REFLECTIONS - APRIL 2024

10:00 Songs and Stories

4:30 Person of Interest

10:00 Songs and Stories

11:00 NYT Crossword

1:30 Zumba Dance

4:30 Person of Interest

6:00 Music and Memories

11:30 Outing: AMC Framingham

3:30 Paper Floral Crafting Workshop

11:30 Outing: Giacomo's Ristorante

3:30 Paper Floral Crafting Workshop

3:00 Wine and Cheese Social

4:30 Flower Design Workshop

6:00 Music and Memories

11:00 NYT Crossword

Tuesday

Events

April 1 - Kalifornia

Sunday

Monday

9:30 Barre and Balance Class 10:30 Kalifornia Karl Concert

11:00 Home Decor Workshop

1:30 Cardio Drumming 2:00 Holy Communion

2:30 Chorus Practice 3:00 Global Goodies Social

4:00 Spa Session: Manicures and Hand Massage

6:00 Feature Film: First Wives Club

9:30 Barre and Balance Class

11:00 Jewelry Making Workshop

10:30 Inspiring Literature

1:30 Cardio Drumming

2:00 Holy Communion

Massage

3:00 Global Goodies Social

4:00 Spa Session: Manicures and Hand

6:00 Feature Film: Life With Father

1:30 Zumba Dance 3:00 Wine and Cheese Social

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

Wednesday

Thursday

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

9:30 Tai-Chi and Meditation

10:00 Songs and Stories

2:00 Watercolor Floral Art

3:00 Rhythm and Refreshments

4:30 Flower Design Workshop

11:00 Ethics in Action

1:30 Beauty Retreat

4:00 NYT Bee

Friday

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

9:30 Barre and Balance Class

1:30 Strength Training with Weights

2:00 Healthy Habits Cooking Class

3:00 Pub and Trivia Social Hour

4:30 Flower Design Workshop

10:30 Short Story Hour

11:30 Knowledge Bout

3:30 Bingo with Iva

4:00 Hometown History

6:00 Musical Moments

Saturday

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 6 - Taste of Culture Signature Event

Karl Concert

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

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

9:30 Televised Church Mass

10:00 This Day in History

10:30 Bowling Competition

1:30 Low Intensity Cardio

2:00 Watercolor Floral Art

6:00 Music and Memories

9:30 Televised Church Mass

10:00 This Day in History

10:30 Bowling Competition

1:30 Low Intensity Cardio

6:00 Music and Memories

3:00 Sweet Treats Bar

3:30 Daily Crossword

11:00 Card Players - Gin Rummy

3:00 Sweet Treats Bar

3:30 Daily Crossword

11:00 Card Players - Gin Rummy

15

9:30 Barre and Balance Class

4:30 Flower Design Workshop

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

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

10:00 Songs and Stories

11:00 NYT Crossword

1:30 Zumba Dance

2:00 Going Green

4:30 Flower Design Workshop **6:00** Music and Memories

11:30 Outing: Arnold Arboretum

Gardening Event

3:00 Wine and Cheese Social

17

24

10

1:30 Chair Yoga Dance Class 2:00 Taste of Travel

10:30 Short Story Hour

10:30 Mark West Piano

9:30 Barre and Balance Class

3:00 Rejuvenating Tai-Chi 3:30 Scenic Journey

4:30 Flower Design Workshop 6:00 Broadway Musical Showing

9:30 Barre and Balance Class

1:30 Chair Yoga Dance Class

4:30 Flower Design Workshop

9:30 Barre and Balance Class

1:30 Chair Yoga Dance Class

4:30 Flower Design Workshop

6:00 Broadway Musical Showing

3:00 Rejuvenating Tai-Chi

10:30 Short Story Hour

2:00 Taste of Travel

3:30 Scenic Journey

6:00 Broadway Musical Showing

3:00 Rejuvenating Tai-Chi

10:30 Short Story Hour

2:00 Taste of Travel

3:30 Scenic Journey

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

9:30 Tai-Chi and Meditation

2:00 Watercolor Floral Art

3:00 Rhythm and Refreshments

4:30 Flower Design Workshop

6:00 Music and Memories

10:00 Songs and Stories

11:00 Ethics in Action

1:30 Beauty Retreat

4:00 NYT Bee

19

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

1:30 Dance and Movement

13

3:30 High Tea Social

9:30 Tai-Chi and Meditation

10:00 Today in History

11:00 Poetry Corner

3:30 Michael Leiding Piano Concert 4:00 Open Art Studio

4:30 Philosophy Through Humor

6:00 Board Games

11:00 Poetry Corner

3:30 High Tea Social

4:00 Open Art Studio

6:00 Board Games

1:30 Dance and Movement

4:30 Philosophy Through Humor

20

9:30 Tai-Chi and Meditation 9:30 Barre and Balance Class 10:30 Short Story Hour 10:00 Today in History

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3:00 Pub and Trivia Social Hour

3:30 Bingo with Iva 4:00 Hometown History

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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

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

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 **3:30** Paper Floral Crafting Workshop 4:30 Person of Interest

10:00 Songs and Stories

4:30 Flower Design Workshop

30

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





Events are subject to change.