

# Signature Series This Month

**Friday, July 4th at 11:30** - Join us for an annual favorite, our July 4th Seafood Celebration and BBQ Luncheon. Savor chef specialties like grilled shrimp and pineapple skewers, BBQ sirloin hamburgers, hot dogs, homestyle potato salad, corn on the cob, and, of course, strawberry shortcake for dessert. Enjoy live guitar music while taking in the much anticipated beautiful weather on our back patio.

**Wednesday, July 16th at 2:00** - Join us as Mrs. Parsons, a proper Victorian Lady, shares the joys and journey of her life in this era of corsets, calling cards, and decorum. This performance is designed to revive lovely, ageless, and occasionally ridiculous traditions of the Victorian era, all against a backdrop of fun. The performance will be held in the Community Room where tea and biscuits will be served.

We look forward to seeing you at these events.



July 4th - Seafood Celebration & BBQ Luncheon



July 16th - Victorian Etiquette; A One-Woman Act

# Community Connections

Over the next two months we will be collecting school supplies for our Dedham neighbors at the Riverdal School. Donations of pens, markers, notebooks, highlighters, Clorox Wipes, tissues, and more are welcome. These items will be presented to students and staff upon their return to school in the fall. Drop-off donations at the reception desk. Let's make back-to-school brighter for our friends & neighbors!



School supply drive for Riverdale School

# TRADITIONS of Dedham

## The Joys of July



Marina Bay Outing - July 9th

July brings the promise of sunshine, laughter, and memorable traditions. It's the perfect time for families and friends to reconnect with each other and with nature. Whether it's a spontaneous drive by the beach, an outdoor BBQ, or an evening stroll, these simple joys become the fabric of cherished memories.

This month, our residents can look forward to special outings - like visiting Marina Bay in Quincy. Nestled along the waterfront, Marina Bay offers seaspray, a bustling boardwalk, and a vibrant community atmosphere. The area is known for its wonderful restaurants and an outdoor lunch at one of them is certainly on the agenda.

Another summertime favorite is the evening concert series in Norwood Center at the Dempsey Memorial Bandstand on the Town Common. As part of their 31st season, these ensemble performances, including, swing, jazz and Big Band, will once again be enjoyed by our seniors. Refer to the calendar for dates and times.

We'd also like to extend our heartfelt gratitude to everyone who made our June Masquerade Ball to benefit the Alzheimer's Association a smashing success. Thanks to your generosity and participation, we've raised over \$4,800 to date! Looking ahead, don't miss upcoming fundraisers including raffles, Associate dress-down days, and additional community events. These occasions are more than just ways to give - they're opportunities to come together as a community to support a common cause.

Let's embrace the joys and traditions of July - making it a month of connection, celebration, and community spirit.

## TRADITIONS OF DEDHAM Associates

**Tish Davies- Verzino**  
Executive Director

**Ashley Deberry**  
Business Office Director

**Ashleigh Polvado**  
Resident Care Director

**Laura Potts**  
Reflections Director

**Russ Wilson**  
Resident Engagement Director

**Melanie Fernandes**  
Sales & Marketing Director

**William Souza**  
Restaurant Operations Director





Sunday



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

NOTES

Transportation

Mondays  
Appointments

Tuesdays  
Local Errands

Wednesdays  
Special Outings

Thursdays  
Appointments

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

**6** Knut W. Birthday  
10:00 Catholic Mass  
11:00 Barre & Balance  
1:15 Lemonade in the Shade  
1:30 Red Sox Game  
2:00 Blank Slate  
3:30 Bingo Game  
4:30 Lightweight Exercise  
5:00 Music Hour: Swingtime  
6:15 Hollywood Heyday

**7**  
9:30 Catholic Mass  
10:15 Barre & Strength  
11:00 History Review  
1:30 Cardio Drumming  
2:30 Resident Council  
3:30 Wordies Word Game  
4:30 Gentle Stretching  
6:15 Comedy Film Series

**13** Kevin H. Birthday  
10:00 Catholic Mass  
11:00 Barre & Balance  
1:30 Red Sox Game  
2:00 NY Times Spelling Bee  
3:30 Bingo Game  
4:30 Lightweight Exercise  
5:00 Music Hour: Classical  
6:15 Hollywood Heyday

**14**  
9:30 Catholic Mass  
10:15 Barre & Strength  
11:00 Bastille Day Documentary  
1:15 Cardio Drumming  
2:00 Live - DJ Barry Scott  
3:00 Art - Watercolor Weaving  
3:30 N.Y.T. Word Challenge  
4:30 Gentle Stretching  
6:15 Comedy Film Series

**20**  
10:00 Catholic Mass  
11:00 Barre & Balance  
1:15 Red Sox Game  
2:00 NY Times Spelling Bee  
3:30 Bingo Game  
4:30 Lightweight Exercise  
5:00 Music Hour: Big Band  
6:15 Hollywood Heyday

**21**  
9:30 Catholic Mass  
10:15 Barre & Strength  
11:00 History Review  
1:30 Cardio Drumming  
2:30 Movie Matinee - Greatest Showman  
4:30 Gentle Stretching  
6:15 Comedy Film Series

**27** Jean M. Birthday  
10:00 Catholic Mass  
11:00 Barre & Balance  
1:30 Red Sox Game  
2:00 Live Music - Trio Carpiccioso  
3:30 Bingo Game  
4:30 Lightweight Exercise  
5:00 Music Hour: Easy Jazz  
6:15 Hollywood Heyday

**28**  
9:30 Catholic Mass  
10:15 Barre & Strength  
11:00 Trivia Time  
1:30 Cardio Drumming  
2:30 Wordle Unlimited  
3:30 N.Y.T. Challenge  
4:30 Gentle Stretching  
6:15 Comedy Film Series

**8**  
10:15 Modified Yoga Class  
11:00 Historic New England  
12:00 Chef Led Bistro  
1:00 Cardio Outdoor Walk  
1:30 “Fill-in-the-Blank” Game  
1:30 Local Errands - Big Y  
2:30 Current Events  
3:30 Bingo Game  
6:15 Romantic Film Series

**15** Ann & Jack Birthday  
10:15 Barre & Balance Class  
11:00 Live: Beekeepers & Honey  
12:00 Chef Led Bistro  
1:00 Cardio Outdoor Walk  
1:30 “Guggenheim Grid” Game  
1:30 Local Errands - Wegman’s  
2:30 Current Events  
3:30 Bingo Game  
6:30 Left, Right, Center

**22** BJ E. Birthday  
10:15 Modified Yoga Class  
11:00 Historic New England  
12:00 Chef Led Bistro  
1:00 Cardio Outdoor Walk  
1:30 Local Errands (Sign Up)  
1:30 “People, Places & Things”  
2:30 Wordies  
3:30 Bingo Game  
6:15 Romantic Film Series

**29**  
10:15 Modified Yoga Class  
12:00 Chef Led Bistro  
1:00 Cardio Outdoor Walk  
1:30 Local Errands - Star Mrkt  
2:30 Current Events  
3:30 Bingo Game  
6:15 Romantic Film Series

**9**  
9:30 Catholic Mass  
10:00 R.E.A.C.T. Neuro  
10:15 Barre & Balance  
10:30 Outing - Marina Bay II  
11:00 Wordle Unlimited  
2:00 Blank Slate  
3:30 Wine & Cheese Social  
3:30 Kings in the Corner  
5:00 Tai Chi for Arthritis  
6:15 Cinema

**16** Signature Series  
9:30 Catholic Mass  
10:15 Barre & Balance  
11:00 Wordle Unlimited  
2:00 Live: One Woman Victorian Act  
3:30 Wine & Cheese Social  
3:30 Kings in the Corner  
5:30 Concert on Norwood Common  
6:15 Cinema

**23**  
9:30 Catholic Mass  
10:00 R.E.A.C.T. Neuro  
10:15 Barre & Balance  
11:00 Wordle Unlimited  
2:00 Live - Mike Turner piano  
3:30 Wine & Cheese Social  
3:30 Kings in the Corner  
5:00 Tai Chi for Arthritis  
6:15 Cinema

**30**  
9:30 Catholic Mass  
10:15 Barre & Balance  
11:00 Wordle Unlimited  
11:30 Outing - Boston Tavern Norwood  
2:00 Crafting with Donna  
3:30 Wine & Cheese Social  
3:30 Kings in the Corner  
5:30 Concert on Norwood Common  
6:15 Cinema

**10**  
10:15 Barre & Balance  
11:00 Mount Cleverest  
11:00 Modified Yoga  
12:00 Chef Led Bistro  
1:30 Flower Arranging  
2:30 Current Events  
3:30 Blackjack Game  
4:30 Tech Assistance  
6:15 Award-Winners Movie

**17**  
10:15 Barre & Balance  
11:00 Modified Yoga  
11:00 Mt. Cleverest  
12:00 Chef Led Bistro  
1:30 Lecture: Summer Vacations of Yesteryear  
2:30 Current Events  
3:30 Blackjack Game  
4:30 Tech Assistance  
6:15 Award-Winners Movie

**24**  
10:15 Barre & Balance  
11:00 Mount Cleverest  
11:00 Modified Yoga  
12:00 Chef Led Bistro  
1:30 Cardio Outdoor Walk  
2:00 Lecture: Summertime Hydration  
3:30 Blackjack Game  
4:30 Tech Talk: Tablet Basics  
6:15 Award-Winners Movie

**31**  
10:15 Barre & Balance  
11:00 Modified Yoga  
11:00 Mt. Cleverest  
12:00 Chef Led Bistro  
2:00 Penny Auction  
3:30 Blackjack Game  
6:15 Award-Winners Movie

**11**  
10:00 Rosary  
10:15 Lucky Dog Cards  
11:00 Barre & Balance  
1:00 SHIELD Spa Session  
2:00 Live: Clarinet and Sax Clyde  
3:30 Cocktail Hour  
3:30 Kings in the Corner  
5:00 Tai Chi for Arthritis  
6:15 Drama Film Series

**18**  
10:00 Rosary  
10:15 Lucky Dog Cards  
11:00 Barre & Balance  
1:00 Blank Slate  
2:00 Live Piano Joanie Sherlock  
3:30 Cocktail Hour  
3:30 Kings in the Corner  
5:00 Tai Chi for Arthritis  
6:15 Drama Film Series

**25**  
10:00 Rosary  
10:15 Lucky Dog Cards  
11:00 Barre & Balance  
1:00 Blank Slate  
2:00 Christmas in July Concert  
3:30 Cocktail Hour  
3:30 Kings in the Corner  
5:00 Tai Chi for Arthritis  
6:15 Drama Film Series



**12**  
10:15 Barre & Balance  
11:00 Choice Dilemmas  
1:00 Cardio Outdoor Walk  
2:00 Dedham Derby Competition  
3:30 Cornhole Tournament  
5:00 Music Appreciation Hour  
6:15 Silver Screen Classics

**19** David A. Birthday  
10:15 Barre & Balance  
11:00 Choice Dilemmas  
1:15 Kings in the Corner  
2:00 Dedham Derby Competition  
3:30 Cornhole Competition  
5:00 Music Appreciation Hour  
6:15 Silver Screen Classics