

Seafood Celebration Signature Series Event



highlight of the menu will be fresh lobsters rolls!

We will also be having a live summer musical performance while we enjoy the food and social atmosphere. This celebration will be held in our dining room and out on the patio, giving the option for both indoor and outdoor seating.

On July 21st from 11:30am-1:00pm we will be having our Seafood Celebration Signature Series Event. We will be having an amazing spread of seafood refreshments prepared by our Culinary Director Sarah and her amazing team of cooks. The main

So please come and experience this nautical event as we celebrate the summertime here at the beautiful Paine Estate!

Wayland Outdoor Summer Concerts

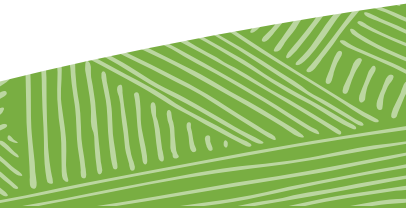
Come join the fun with Wayland Council on Aging's 14th annual community concert series. We have already attended two in the month of June and it was a great success!

Please sign up at the front desk if you are interested in attending any/all of these fun outdoor concerts. We look forward to seeing you there!

Every Thursday for the first three weeks in July, we will be attending the outdoor concerts starting at 7pm each Thursday night. On July 3rd, the Sudbury Valley New Horizons Music will be playing patriotic music. On July 10th, The Deloreans will be playing everyone's favorite 70's and 80's music. Finally on July 17th, Classic Groove will be playing a set of R&B and classic Jazz.



THE RESIDENCE at Paine Estate



THE RESIDENCE AT PAINE ESTATE Associates

Adam Chambers
Executive Director

Alicia Wagner
Sales and Marketing Director

Jackie Krol
Business Office Director

Sarah Stevenson
Restaurant Operations Director

Zachary Condon
Resident Engagement Director

Iva Philbin
Reflections Director

Byron Sontay
Maintenance Director

Summer is a State of Mind!



Known for its long, sunny days and warm temperatures, July brings a vibrant energy that invites people outdoors to celebrate, relax, and enjoy nature. It is a month often associated with freedom, patriotism, and festivity. Here at the Residence at Paine Estate we will have plenty to celebrate! Whether it is our Seafood Celebration Event, Wayland's annual community concert series, or our Master class Signature Series Event, we have a lot to look forward to this summer!

We will continue to have live musical performances and lectures held in the Great room over the course of the month. On July 3rd we will be hosting a violinist and pianist to perform for our community.

Also in July we will be having our annual School Supply Drive, where we raise money and supplies for children to have for school time in the fall!

The summer is now in full swing, and with the long days and warm weather, it is the perfect opportunity to enjoy this time together!



SundayMondayTuesdayWednesdayThursdayFridaySaturday



6
Gail D's Birthday
10:00 Live (Virtual) Catholic Mass
10:00 Jeopardy Challenge
11:00 Chair Yoga
11:30 Full Body Workout
1:00 Name That Tune
2:00 Current Events Discussion
3:00 Tea From Around the World
4:00 Netflix: Our Oceans

7
10:00 Full Body Thera Bands
10:30 Walk For Fitness-Outside
11:00 Exploring Landmarks
1:30 Sig Series-Master Class
2:00 Catholic Communion Service
2:00 Garden Committee
3:30 Cocktail & Conversations
4:00 Hearts Table Game
6:30 Hollywood Blockbuster

13
10:00 Live (Virtual) Catholic Mass
11:00 History Talk
11:00 Chair Yoga
11:30 Full Body Workout
1:00 Word Extraction
2:00 Poetry Reading Hour
3:30 Tea From Around the World
4:00 Netflix: Our Oceans

14
10:00 Full Body Thera Bands
10:30 Walk For Fitness-Outside
11:00 React NEURO
1:00 Intellectual Puzzles
2:00 Catholic Communion Service
2:00 Word Find Game
3:30 Cocktail & Conversations
4:00 Hearts Table Game
6:30 Hollywood Blockbuster

20 Nat. Ice Cream Day
10:00 Live (Virtual) Catholic Mass
10:00 Jeopardy Challenge
11:00 Chair Yoga
11:30 Full Body Workout
1:00 Name That Tune
2:00 Current Events Discussion
3:00 Tea From Around the World
4:00 Netflix: Our Oceans

21
10:00 Full Body Thera Bands
10:30 Walk For Fitness-Outside
11:30 Signature Series-Seafood
1:00 NY Crossword Games
2:00 Catholic Communion Service
2:00 Word Find Game
3:30 Cocktail & Conversations
4:00 Hearts Table Game
6:30 Hollywood Blockbuster

27
Larry H's Birthday
10:00 Live (Virtual) Catholic Mass
11:00 History Talk
11:00 Chair Yoga
11:30 Full Body Workout
1:00 Word Extraction
2:00 Poetry Reading Hour
3:30 Tea From Around the World
4:00 Netflix: Our Oceans

28
10:00 Full Body Thera Bands
10:30 Walk For Fitness-Outside
11:00 React NEURO
1:00 Intellectual Puzzles
2:00 Catholic Communion Service
2:00 Word Find Game
3:30 Cocktail & Conversations
4:00 Hearts Table Game
6:30 Hollywood Blockbuster

1
Chuck S's Birthday
10:00 Advanced Strength & Tone
10:00 Community Outing-Shopping
10:30 Tai Chi- Fall Prevention
11:00 Profile in Courage
1:30 Book Club
2:30 Art Skills-Collage Making
3:30 Cocktails & Conversations
4:00 Rummikub Club
6:30 Bingo Session

8
Nancy S's Birthday
10:00 Advanced Strength & Tone
10:00 Community Outing-Coffee
10:30 Tai Chi- Fall Prevention
11:00 The History of the Car
1:30 SHIELD Check-in Group
2:30 Art Skills-Essential Oils
3:30 Cocktails & Conversations
4:00 Rummikub Club
6:30 Bingo Session

15
10:00 Advanced Strength & Tone
10:00 Community Outing-Shopping
10:30 Tai Chi- Fall Prevention
11:00 Live Lecture
1:30 Positive News Discussion
2:30 Engagement Meeting
3:30 Cocktails & Conversations
4:00 Rummikub Club
6:30 Bingo Session

22
Norma G's Birthday
10:00 Advanced Strength & Tone
10:00 Community Outing-Coffee
10:30 Tai Chi- Fall Prevention
11:00 The History of the Car
1:30 Positive News Discussion
2:30 Art Skills-Wood Art Paint
3:30 Cocktails & Conversations
4:00 Rummikub Club
6:30 Bingo Session

29
10:00 Advanced Strength & Tone
10:00 Community Outing-Shopping
10:30 Tai Chi- Fall Prevention
11:00 Profile in Courage
1:00 Town Hall Meeting
2:30 Art Skills-Landscapes
3:30 Cocktails & Conversations
4:00 Rummikub Club
6:30 Bingo Session

2
10:00 Barre & Balance
10:30 Comm. Outing-Parlee Farms
11:00 Travel & Discuss
1:00 NY Times Crossword
2:00 Jeopardy Team Challenge
3:30 Cocktails & Conversations
3:30 Rummi 500 Club
4:00 Netflix: Our Universe

9
10:00 Barre & Balance
10:30 Outing-Boston Gardens
11:00 Travel & Discuss
1:00 NY Times Crossword
2:15 Fireside Discussion Group
3:30 Cocktails & Conversations
3:30 Rummi 500 Club
4:00 Netflix: Our Universe

16
10:00 Barre & Balance
11:00 Travel & Discuss
1:00 NY Times Crossword
1:30 Outing-Harvard Art Museum
2:00 Jeopardy Team Challenge
3:30 Cocktails & Conversations
3:30 Rummi 500 Club
4:00 Netflix: Our Universe

23
10:00 Barre & Balance
11:00 Travel & Discuss
1:00 NY Times Crossword
1:30 Outing-Tower Botanical
2:15 Fireside Discussion Group
3:30 Cocktails & Conversations
3:30 Rummi 500 Club
4:00 Netflix: Our Universe

30
10:00 Barre & Balance
10:30 Live Lecture-Ron Falong
1:00 NY Times Crossword
1:30 Out-Tavern in the Square
2:00 Jeopardy Team Challenge
3:30 Cocktails & Conversations
3:30 Rummi 500 Club
4:00 Netflix: Our Universe

3
10:00 Circuit Training
10:30 Tai Chi for Balance
11:00 Theater History Discussion
1:00 Expressive Arts Workshop
2:00 Live Piano/Violin Concert
2:30 Team Trivia Challenge
3:30 Cocktails & Conversations
3:30 Walk for Fitness
4:30 Cribbage Club
7:00 Outdoor Summer Concert

10
10:00 Circuit Training
10:30 Tai Chi for Balance
11:00 Profiles in Courage
1:30 Wellness-Hand Massages
2:30 Team Trivia Challenge
3:30 Cocktails & Conversations
3:30 Walk for Fitness
4:30 Cribbage Club
7:00 Outdoor Summer Concert

17
10:00 Circuit Training
10:30 Tai Chi for Balance
11:00 Theater History Discussion
1:30 Expressive Arts Workshop
1:30 Wellness-Hand Massages
2:30 Team Trivia Challenge
3:30 Cocktails & Conversations
3:30 Walk for Fitness
4:30 Cribbage Club
7:00 Outdoor Summer Concert

24
10:00 Circuit Training
10:30 Tai Chi for Balance
11:00 Profiles in Courage
1:30 Wellness-Hand Massages
2:30 Team Trivia Challenge
3:30 Cocktails & Conversations
3:30 Walk for Fitness
4:30 Cribbage Club

31
10:00 Circuit Training
10:30 Tai Chi for Balance
11:00 Theater History Discussion
1:30 Expressive Arts Workshop
1:30 Wellness-Hand Massages
2:30 Team Trivia Challenge
3:30 Cocktails & Conversations
3:30 Walk for Fitness
4:30 Cribbage Club

4 Independence Day
10:00 Barre & Balance Session
11:00 Let's Talk Tech
1:15 Thera Bands Training
1:30 Fundraising Committee
2:00 America Culture Talk
3:30 Cocktails and Conversations
4:00 Scrabble Table Game
6:00 Shabbat Services

11
10:00 Barre & Balance Session
11:00 Let's Talk Tech
1:15 Thera Bands Training
1:30 Rummikub Table Game
2:15 Healthy Habits Discussion
3:30 Cocktails and Conversations
4:00 Scrabble Table Game
6:00 Shabbat Services

18
10:00 Barre & Balance Session
11:00 Let's Talk Tech
1:15 Thera Bands Training
1:30 Rummikub Table Game
2:00 Engagement Committee
3:30 Cocktails and Conversations
4:00 Scrabble Table Game
6:00 Shabbat Services

25
10:00 Barre & Balance Session
11:00 Let's Talk Tech
1:15 Thera Bands Training
1:30 Live Music-Steve King
2:15 Healthy Habits Discussion
3:30 Cocktails and Conversations
4:00 Scrabble Table Game
6:00 Shabbat Services



5
10:00 Strength Training
10:30 Guided Meditation
11:00 Profiles in Music
1:00 Travelogue
2:00 Hearts Club Table Game
2:30 Power Yoga
3:30 Silver Screen Matinee
4:30 TED Talk

12
10:00 Strength Training
10:30 Guided Meditation
11:00 Profiles in Music
1:00 Travelogue
2:00 Hearts Club Table Game
2:30 Power Yoga
3:30 Live Music-Michael Leidig
4:30 TED Talk

19
10:00 Strength Training
10:30 Guided Meditation
11:00 Great Poets of America
1:00 Travelogue
2:00 Hearts Club Table Game
2:30 Power Yoga
3:30 Silver Screen Matinee
4:30 TED Talk

Join Us!

Live Concerts

Lectures

Signature Series
Events

Exercise Sessions

Creative Expression
Workshops

Book Group

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