

# REFLECTIONS - MARCH 2023

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Special Events

Join us for two special Signature Series Events this Month!

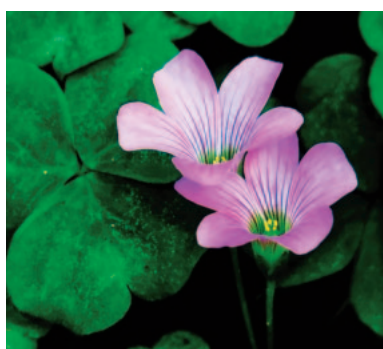
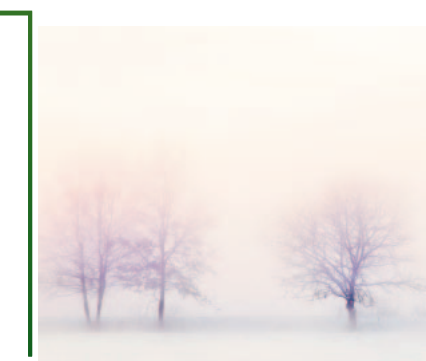
March 17th  
St. Patrick's Day Concert

March 30th  
Soup Saunter  
Taste Soup from four different Countries.

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



**1**  
10:00 Weightlifting for Density  
11:00 Card Game 21  
11:30 Intro to Dance Moves  
1:00 Spa Session Rejuvenation  
2:00 Cooking Demo  
2:30 Fear No Art/Collage  
3:00 Tea Social  
3:30 Barre & Balance  
4:00 Music Listening Hour  
6:00 Philosophy Through Humor

**2**  
10:00 Bible Structure & Skills  
11:00 Yoga for Vitality  
11:30 Travel Lecture/Dublin  
1:00 Discussion Group  
1:30 Historical Church/Needham  
3:00 Coffee & Conversation  
3:30 Resistance Band Training  
4:00 Historical Buildings  
4:30 Guided Meditation  
6:00 Virtual Tour/Dublin

**3**  
10:00 Rosery  
10:30 Jeopardy  
11:00 Tia Chi for Meditation  
1:00 Mindful Meditation  
1:30 Steps in Motion  
2:00 Live Performance/Guitar  
3:00 Signature Cocktail Hour  
4:00 Theater/Puppet Show  
6:00 Game Nigh/ Tell the Truth

**4**  
10:00 Rock N Roll Fitness  
10:30 Scrabble Group  
11:00 Music Listening Hour  
1:00 Creative Writing  
2:00 Bingo  
3:00 Healthy Habits  
3:30 Great Women in History  
4:30 Strength and Flexibility  
6:00 Sitcom Night/Golden Girls

**5**  
10:00 Catholic Mass  
11:00 Music N Motion  
11:30 Word Game Challenge  
1:00 Poetry Reading Hour  
1:30 Low Impact Cardio  
2:00 Discussion Group  
3:00 Healthy Habits  
3:30 Featured Film/Comedy  
6:00 Adult Art

**6** Purim  
10:15 Barre & Balance  
11:00 Daily Crossword  
11:30 Spiritual Prayer Group  
1:00 Fear No Art/Still Life  
1:30 Nail Spa  
2:15 Resident Council Meeting  
2:30 Zumba Dance  
3:00 Wine & Cheese Social  
4:00 Artist/Paul Cezanne  
6:00 Jigsaw Puzzles

**7**  
10:00 Low Intensity Cardio  
10:30 Scenic Van Ride  
1:00 Short Story Hour  
2:00 Music Memories  
3:00 Smoothie Tuesday  
3:30 Knowledge Bout Challenge  
4:00 Tia Chi for Arthritis  
4:30 Watercolor Basic  
6:00 Classical Music Night

**8**  
10:00 Weightlifting for Density  
11:00 Card Game 21  
11:30 Intro to Dance Moves  
1:00 Spa Session Rejuvenation  
2:00 Cooking Demo  
2:30 Fear No Art/Still Life  
3:00 Tea Social  
3:30 Barre & Balance  
4:00 Music Listening Hour  
6:00 Philosophy Through Humor

**9**  
10:00 Bible Structure & Skills  
11:00 Yoga for Vitality  
11:30 Travel Lecture/Galway  
12:00 Gentlemens Luncheon  
1:00 Discussion Group  
1:30 Outing/Eliot Tower  
3:00 Coffee & Conversation  
3:30 Resistance Band Training  
4:00 Great Architecture  
4:30 Guided Meditation

**10**  
10:00 Rosery  
10:30 Jeopardy  
11:00 Tia Chi for Meditation  
1:00 Mindful Meditation  
1:30 Steps in Motion  
2:00 Concert/Piano & Clarinet  
3:00 Signature Cocktail Hour  
4:00 Theater/Fortune Teller  
6:00 Game Night/Match Game

**11**  
10:00 Rock N Roll Fitness  
10:30 Scrabble Group  
11:00 Music Listening Hour  
1:00 Creative Writing  
2:00 Bingo  
3:00 Healthy Habits  
3:30 Great Women in History  
4:30 Strength and Flexibility  
6:00 Sitcom Night/Bewitched

**12** Daylight Saving Time  
10:00 Catholic Mass  
11:00 Music N Motion  
11:30 Word Game Challenge  
1:00 Poetry Reading Hour  
1:30 Low Impact Cardio  
2:00 Discussion Group  
3:00 Healthy Habits  
3:30 Featured Film/Family  
6:00 Adult Art

**13**  
10:15 Barre & Balance  
11:00 Daily Crossword  
11:30 Spiritual Prayer Group  
1:00 Art/Optical Illusion  
1:30 Nail Spa  
2:30 Zumba Dance  
3:00 Wine & Cheese Social  
4:00 Artist/M.C. Escher  
6:00 Jigsaw Puzzles

**14**  
10:00 Low Intensity Cardio  
10:30 Scenic Van Ride  
1:00 Short Story Hour  
2:00 Music Memories  
3:00 Smoothie Tuesday  
3:30 Knowledge Bout Challenge  
4:00 Tia Chi for Arthritis  
4:30 Watercolor Basic  
6:00 Classical Music Night

**15**  
10:00 Weightlifting for Density  
11:00 Card Game 21  
11:30 Intro to Dance Moves  
1:00 Spa Session Rejuvenation  
2:00 Cooking Demo  
2:30 Art/Optical Illusion  
3:00 Tea Social  
3:30 Barre & Balance  
4:00 Music Listening Hour  
6:45 Jeffrey Folmer Concert

**16**  
10:00 Bible Structure & Skills  
11:00 Yoga for Vitality  
11:30 Travel Lecture/Limerick  
1:00 Discussion Group  
1:30 Outing/Memory Cafe  
3:00 Coffee & Conversation  
3:30 Resistance Band Training  
4:00 Great Architecture  
4:30 Guided Meditation  
6:00 Virtual Tour/Limerick

**17** St. Patrick's Day  
10:00 Rosery  
10:30 Jeopardy  
11:00 Tia Chi for Meditation  
1:00 Mindful Meditation  
1:30 Steps in Motion  
2:00 SS/Irish Music/Beer  
3:00 Signature Cocktail Hour  
4:00 Theater/Charades  
6:00 Game Night/What's My Line

**18**  
10:00 Rock N Roll Fitness  
10:30 Scrabble Group  
11:00 Music Listening Hour  
1:00 Creative Writing  
2:00 Bingo  
3:00 Healthy Habits  
3:30 Great Women in History  
4:30 Strength and Flexibility  
6:00 Sitcom Night/Green Acres

**19**  
10:00 Catholic Mass  
11:00 Music N Motion  
11:30 Word Game Challenge  
1:00 Poetry Reading Hour  
1:30 Low Impact Cardio  
2:00 Discussion Group  
3:00 Healthy Habits  
3:30 Featured Film/Musical  
6:00 Adult Art

**20** First Day of Spring  
10:15 Barre & Balance  
11:00 Daily Crossword  
11:30 Spiritual Prayer Group  
1:00 Fear No Art Abstract  
1:30 Nail Spa  
2:30 Zumba Dance  
3:00 Wine & Cheese Social  
4:00 Artist/Paul Cezanne  
6:00 Jigsaw Puzzles

**21** Happy Birthday Nick  
10:00 Low Intensity Cardio  
10:30 Scenic Van Ride  
1:00 Short Story Hour  
2:00 Music Memories  
3:00 Smoothie Tuesday  
3:30 Knowledge Bout Challenge  
4:00 Tia Chi for Arthritis  
4:30 Watercolor Basic  
6:00 Classical Music Night

**22**  
10:00 Weightlifting for Density  
11:00 Card Game 21  
11:30 Intro to Dance Moves  
1:00 Spa Session Rejuvenation  
2:00 Cooking Demo  
2:30 Fear No Art Abstract  
3:00 Tea Social  
3:30 Barre & Balance  
4:00 Music Listening Hour  
6:00 Philosophy Through Humor

**23**  
10:00 Bible Structure & Skills  
11:00 Yoga for Vitality  
11:30 Travel Lecture/Cork  
1:00 Discussion Group  
1:30 Outing/Sugar Bakery  
3:00 Coffee & Conversation  
3:30 Resistance Band Training  
4:00 Great Architecture  
4:30 Guided Meditation  
6:00 Virtual Tour/Cork

**24**  
10:00 Rosery  
10:30 Jeopardy  
11:00 Tia Chi for Meditation  
1:00 Mindful Meditation  
1:30 Steps in Motion  
2:00 Concert/Piano, Vocalist  
3:00 Signature Cocktail Hour  
4:00 Theater/1 Women Show  
6:00 Game Night/Pyramid

**25**  
10:00 Rock N Roll Fitness  
10:30 Scrabble Group  
11:00 Music Listening Hour  
1:00 Creative Writing  
2:00 Bingo  
3:00 Healthy Habits  
3:30 Great Women in History  
4:30 Strength and Flexibility  
6:00 Sitcom Night/Dating Game

**26**  
10:00 Catholic Mass  
11:00 Music N Motion  
11:30 Word Game Challenge  
1:00 Poetry Reading Hour  
1:30 Low Impact Cardio  
2:00 Discussion Group  
3:00 Healthy Habits  
3:30 Featured Film/Romance  
6:00 Adult Art

**27**  
10:15 Barre & Balance  
11:00 Daily Crossword  
11:30 Spiritual Prayer Group  
1:00 Fear No Art Watercolors  
1:30 Nail Spa  
2:30 Zumba Dance  
3:00 Wine & Cheese Social  
4:00 Artist Claude Monet  
6:00 Jigsaw Puzzles

**28**  
10:00 Low Intensity Cardio  
10:30 Scenic Van Ride  
1:00 Short Story Hour  
2:00 Music Memories  
3:00 Smoothie Tuesday  
3:30 Knowledge Bout Challenge  
4:00 Tia Chi for Arthritis  
4:30 Watercolor Basic  
6:00 Classical Music Night

**29**  
10:00 Weightlifting for Density  
11:00 Card Game 21  
11:30 Intro to Dance Moves  
1:00 Spa Session Rejuvenation  
2:00 Cooking Demo  
2:30 Fear No Art/ Watercolors  
3:00 Tea Social  
3:30 Barre & Balance  
4:00 Music Listening Hour  
6:00 Philosophy Through Humor

**30**  
10:00 Bible Structure & Skills  
11:00 Yoga for Vitality  
11:30 SS-Soup Saunter  
1:00 Discussion Group  
1:30 Dedham Historical Museum  
3:00 Coffee & Conversation  
3:30 Resistance Band Training  
4:00 Great Architecture  
4:30 Guided Meditation  
6:00 Virtual Tour/Belfast

**31**  
10:00 Rosery  
10:30 Jeopardy  
11:00 Tia Chi for Meditation  
1:00 Mindful Meditation  
1:30 Steps in Motion  
2:00 Live Performance/Jazz  
3:00 Signature Cocktail Hour  
4:00 Theater/1 Women Show  
6:00 Game Night/Dating Game