

REFLECTIONS - MARCH 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



The Residence at Paine Estate

5
Happy Birthday Richard!
9:30 Morning Devotions
9:45 Happy Birthday Richard!
10:00 Strength and Balance
11:00 Poetry Hour
1:30 Culinary Creations
2:00 Dance and Movement
3:00 Social Hour
4:00 Spiritual Hymns
6:00 Nail Spa

6
9:30 Good News Discussion
10:00 Cardio Aerobics
11:00 Today in History
1:30 Barre & Balance
2:00 Inspirational Stories
2:30 Knowledge Bout
3:00 Social Hour
4:00 Celebrity Bingo
6:00 Music and Memories

7
9:30 Today in History
10:00 Tai Chi for Arthritis
11:00 Historic New England
1:30 Upper Body Weight Training
2:00 Reflections Outings
3:00 *I Lee on Keyboards*
3:00 Sundae Social
6:00 Nail Spa

8
9:30 Good News Discussion
10:00 Barre & Balance
1:30 Let's Celebrate!
2:15 Gratitude Journaling
3:00 Smoothies and Conversations!
3:30 Seated Stretch and Flex
4:00 Brushstrokes
6:00 Broadway Musical Showing

9
9:30 Today in History
10:30 Chaboom Dance Class w/ Maddie
11:00 Open Art Studio
1:30 Mad Hatter Tea Party
2:00 Dance and Movement
3:00 Tea Party Social
4:00 Crossword Challenge
6:00 Nail Spa

10
9:30 Good News Discussion
10:00 Barre & Balance
11:00 Mindful Meditation
2:00 *Clyde on Saxophone*
2:30 Knowledge Bout
3:00 Happy Hour
4:00 The Way We Were
6:00 Musical Moments

11
9:30 Today in History
10:00 Weightlifting for Density
11:00 Watercolor Basics
1:30 Yoga Flow & Stretch
2:30 Card Players Group
3:00 Pub Hour
3:30 Philosophy Through Humor
6:00 Board Games

12
9:30 Morning Devotions
10:00 Strength and Balance
11:00 Poetry Hour
1:30 Culinary Creations
2:00 Dance and Movement
3:00 Social Hour
4:00 Spiritual Hymns
6:00 Nail Spa

13
9:30 Good News Discussion
10:00 Cardio Aerobics
11:00 Today in History
1:30 Barre & Balance
2:00 Inspirational Stories
2:30 Knowledge Bout
3:00 Social Hour
4:00 Celebrity Bingo
6:00 Music and Memories

14
9:30 Today in History
10:00 Tai Chi for Arthritis
11:00 Historic New England
1:30 Upper Body Weight Training
2:00 Reflections Outings
2:30 Card Players Group
3:00 Sundae Social
6:00 Nail Spa

15
9:30 Good News Discussion
10:00 You Be The Judge
1:30 Barre and Balance
2:15 Gratitude Journaling
3:00 Smoothies and Conversations!
3:30 Seated Stretch and Flex
4:00 Brushstrokes
6:00 Broadway Musical Showing

16
9:30 Today in History
10:00 Drum Fit with Erлие
11:00 Open Art Studio
1:30 *Dan Mackowiak Music*
2:00 Dance and Movement
3:00 Tea Party Social
4:00 Crossword Challenge
6:00 Nail Spa

17
9:30 Good News Discussion
10:00 You Be The Judge
11:00 Mindful Meditation
2:00 St. Patrick's Day Celebration
2:30 Knowledge Bout
3:00 Happy Hour
4:00 The Way We Were
6:00 Musical Moments

18
9:30 Today in History
10:00 Weightlifting for Density
11:00 Watercolor Basics
1:30 Yoga Flow & Stretch
2:30 Card Players Group
3:00 Pub Hour
3:30 Philosophy Through Humor
6:00 Board Games

19
9:30 Morning Devotions
10:00 Strength and Balance
11:00 Poetry Hour
1:30 Culinary Creations
2:00 Dance and Movement
3:00 Social Hour
4:00 Spiritual Hymns
6:00 Nail Spa

20
Happy Birthday Polly!
9:30 Good News Discussion
10:00 Barre & Balance
11:00 Today in History
1:30 *Steve King on Keyboards*
2:30 Barre and Balance
3:00 Smoothies and Conversations!
4:00 Celebrity Bingo
6:00 Music and Memories

21
9:30 Today in History
10:00 Drum Fit with Erлие
11:00 Historic New England
1:30 Upper Body Weight Training
2:00 Reflections Outings
2:30 Card Players Group
3:00 Sundae Social
6:00 Nail Spa

22
9:30 Good News Discussion
10:00 You Be The Judge
1:30 Barre & Balance
2:15 Gratitude Journaling
3:00 Smoothies and Conversations!
3:30 Seated Stretch and Flex
4:00 Brushstrokes
6:00 Broadway Musical Showing

23
9:30 Today in History
10:00 Drum Fit with Erлие
11:00 Open Art Studio
1:30 Stories of the Heart
2:00 Dance and Movement
3:00 Tea Party Social
4:00 Crossword Challenge
6:00 Nail Spa

24
9:30 Good News Discussion
10:00 You Be The Judge
11:00 Mindful Meditation
1:30 Healthy Habits Cooking Class
2:30 Ladies Spa Day
3:00 Happy Hour
4:00 The Way We Were
6:00 Musical Moments

25
9:30 Today in History
10:00 Weightlifting for Density
11:00 Watercolor Basics
1:30 Yoga Flow & Stretch
2:30 Card Players Group
3:00 Pub Hour
3:30 Philosophy Through Humor
6:00 Board Games

26
9:30 Morning Devotions
10:00 Strength and Balance
11:00 Poetry Hour
1:30 Culinary Creations
2:00 Dance and Movement
3:00 Social Hour
4:00 Spiritual Hymns
6:00 Nail Spa

27
9:30 Good News Discussion
10:00 Cardio Aerobics
11:00 Today in History
1:30 Barre & Balance
2:00 Inspirational Stories
3:00 Smoothies and Conversations!
4:00 Celebrity Bingo
6:00 Music and Memories

28
9:30 Today in History
10:30 *Karaoke Karl*
11:00 Historic New England
1:30 Upper Body Weight Training
2:00 Reflections Outings
2:30 Card Players Group
3:00 Sundae Social
6:00 Nail Spa

29
9:30 Good News Discussion
10:00 You Be The Judge
1:30 Barre & Balance
2:15 Gratitude Journaling
3:00 Smoothies and Conversations!
3:30 Seated Stretch and Flex
4:00 Brushstrokes
6:00 Broadway Musical Showing

30
9:30 Today in History
10:00 Drum Fit with Erлие
11:00 Open Art Studio
1:30 Stories of the Heart
2:00 Dance and Movement
3:00 Tea Party Social
4:00 Crossword Challenge
6:00 Nail Spa

31
9:30 Good News Discussion
10:00 You Be The Judge
11:00 Mindful Meditation
1:30 Healthy Habits Cooking Class
2:30 Knowledge Bout
3:00 Happy Hour
4:00 The Way We Were
6:00 Musical Moments



Birthday Celebrants

March 5th - Richard
Prinn

March 20th - Polly
Krasney

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