


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Note: Activities in bold denote special programs such as : live music, religious services, & Watermark University courses	Transportation/ Medical Appointments: Appointments can be made on Tuesdays and Thursdays, 9-3 only, through Judy Gagnon. For Memory Care residents, a family member or staff person must accompany them.	Pet Therapy Reduce anxiety, increase socialization, and improve your overall quality of life by spending time with our visiting dog Karma.	9:45 - Theraband Exercise 10:30 - WU: Health Talk "Nutrition" 11:00- Word Games 1:30 - WU: Engage VR 1:30 - Horse Racing 3:00 - WU: Motown Music Greats 4:15 - iN2L: Relaxation 6:00 - LCR in Activity Room	9:45 - WU: Exercise w/Jen 10:30 - Crossword Puzzle 1:30 - Catholic Mass With Father Wayne 2:45 - Karma the Dog Visits 3:00 - Happy Hour in Pub/ Music Exploration 4:15 - iN2L: Breathe 6:15 - An Eye for Art: Vision Board	9:45 - Flexibility Exercise 10:30 - Darts & Billiards 1:30 - Prize BINGO 3:00 - Movie Matinee in Pub: "Uncle Buck" 4:15 - iN2L: <i>Piggy Bankers</i> 6:30 - Coffe Social in Cafe'/ Daily Chronicle Discussion
9:45 - Exercise w/Krysten 10:00 - Mass on TV Ch.9 11:00 - Prayer Service & Communion in Pub 1:30 - Lisa Roll & Stroll 3:00 - Chaplet of Divine Mercy 4:15 - iN2L : Art History 6:30 - EWTN Worship Service Ch.18	9:45 - Resistance Exercise 10:15 - Balance Assessment 10:30 - Scattergories 1:30 - WU: Delicious Desserts 3:00 - Happy Hour in Pub/ WU: Person of Interest: Yogi Berra 4:15 - iN2L: Animal Adventures 6:30 - Comedy Club: <i>Man on the Inside episode 5</i>	9:45 - Balance Exercise 10:30 - One Long Word 11:00 - Prayer Service & Communion in Pub 1:30 - WU: Engage VR 1:30 - Paul G. Entertains/Cinco de Mayo 3:00 - Left, Center, Right Game 4:15 - iN2L: Meditation 6:15 - Prize BINGO	9:30 - Blood Pressure Clinic 9:45 - Cardio Exercise 10:30 - Plinko 1:30- Ladies Tea Party 3:00 - WU: Timely Topics Around the World 4:00 - Dominoes in Pub 6:00 - Poker with Friends in Pub	9:45 - Theraband Exercise 10:30 - WU: Scrumptious Delights 11:00- Games 1:30 - WU: Engage VR 1:30 - WU: Reverse Painting 3:00 - Outdoor Walking Club 4:15 - iN2L: Relaxation 6:00 - LCR in Activity Room	9:45 - WU: Exercise w/Jen 10:30 - Crossword Puzzle 1:30 - Plinko 2:45 - Karma the Dog Visits 3:00 - WU: Wine and the Times/ National Moscato Day 4:15 - iN2L: Breathe 6:15 - An Eye for Art: Vision Board	9:45 - Flexibility Exercise 10:30 - Darts & Billiards 1:30 - Prize BINGO 3:00 - Movie Matinee in Pub: "The Life List" 4:15 - iN2L: <i>Radio Garden</i> 6:30 - Coffe Social in Cafe'/ Daily Chronicle Discussion
Mother's Day 9:45 - Exercise w/Krysten 10:00 - Mass on TV Ch.9 11:00 - Prayer Service & Communion in Pub 12:00 Mother's Day Luncheon 2:00 - Chaplet of Divine Mercy 3:00 - Volleyball 4:15 - iN2L : Art History 6:30 - EWTN Worship Service	9:45 - Resistance Exercise 10:30 - Scattergories 1:15- Communion 2:00- Axe Throwing 3:00 - Happy Hour in Pub/WU: Hummus Day 4:15 - iN2L: Animal Adventures 6:30 - Comedy Club: <i>Man on the Inside episode 6</i>	9:45 - Balance Exercise 10:30 - One Long Word 11:00 - Prayer Service & Communion in Pub 1:30 - WU: Engage VR 1:30 - WU: Chef's Kitchen Around the World 3:00 - WU: Timely Topics 4:15 - iN2L: Meditation 6:15 - Prize BINGO	9:45 - Cardio Exercise 10:30 Library Trip 10:30 - WU: Discovery Series: Wellness in Every Woman 1:30 - Steve and Tom Entertain 3:15 - Outdoor Reflection 4:00 - Dominoes in Pub 6:00 - Poker with Friends in Pub	9:45 - Theraband Exercise 10:00 - Jeff The Plant Guy 11:30- Maine Seafood Lunch Trip 1:30 - WU: Engage VR 1:30- Bird Watching 3:00 - WU: Napkin Card Making 4:15 - iN2L: Relaxation 6:00 - LCR in Activity Room	9:45 - WU: Exercise w/Jen 10:30 - Crossword Puzzle 1:30 - Disco Dance Party 2:45 - Karma the Dog Visits 3:00 - Happy Hour in Pub/ Animal Antics 4:00- Girl Scout Troop Visit 6:15 - An Eye for Art: Vision Board	9:45 - Flexibility Exercise 10:30 - Darts & Billiards 1:30 - Prize BINGO 3:00 - Movie Matinee in Pub: "You Gotta Believe" 4:15 - iN2L: <i>Bubble Popper</i> 6:30 - Coffe Social in Cafe'/ Daily Chronicle Discussion
9:45 - Exercise w/Krysten 10:00 - Mass on TV Ch.9 11:00 - Prayer Service & Communion in Pub 1:00-Piano Entertainment 2:00- Grace Church Service 2:30- Concert Trip at JCC 3:00 - Volleyball 4:15 - iN2L : Art History 6:30 - EWTN Worship Service	9:45 - Resistance Exercise 10:30 - Scattergories 1:30 - Chaplet Of Divine Mercy 3:00 - Happy Hour in Pub/ WU: Jimmy Stewart 4:15 - iN2L: Animal Adventures 6:30 - Comedy Club: <i>Man on the Inside episode 7</i>	9:45 - Balance Exercise 10:30 - One Long Word 11:00 - Prayer Service & Communion in Pub 1:30 - WU: Engage VR 1:30 - 360 Well-Mind, Body & Spirit 3:00 - Ice Cream Social 4:15 - iN2L: Meditation 6:15 - Prize BINGO	WFK Plant Sale 9:30 - Blood Pressure Clinic 9:45 - Cardio Exercise 10:30 - WU: The Wild Side 1:30- WU: Culinary Adventures 3:00 - WU: Timely Topics Around the World 4:00 - Dominoes in Pub 6:00 - Poker with Friends in Pub	9:45 - Theraband Exercise 10:30 - Food For Thought Meeting 1:30 - WU: Engage VR 1:30 - Joseph Wilson Entertains 3:00 - Outdoor Reflection 4:15 - iN2L: Relaxation 6:00 - LCR in Activity Room	9:45 - WU: Exercise w/Jen 10:30 - Crossword Puzzle 1:30 - Memorial Day Program 2:45 - Karma the Dog Visits 3:00 - Happy Hour in Pub/ Jokes 4:15 - iN2L: Breathe 6:15 - An Eye for Art: Vision Board	9:45 - Flexibility Exercise 10:30 - Darts & Billiards 1:30 - Prize BINGO 3:00 - Movie Matinee in Pub: "Home Team" 4:15 - iN2L: <i>Wordle</i> 6:30 - Coffe Social in Cafe'/ Daily Chronicle Discussion
9:45 - Exercise w/Krysten 10:00 - Mass on TV Ch.9 11:00 - Prayer Service & Communion in Pub 2:00 - Chaplet of Divine Mercy 3:00 - Volleyball 4:15 - iN2L : Art History 6:30 - EWTN Worship Service Ch.18	Memorial Day 9:45 - Video Exercise 10:30 - Patriotic Word Games 1:30- Movie: "Midway" 3:00 - Patriotic Watercolor Painting 4:15 - iN2L: Animal Adventures 6:30 - Comedy Club: <i>Man on the Inside episode 8</i>	9:45 - Balance Exercise 10:30 - One Long Word 11:00 - Prayer Service & Communion in Pub 1:30 - WU: Engage VR 1:30 - Ben Buck Performs on the Piano/Birthday Party 3:15 - Outdoor Walking Club 4:15 - iN2L: Meditation 6:15 - Prize BINGO	9:45 - Cardio Exercise 10:30 - Jigsaw Puzzles/Pool 10:30- Library Trip 1:30- Bagpipe Player Performs 2:15- Ice Cream Trip 3:30 - WU: Timely Topics Around the World 4:00 - Dominoes in Pub 6:00 - Poker with Friends in Pub	9:45 - Theraband Exercise 10:30 - Resident Council Meeting 11:00- Sunshine Club 1:30 - WU: Engage VR 1:30 - WU: Hubble's 35th 3:00 - WU: Raised Bed Planting 4:15 - iN2L: Relaxation 6:00 - LCR in Activity Room	9:45 - WU: Exercise w/Jen 10:30 - Crossword Puzzle 1:30 - WU: Old News 2:45 - Karma the Dog Visits 3:00 - Beverly on the Piano/Sing along 4:15 - iN2L: Breathe 6:15 - An Eye for Art: Vision Board	9:45 - Flexibility Exercise 10:30 - Darts & Billiards 1:30 - Prize BINGO 3:00 - Movie Matinee in Pub: "Big Daddy" 4:15 - iN2L: <i>Word Scramble</i> 6:30 - Coffe Social in Cafe'/ Daily Chronicle Discussion

MAY 2025

Assisted Living



ACTIVITY LOCATOR KEY

* Schedule Subject to Change

Engage VR - Virtual Reality
If you are interested in traveling, exploring under the sea or adventuring into outer space without leaving the comfort of home, sign up with the Activity Staff to experience the Oculus

A Prayer Service with Communion will be held every Sunday and Tuesday @ 11:00am in the Pub
Chaplet of Divine Mercy will be held @ 2pm Sundays

Happy Birthday
13th JoAnne Seagrave
15th Patricia Gallagher
31st Mary Anne Connery-Simmons

Dates to Remember
4th Lisa Roll & Stroll
6th Cinco De Mayo Entertainment
7th Ladies Tea Party
14th Steve and Tom Entertains
15th Maine Seafood Lunch Trip
16th Girl Scout Troop Visits
22nd Joseph Wilson Performs
27th Ben Buck Performs
28th Bagpipe Music Outside
29th Hubble's 35th