Hollywood</div> | 26 <div></div> <div>9:00 Local Errands Outing</div> <div>10:00 Weight Conditioning</div> <div>10:30 Songs and Stories</div> <div>10:30 Energizing Chair Yoga</div> <div>11:00 The Culture Chat Podcast</div> <div>1:15 Tai Chi: Practice and Learn</div> <div>2:00 Rob Shain Pet Therapy Concert</div> <div>3:00 Chef Showcase Social Hour</div> <div>6:30 Evening Bingo with Larry!</div> | 27 <div></div> <div>9:00 Local Errands Outing</div> <div>9:45 Barre & Balance</div> <div>11:00 BSO Music Appreciation</div> <div>11:30 Outing: Pho Dakao</div> <div>1:15 Dynamic Flow Yoga</div> <div>2:00 Culinary Creations</div> <div>2:00 Travelogue: Barcelona</div> <div>3:00 Wine and Cheese Social</div> <div>4:00 Lecture to Learn: Geology and National Parks</div> | 28 <div></div> <div>10:00 Core Endurance</div> <div>10:30 Tai Chi for Relaxation</div> <div>11:00 Ethics in Action</div> <div>11:00 Blank Slate Challenge</div> <div>1:15 Advanced Strength & Toning</div> <div>2:00 Book Club Meeting</div> <div>3:00 Cocktails and Conversations</div> <div>3:15 Dog Visit with Leia</div> <div>4:30 Masters of the Air</div> | 29 <div></div> <div>10:00 Strength Training</div> <div>10:30 Music and Movement</div> <div>11:00 Nail Spa & Hand Massages</div> <div>11:00 Earth: One Amazing Day</div> <div>1:30 Thera Bands Training</div> <div>2:00 World's Most Loved Poetry</div> <div>2:00 Cherry Blossom Painting</div> <div>3:00 Purim Celebration Social</div> <div>3:30 Bingo with Iva</div> <div>6:00 Virtual Shabbat Services</div> | 30 <div></div> <div>9:45 Barre and Balance</div> <div>10:30 Open Art Studio</div> <div>1:00 Energizing Chair Yoga</div> <div>1:30 NYT Spelling Bee</div> <div>2:00 Happy Hour</div> <div>2:00 Easter Tea Social Hour</div> <div>4:00 Saturday Silver Screen</div> <div>4:30 Philosophy Through Humor</div> <div>6:00 Netflix Series: The English Game</div> |

Van Schedule

see times on the calendar

Tuesdays

Wayland Center and CVS

Wednesdays

Sudbury Farms

Wednesdays

Social Outings

Thursdays All Day

Dentist

and Doctor Appt

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