

2024 May Life Enrichment Calendar





SUNDAY	MONDAY
Happy Birthday:	
Joe H. 5/3 Elaine P. 5/5 Toni T. 5/16 Helen A. 5/23 Lib B. 5/26	
9:30 Daily Chronicle 10:00 Live Entertainment: "Haven Veraguas on Piano" 11:00 Sunday Mass Service 1:30 Community Walking Club 2:00 Lemonade Social 2:30 Adult Coloring Group 3:00 Bridges Bowlers Club 3:30 Afternoon Stretches 4:30 Short Stories Session 6:30 Nighttime Teatime	9:30 Daily Chronicle 10:00 Morning Gathering 10:30 Yoga with Suzanne 1:30 Community Walking Club 2:00 Communion Distribution 2:30 Tabletop Games & Fun 3:00 Bridges Bakers Club: "Oreo Trifle" 4:00 Bakers Club Taste Test 4:30 Velvet Art Class 6:30 Card Player's Club
9:30 Daily Chronicle 10:00 Sunday Mass Service 10:30 Guided Meditation 1:30 Live Entertainment: "Ted Powers Performs" 2:00 Spring Bird Watching 2:30 Mother's Day Tea Party 3:00 History of Baseball 3:30 Jewelry Making Hour 4:30 Poetry Reading Session 6:30 Nighttime Teatime	9:30 Daily Chronicle 10:00 Morning Gathering 10:30 Yoga with Suzanne 1:30 Community Walking Club 2:00 Communion Distribution 2:30 Puzzle Enthusiasts Club 3:00 Bridges Bakers Club: "National Apple Pie Day" 4:00 Bakers Club Taste Test 4:30 Velvet Art Class 7:10 Watch Live: Red Sox vs. Rays
9:30 Daily Chronicle 10:00 Sunday Mass Service 10:30 Guided Meditation 1:30 Live Entertainment: "Paul & Kelsey Perform" 2:00 Spring Bird Watching 2:30 Iced Tea Social 3:00 Bridges Bowlers Club 3:30 Afternoon Stretches 4:30 Short Stories Sessions 6:30 Nighttime Teatime	9:30 Daily Chronicle 10:00 Morning Gathering 10:30 Yoga with Suzanne 1:30 Community Walking Club 2:00 Communion Distribution 2:30 Tabletop Games & Fun 3:00 Bridges Bakers Club: "Strawberries & Cream" 4:00 Bakers Club Taste Test 4:30 America's Funniest Home Videos 6:50 Watch Live: Red Sox vs. Rays
9:30 Daily Chronicle 10:00 Sunday Mass Service 26	9:30 Daily Chronicle 10:00 Morning Gathering

			Find us on: facebook. Bridges by EPOCH at Hingham for photos, videos and more!
	Daily Chronicle		Daily Chronicle
	Morning Gathering		Bridges Fitness Class Art Class with Mary
	Yoga with Suzanne Community Walking Club		Walking for Wellness
	Community Walking Club Communion Distribution		Live Entertainment:
	Tabletop Games & Fun	2.00	"Mark Davis on the Piano"
	Bridges Bakers Club:	2:30	Bucket Ball Toss
3.00	"Oreo Trifle"		Outdoor Gardeners Club
4:00	Bakers Club Taste Test	3:30	Movement Made Fun
4:30	Velvet Art Class	4:30	Coffee & Chit Chat
6:30	Card Player's Club	7:20	Watch Live: Red Sox vs.
9:30	Daily Chronicle	9:30	Daily Chronicle
10:00	Morning Gathering 13	10:00	Bridges Fitness Class
	Yoga with Suzanne	11:00	Art Class with Mary
1:30	Community Walking Club		Walking for Wellness
2:00	Communion Distribution		Chaboom Exercise Class
2:30	Puzzle Enthusiasts Club		Toss & Chat Trivia
3:00	Bridges Bakers Club:		Outdoor Gardeners Club
	"National Apple Pie Day"		Courtyard Games & Fun Coffee & Chit Chat
	Bakers Club Taste Test		Card Player's Club
	Velvet Art Class		Watch Live: Red Sox vs. Rays
	Watch Live: Red Sox vs. Rays		•
	Daily Chronicle		Daily Chronicle
	Morning Gathering Yoga with Suzanne		Catholic Mass w/Fr. Tom
	Community Walking Club		Bridges Fitness Class Art Class with Mary
	Communion Distribution		Walking for Wellness
	Tabletop Games & Fun		Senior Citizen Day Sundae
	Bridges Bakers Club:	Social	20,000
	"Strawberries & Cream"		with Mark Davis on Piano
4:00	Bakers Club Taste Test	3:00	Courtyard Games & Fun
	America's Funniest Home Videos	3:30	Outdoor Gardeners Club
6:50	Watch Live: Red Sox vs. Rays	4:30	
9:30	Daily Chronicle	6·50 9:30	Watch Live: Red Sox vs Ravs Daily Chronicle
	Morning Gathering 27		Bridges Fitness Class
	Yoga with Suzanne		Art Class with Mary
	Community Walking Club	1:30	Walking for Wellness
2:00	Communion Distribution	2:00	Chaboom Exercise Class

2:30 Giant Crossword Puzzles

"Homemade Apple Dip"

3:00 Bridges Bakers Club:

4:00 Bakers Club Taste Test

4:30 Tabletop Games & Fun

6:30 Card Player's Club

	W	'EDNESDAY
	9:30	Daily Chronicle
	10:30	
		"Frank Ryan Performs"
	1:30	Walking for Wellness
	2:00	
		"Summer Suncatchers"
	2:30	
	3:00	
	3:30 4:30	
	7:10	
7	9:30 10:00	
/		Walking for Wellness
	2:00	Crafters Corner:
	2.00	"Summer Door Hangings"
	2:30	
		Armchair Travel w/Rick Steves
		Chair Tai Chi Exercise
	4:30	
	7:20	
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4		Daily Chronicle
4		Bridges Fitness Class
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	1:30	. 37
	2:00	Crafters Corner:
	2.20	"Canning Ring Suncatchers"
	2:30 3:00	Giant Crossword Puzzles Armchair Travel w/Rick Steves
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	4:30	Poetry Reading Hour
s	7:10	Watch Live: Red Sox vs. Rays
1	10:30	Daily Chronicle Live Entertainment:
4	10.30	"Mark West Pianist Performs"
	12.00	Men's Luncheon with Kevin
		Walking for Wellness
	2:00	Crafters Corner:
		"Painted Garden Rocks"
	2:30	Penny Anty Game
	3:00	, , , , , , , , , , , , , , , , , , ,
	4:00	
	6:50	Watch Live: Red Sox vs. Rays
_	9:30	Daily Chronicle
R	10:00	Bridges Fitness Class 29
J		LifeLoop: May Trivia Collection
		Walking for Wellness
	2:00	Crafters Corner:
		"DIY Wooden Crafts"
	2:30	History Session

TUESDAY

2:30 Toss & Chat Trivia

4:30 Coffee & Chit Chat

3:00 Outdoor Gardeners Club

6:30 Aromatherapy & Relaxation

6:35 Watch Live: Red Sox vs. Orioles

3:30 Courtyard Games & Fun

#Summer Suncatchers" 2:30 Toss & Chat Trivia 3:00 Armchair Travel w/Rick Steves 3:30 Chair Tai Chi Exercise 4:30 Poetry Reading Hour 7:10 Watch Live: Red Sox vs. Giants 9:30 Daily Chronicle 10:00 Drum Circle w/Ed Sorrentino 1:30 Walking for Wellness 2:00 Crafters Corner:	30 Walking for Wellness 00 Movie Matinee: "Barbara" 30 Tabletop Games & Fun 10 Reminiscing Session 30 Chair Dance Exercise 30 Coffee & Chit Chat 30 Aromatherapy & Relaxation 30 Daily Chronicle 30 Bridges Fitness Class 30 Outing: Barecove Park Walk 30 Red Hat Society Meeting 30 Resident Council Meeting 30 Movie Matinee: "Flower Drum Song" 30 Puzzle Enthusiasts Club 30 Reminiscing Session 30 Poetry Reading Hour 31 Aromatherapy & Relaxation 32 Daily Chronicle 33 Daily Chronicle 34 Aromatherapy & Relaxation 35 Daily Chronicle 36 Bridges Fitness Class 37 Outing: Coffee & Donuts 38 Walking for Wellness 39 Movie Matinee: "Montello North Performing 30 Walking for Wellness 31 Movie Matinee: "An American in Paris" 30 Reminiscing Session 30 Coffee & Chit Chat
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12:00 Men's Luncheon with Kevin11:01:30 Walking for Wellness1:3	100 Bridges Fitness Class 100 Outing: Nantasket Beach
1:30 Walking for Wellness 1:3	5
	00 May Trivia Collection
1 2:00 Crafters Corner;	30 May Birthday Party
	with Bill Burke Performing
	30 Sing Along w/ Suzie Q
	00 Reminiscing Session
	30 Chair Dance Exercise 30 Poetry Reading Hour
9	
	30 Aromatherapy & Relaxation
	30 Daily Chronicle
11:00 LifeLoop: May Trivia Collection 11:0	00 Bridges Fitness Class 3
1:30 Walking for Wellness	00 Live Entertainment:
1.30 Walking Joi Weiliess	00 Live Entertainment: "Montello North Performing
2:00 Crafters Corner: 1:3	100 Live Entertainment:"Montello North Performing30 Walking for Wellness
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2:00 Crafters Corner: 1:3 "DIY Wooden Crafts" 2:0 2:30 History Session 2:0	 100 Live Entertainment: "Montello North Performing 30 Walking for Wellness 100 Movie Matinee: "Carousel" 100 Outing: Wildlife Center Tour
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	11:00	Red Hat Society Meeting
angings"	1:30	Resident Council Meeting
	2:00	Movie Matinee:
w/Rick Steves		"Flower Drum Song"
cise	2:30	Puzzle Enthusiasts Club
Hour	3:00	Reminiscing Session
Sox vs.	4:30	Poetry Reading Hour
30X V 3.	6:30	Aromatherapy & Relaxation
16	9:30	Daily Chronicle
ass		Bridges Fitness Class
th John Fachy		Outing: Coffee & Donuts
ness	11:00	
		"Montello North Performi
ncatchers"	1:30	Walking for Wellness
Puzzles	2:00	Movie Matinee:
w/Rick Steves		"An American in Paris"
cise	3:00	Reminiscing Session
lour	4:30	Coffee & Chit Chat
Sox vs. Rays	7:10	Watch Live: Red Sox vs. Ra
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w/Rick Steves	3:30	Chair Dance Exercise
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Sox vs. Rays	6:30	Aromatherapy & Relaxation
	9:30	Daily Chronicle
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Sox vs. Orioles	7:10	Watch Live: Red Sox vs. Ti

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	4:30	Sing Along with Suzie Q. Watch Live: Red Sox vs. N
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rming"	2:00	Apps & Mocktails Social
	3:00	Lifeloop: "Piggy Bankers"
	3:30	
'	4:30	•
	6:30	Virtual Concert Series
	7:15	Watch Live: Red Sox vs. C
s. Rays		
	9:30	Daily Chronicle
23	10:00	Barre Balance Fitness Cla
	11:00	Tell Me a Joke
	12:00	Memorial Day Cookout
	2:00	Apps & Mocktails Social
ning	3:00	Lifeloop Explorations
9	3:30	Chair Yoga Class
	4:30	Coffee & Chit Chat
	6:30	Virtual Concert Series
	7:10	Watch Live: Red Sox vs. B
ation		
	9:30	Daily Chronicle
30	10:00	Barre Balance Fitness Cla
	11:00	Finish the Lyrics
ming"	1:30	Community Walking Club
	2:00	Apps & Mocktails Social
usel"	3:00	Lifeloop: "This is Jeopard
Tour	3:30	Chair Dance Exercise
	4:30	Lifelong Learners
	6:30	Virtual Concert Series
	7:10	Watch Live: Red Sox vs. T
. Tigers		
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THURSDAY

10:00 Outing: Spring Plant Shopping

9:30 Daily Chronicle

10:00 Bridges Fitness Class

11:00 Morning Gathering

9:30	Daily Chronicle	9:30	Daily Chronicle
10:00	Barre Balance Fitness Class		Morning Stretch
11:00	Finish the Phrase	11:00	•
1:30	Community Walking Club	1:30	Walking for Wel
2:00	Apps & Mocktails Social		Afternoon Binge
3:00	Lifeloop: "Piggy Bankers"	2:30	Adult Coloring G
3:30	Chair Dance Class		Manicures & Ha
	Tabletop Games & Fun	3:30	Sit & Be Fit Exer
	Virtual Concert Series	4:30	Lifelong Learne
7:15	Watch Live: Red Sox vs. Cardinals	6:15	Watch Live: Red
		6:30	Rest & Relaxation
9:30	Daily Chronicle	0.30	Daily Chronicle
10:00	Barre Balance Fitness Clas 4		Morning Stretch
11:00	Tell Me a Joke		Lifeloop: "Ludad
12:00	Memorial Day Cookout		Walking for Wel
2:00	Apps & Mocktails Social		Afternoon Bingo
3:00	Lifeloop Explorations		Adult Coloring G
3:30	Chair Yoga Class		Manicures & Ha
4:30	Coffee & Chit Chat	3:30	Sit & Be Fit Exerc
6:30	Virtual Concert Series	4:10	Watch Live: Red
7:10	Watch Live: Red Sox vs. Brewers	4:30	Lifelong Learner
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9:30	Daily Chronicle		
10:00	Barre Balance Fitness Class	2000	The same
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	Community Walking Club		
2:00	Apps & Mocktails Social		- No. 6
3:00	Lifeloop: "This is Jeopardy"		W X
3:30	Chair Dance Exercise		
4:30	Lifelong Learners		
6:30	Virtual Concert Series		- 100 P
7:10	Watch Live: Red Sox vs. Tigers		
14.		111	

FRIDAY

10:00 Barre Balance Fitness Class 5

9:30 Daily Chronicle

11:00 Who? What? Where?

2:00 Cinco De Mayo Social

2:30 Movement Made Fun

3:00 Courtyard Games & Fun

3:30 Cinco De May Fun Facts

7:10 Watch Live: Red Sox vs. Twins

4:30 Card Player's Club

10:00 Bridges Fitness Class

11:00 Memory Joggers Trivia

12:00 Mother's Day Brunch

1:30 Community Walking Club

2:00 Apps & Mocktails Social

3:00 Courtyard Games & Fun

3:30 Movement Made Fun

2:30 Working with Watercolors

9:30 Daily Chronicle

1:30 Community Walking Club

	SATURDAY
9:30	Daily Chronicle
10:00	Morning Stretches
11:00	Lifeloop Explorations
1:10	Watch Live: Red Sox vs. Twins
1:30	Walking for Wellness
2:00	Kentucky Derby Day Social
2:30	Lifelong Learners
3:00	Manicures & Hand Massages
3:30	Chair Yoga Exercise
4:30	Puzzle Enthusiasts Club
6:30	Rest & Relaxation Hour
9:30	Daily Chronicle
10:00	Morning Stretches
11:00	Lifeloop: "Piggy Bankers"
1:30	Walking for Wellness
2:00	Afternoon Bingo Hour

2:30 Tabletop Games & Fun

3:30 Sit & Be Fit Exercise

4:30 Lifelong Learners

Watch Live: Red Sox vs. Nationals 6:30 Rest & Relaxation Hour

3:00 Manicures & Hand Massages

Morning Stretches

Walking for Wellness

Afternoon Bingo Hour

Adult Coloring Group

Sit & Be Fit Exercise

Rest & Relaxation Hour

Lifeloop: "Ludacris Laws"

Walking for Wellness

Afternoon Bingo Hour

Manicures & Hand Massages

Watch Live: Red Sox vs. Brewers

Adult Coloring Group

Sit & Be Fit Exercise

Lifelong Learners

Morning Stretches

4:10 Watch Live: Red Sox vs. Nationals

Lifeloop: "Trivia Challenge

Manicures & Hand Massages

Watch Live: Red Sox vs. Cardinals

10:30 Guided Meditation

2:30 Spring Bird Watching

3:00 Bridges Bowlers Club

3:30 Live Entertainment:

4:30 Documentary Hour

"Michael Leidig on the

2:00 Lemonade Social

1:30 Community Walking Club