

REFLECTIONS - APRIL 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Events



7
9:30 Televised Church Mass
10:00 This Day in History
10:30 Bowling Competition
11:00 Card Players - Gin Rummy
1:30 Low Intensity Cardio
3:00 Sweet Treats Bar
3:30 Daily Crossword
6:00 Music and Memories

8
9:30 Barre and Balance Class
10:30 Inspiring Literature
11:00 Jewelry Making Workshop
1:30 Cardio Drumming
2:00 Holy Communion
3:00 Global Goodies Social
4:00 Spa Session: Manicures and Hand Massage
4:30 Flower Design Workshop
6:00 Feature Film: Life With Father

14
9:30 Televised Church Mass
10:00 This Day in History
10:30 Bowling Competition
11:00 Card Players - Gin Rummy
1:30 Low Intensity Cardio
2:00 Watercolor Floral Art
3:00 Sweet Treats Bar
3:30 Daily Crossword
6:00 Music and Memories

15
9:30 Barre and Balance Class
10:30 Inspiring Literature
11:00 Home Decor Workshop
1:30 Cardio Drumming
2:00 Holy Communion
3:00 Global Goodies Social
3:30 VioLynne Concert
4:00 Spa Session: Manicures and Hand Massage
4:30 Flower Design Workshop

21
9:30 Televised Church Mass
10:00 This Day in History
10:30 Bowling Competition
11:00 Card Players - Gin Rummy
1:30 Low Intensity Cardio
3:00 Sweet Treats Bar
3:30 Daily Crossword
6:00 Music and Memories

22
9:30 Barre and Balance Class
10:30 Inspiring Literature
11:00 Jewelry Making Workshop
1:30 Cardio Drumming
1:30 Steve King on Keyboards
2:00 Holy Communion
3:00 Global Goodies Social
4:00 Spa Session: Manicures and Hand Massage
4:30 Flower Design Workshop

28
9:30 Televised Church Mass
10:00 This Day in History
10:30 Bowling Competition
11:00 Card Players - Gin Rummy
1:30 Low Intensity Cardio
2:00 Watercolor Floral Art
3:00 Sweet Treats Bar
3:30 Daily Crossword
6:00 Music and Memories

29
9:30 Barre and Balance Class
10:30 Inspiring Literature
11:00 Home Decor Workshop
1:30 Cardio Drumming
2:00 Holy Communion
3:00 Global Goodies Social
4:00 Spa Session: Manicures and Hand Massage
4:30 Flower Design Workshop
6:00 Feature Film: The Love Boat

2
10:00 Songs and Stories
11:00 NYT Crossword
11:30 Outing: AMC Framingham
1:30 Zumba Dance
3:00 Wine and Cheese Social
3:30 Paper Floral Crafting Workshop
4:30 Person of Interest
6:00 Music and Memories

9
10:00 Songs and Stories
11:00 NYT Crossword
11:30 Outing: Giacomo's Ristorante
1:30 Zumba Dance
3:00 Wine and Cheese Social
3:30 Paper Floral Crafting Workshop
4:30 Person of Interest
4:30 Flower Design Workshop
6:00 Music and Memories

16
10:00 Songs and Stories
11:00 NYT Crossword
11:30 Outing: Sculpture Park
1:30 Zumba Dance
2:00 Liam Foley Concert
3:00 Wine and Cheese Social
3:30 Paper Floral Crafting Workshop
4:30 Person of Interest
4:30 Flower Design Workshop
6:00 Music and Memories

23
10:00 Songs and Stories
11:00 NYT Crossword
11:30 Outing: Arnold Arboretum
1:30 Zumba Dance
2:00 Going Green Gardening Event
3:00 Wine and Cheese Social
3:30 Paper Floral Crafting Workshop
4:30 Person of Interest
4:30 Flower Design Workshop

30
10:00 Songs and Stories
11:00 NYT Crossword
11:30 Outing: Cochituate State Park
1:30 Zumba Dance
3:00 Wine and Cheese Social
3:30 Paper Floral Crafting Workshop
4:30 Person of Interest
4:30 Flower Design Workshop
6:00 Music and Memories

3
9:30 Barre and Balance Class
10:30 Short Story Hour
11:00 Resident Council
1:30 Chair Yoga Dance Class
2:00 Taste of Travel
3:00 Rejuvenating Tai-Chi
3:30 Scenic Journey
4:30 Flower Design Workshop
6:00 Broadway Musical Showing

10
9:30 Barre and Balance Class
10:30 Short Story Hour
10:30 Mark West Piano
1:30 Chair Yoga Dance Class
2:00 Taste of Travel
3:00 Rejuvenating Tai-Chi
3:30 Scenic Journey
4:30 Flower Design Workshop
6:00 Broadway Musical Showing

17
9:30 Barre and Balance Class
10:30 Short Story Hour
1:30 Chair Yoga Dance Class
2:00 Taste of Travel
3:00 Rejuvenating Tai-Chi
3:30 Scenic Journey
4:30 Flower Design Workshop
6:00 Broadway Musical Showing

24
9:30 Barre and Balance Class
10:30 Short Story Hour
1:30 Chair Yoga Dance Class
2:00 Taste of Travel
3:00 Rejuvenating Tai-Chi
3:30 Scenic Journey
4:30 Flower Design Workshop
6:00 Broadway Musical Showing



4
9:30 Tai-Chi and Meditation
10:00 Songs and Stories
11:00 Ethics in Action
1:30 Beauty Retreat
2:00 Acrylics Art Class:
3:00 Rhythm and Refreshments
4:00 NYT Bee
4:30 Flower Design Workshop
6:00 Music and Memories

11
9:30 Tai-Chi and Meditation
10:00 Songs and Stories
11:00 Ethics in Action
1:30 Beauty Retreat
2:00 Watercolor Floral Art
3:00 Rhythm and Refreshments
4:00 NYT Bee
4:30 Flower Design Workshop
6:00 Music and Memories

18
9:30 Tai-Chi and Meditation
10:00 Songs and Stories
11:00 Ethics in Action
1:30 Beauty Retreat
2:00 Acrylics Art Class:
3:00 Rhythm and Refreshments
4:00 NYT Bee
4:30 Flower Design Workshop
6:00 Music and Memories

25
9:30 Tai-Chi and Meditation
10:00 Songs and Stories
11:00 Ethics in Action
1:30 Beauty Retreat
2:00 Watercolor Floral Art
3:00 Rhythm and Refreshments
4:00 NYT Bee
4:30 Flower Design Workshop
6:00 Music and Memories

5
9:30 Barre and Balance Class
10:30 Short Story Hour
11:30 Knowledge Bout
1:30 Strength Training with Weights
3:00 Pub and Trivia Social Hour
3:30 Bingo with Iva
4:00 Hometown History
4:30 Flower Design Workshop
6:00 Musical Moments

12
9:30 Barre and Balance Class
10:30 Short Story Hour
11:30 Knowledge Bout
1:30 Strength Training with Weights
2:00 Healthy Habits Cooking Class
3:00 Pub and Trivia Social Hour
3:30 Bingo with Iva
4:00 Hometown History
4:30 Flower Design Workshop
6:00 Musical Moments

19
9:30 Barre and Balance Class
10:30 Short Story Hour
11:30 Knowledge Bout
1:30 Strength Training with Weights
3:00 Pub and Trivia Social Hour
3:30 Bingo with Iva
4:00 Hometown History
4:30 Flower Design Workshop
6:00 Musical Moments

26
Happy Birthday Muriel
9:30 Barre and Balance Class
10:30 Short Story Hour
11:30 Knowledge Bout
1:30 Strength Training with Weights
2:00 Healthy Habits Cooking Class
3:00 Pub and Trivia Social Hour
3:30 Bingo with Iva
4:00 Hometown History
4:30 Flower Design Workshop



6
9:30 Tai-Chi and Meditation
10:00 Today in History
11:00 Poetry Corner
1:30 Dance and Movement
3:30 High Tea Social
4:00 Open Art Studio
4:30 Philosophy Through Humor
6:00 Board Games

13
9:30 Tai-Chi and Meditation
10:00 Today in History
11:00 Poetry Corner
1:30 Dance and Movement
3:30 High Tea Social
3:30 Michael Leiding Piano Concert
4:00 Open Art Studio
4:30 Philosophy Through Humor
6:00 Board Games

20
9:30 Tai-Chi and Meditation
10:00 Today in History
11:00 Poetry Corner
1:30 Dance and Movement
3:30 High Tea Social
4:00 Open Art Studio
4:30 Philosophy Through Humor
6:00 Board Games

27
9:30 Tai-Chi and Meditation
10:00 Today in History
11:00 Poetry Corner
1:30 Dance and Movement
3:30 High Tea Social
4:00 Open Art Studio
4:30 Philosophy Through Humor
6:00 Board Games

April 1 - Kalifornia
Karl Concert

April 6 - Taste of
Culture Signature
Event

April 15 - VioLynne
Concert

April 23 - Go Green
Gardening Event

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