



assisted living

BE INSPIRED

- CONNECT    ● GROW
- CONTRIBUTE    ● MOVE
- FEEL    ● REFLECT

LOCATIONS

- ACTIVITIES ROOM — AR
- ATRIUM — A
- BACK PATIO — BP
- CHAPEL — C
- CLUB LOUNGE — CL
- CONFERENCE ROOM — CR
- DINING ROOM — DR
- FLORIDA ROOM — FL
- FRONT PORCH — FP
- GARDEN — G
- GARDEN ROOM — GR
- KITCHEN — K
- LIBRARY — L
- LIVING ROOM — LR
- SIGN UP AT DESK — \*
- TV ROOM — TR
- WELLNESS CENTER — WC

BIRTHDAYS THIS MONTH

- DAWN MONTI — 1st (Employee)
- DIANE COCILOVA — 4th (Employee)
- MARGARET FLOR — 5th (Employee)
- MARY JANE H. — 7th
- AUDREY T. — 7th
- KATHY WOJCIECHOWSKI — 19th (Employee)
- MARILYN D. — 20th
- BILLIE F. — 21st
- CHRISTIE RIEDEL — 25th (Employee)
- MIKE N. — 28th
- SALLY W. — 29th
- JOHN G. — 31st
- HEATHER ALMEKINDER — 31st (Employee)

CONTACT CINDY CAPRIO,  
PROGRAM DIRECTOR,  
IF YOU HAVE ANY  
QUESTIONS. 670-7300

www.SeniorLifestyle.com  
Activities are subject to change

“We’re all different. That’s what makes us special.”

—Carrie Underwood



<p style="text-align: right;">MAY DAY <b>1</b></p> <p>9:30 ● Daily Activity Packet Delivery</p> <p>10:00 ● Walking Club   AR</p> <p>11:00 ● May Day Around the World   AR</p> <p>2:00 ● Singalongs   AR</p> <p>3:00 ● Gardening   GR</p>						
<p>7:30 ● Morning Mass on Ch. 10 <b>2</b></p> <p>9:30 ● Daily Activity Packet Delivery</p> <p>10:30 ● St. Rita’s Virtual Church Service   AR</p> <p>2:00 ● World Laughter Day Jokes   AR</p>	<p>9:30 ● Daily Activity Packet Delivery <b>3</b></p> <p>1:30 ● Mother’s Day Activity with Jenni   AR</p> <p>2:30 ● Bingo with Mark</p> <p>3:30 ● Teacher Appreciation Cards with Kristen   AR</p>	<p>9:30 ● Daily Activity Packet Delivery <b>4</b></p> <p>10:00 ● Chair Aerobics   AR</p> <p>10:30 ● Wegmans Shopping   AR</p> <p>11:00 ● Celebrating Our Community Teachers   AR</p> <p>2:00 ● Scenic Rides   AR</p> <p>3:00 ● Gardening for Health   AR</p>	<p>9:30 ● Daily Activity Packet Delivery <b>5</b></p> <p>10:00 ● Soothing Stretches   AR</p> <p>11:00 ● Morning Brew and Discussions   AR</p> <p>2:00 ● Bingo!   AR</p> <p>3:15 ● Cinco De Mayo Celebration   AR</p>	<p>● NATIONAL NURSES DAY <b>6</b></p> <p>9:30 ● Daily Activity Packet Delivery</p> <p>10:00 ● Chair Aerobics   AR</p> <p>11:00 ● Name 10 Game   AR</p> <p>2:00 ● Specialty Drinks and Music   AR</p> <p>3:00 ● Hand Spa   AR</p>	<p>9:30 ● Daily Activity Packet Delivery <b>7</b></p> <p>10:00 ● Chair Drumming   AR</p> <p>11:00 ● Book Club/Short Story Readings   AR</p> <p>2:00 ● Bingo!   AR</p> <p>3:15 ● Flower Craft   AR</p>	<p>9:30 ● Daily Activity Packet Delivery <b>8</b></p> <p>10:00 ● Walking Club   AR</p> <p>11:00 ● Muffin Baking   AR</p> <p>2:00 ● Singalongs   AR</p> <p>3:00 ● Gardening   GR</p>
<p>MOTHER’S DAY <b>9</b></p> <p>7:30 ● Morning Mass on Ch. 10</p> <p>9:30 ● Daily Activity Packet Delivery</p> <p>10:00 ● Mother’s Day Coloring Pages   AR</p> <p>10:30 ● St. Rita’s Virtual Church Service   AR</p> <p>2:00 ● Beanbag Toss   AR</p>	<p>9:30 ● Daily Activity Packet Delivery <b>10</b></p> <p>1:30 ● May Flower Coloring Pages   AR</p> <p>2:30 ● Bingo with Mark</p> <p>3:30 ● Bowling with Cindy   AR</p>	<p>9:30 ● Daily Activity Packet Delivery <b>11</b></p> <p>10:00 ● Chair Aerobics   AR</p> <p>10:30 ● Wegmans Shopping   AR</p> <p>11:00 ● Flower Cardstock Door Decorations   AR</p> <p>2:00 ● Scenic Rides   AR</p> <p>3:00 ● Name That Instrument Game   AR</p>	<p>9:30 ● Daily Activity Packet Delivery <b>12</b></p> <p>10:00 ● Soothing Stretches   AR</p> <p>11:00 ● Morning Brew and Discussions   AR</p> <p>2:00 ● Bingo!   AR</p> <p>3:00 ● Night on Earth Documentary   AR</p>	<p>9:30 ● Daily Activity Packet Delivery <b>13</b></p> <p>10:00 ● Chair Aerobics   AR</p> <p>11:00 ● Name 10 Game   AR</p> <p>2:00 ● Specialty Drinks and Music   AR</p> <p>3:00 ● Hand Spa   AR</p>	<p>9:30 ● Daily Activity Packet Delivery <b>14</b></p> <p>10:00 ● Chair Drumming   AR</p> <p>11:00 ● Book Club/Short Story Readings   AR</p> <p>2:00 ● Bingo!   AR</p> <p>3:15 ● Benefits of Gardening   AR</p>	<p>● ARMED FORCES DAY <b>15</b></p> <p>9:30 ● Daily Activity Packet Delivery</p> <p>10:00 ● Walking Club   AR</p> <p>11:00 ● Brownie Baking   AR</p> <p>1:30 ● Armed Forces Coloring Pages   AR</p> <p>2:00 ● Patriotic Singalongs   AR</p> <p>3:00 ● Gardening   GR</p>
<p>7:30 ● Morning Mass on Ch. 10 <b>16</b></p> <p>9:30 ● Daily Activity Packet Delivery</p> <p>10:30 ● St. Rita’s Virtual Church Service   AR</p> <p>2:00 ● Walking Club   BP</p>	<p>9:30 ● Daily Activity Packet Delivery <b>17</b></p> <p>1:30 ● Name 10 with Yolanda   AR</p> <p>2:30 ● Bingo with Mark</p> <p>3:30 ● Bowling with Cindy   AR</p>	<p>9:30 ● Daily Activity Packet Delivery <b>18</b></p> <p>10:00 ● Chair Aerobics   AR</p> <p>10:30 ● Wegmans Shopping   AR</p> <p>11:00 ● Where in the World? Game   AR</p> <p>11:30 ● Do You Hear What I Hear? Game   AR</p> <p>2:00 ● Scenic Rides   AR</p> <p>3:00 ● All Resident Meeting with Directors   AR</p>	<p>9:30 ● Daily Activity Packet Delivery <b>19</b></p> <p>10:00 ● Soothing Stretches   AR</p> <p>11:00 ● Morning Brew and Discussions   AR</p> <p>2:00 ● Bingo!   AR</p> <p>3:00 ● Seaspiracy Documentary   AR</p>	<p>9:30 ● Daily Activity Packet Delivery <b>20</b></p> <p>10:00 ● Chair Aerobics   AR</p> <p>11:00 ● Name 10 Game   AR</p> <p>2:00 ● Specialty Drinks and Music   AR</p> <p>3:00 ● Hand Spa   AR</p>	<p>9:30 ● Daily Activity Packet Delivery <b>21</b></p> <p>10:00 ● Chair Drumming   AR</p> <p>11:00 ● Book Club/Short Story Readings   AR</p> <p>2:00 ● Bingo!   AR</p> <p>3:00 ● Becoming Michelle Obama Documentary   AR</p>	<p>9:30 ● Daily Activity Packet Delivery <b>22</b></p> <p>10:00 ● Walking Club   AR</p> <p>11:00 ● Peanut Butter Cookie Baking   AR</p> <p>2:00 ● Singalongs   AR</p> <p>3:00 ● Gardening   GR</p> <p>3:30 ● New Resident Welcome Party   AR</p>
<p>7:30 ● Morning Mass on Ch. 10 <b>23</b></p> <p>9:30 ● Daily Activity Packet Delivery</p> <p>10:30 ● St. Rita’s Virtual Church Service   AR</p> <p>2:00 ● Beanbag Toss   AR</p>	<p>9:30 ● Daily Activity Packet Delivery <b>24</b></p> <p>1:30 ● Trivia with Rebecca   AR</p> <p>2:30 ● Bingo with Mark</p> <p>3:30 ● Bowling with Cindy   AR</p>	<p>9:30 ● Daily Activity Packet Delivery <b>25</b></p> <p>10:00 ● Chair Aerobics   AR</p> <p>10:30 ● Wegmans Shopping   AR</p> <p>11:00 ● Flowers in Art   AR</p> <p>2:00 ● Scenic Rides   AR</p> <p>3:00 ● The Billion Dollar Flower Market Documentary   AR</p>	<p>9:30 ● Daily Activity Packet Delivery <b>26</b></p> <p>10:00 ● Soothing Stretches   AR</p> <p>11:00 ● Morning Brew and Discussions   AR</p> <p>2:00 ● Bingo!   AR</p> <p>3:00 ● The White Helmets Syria Documentary   AR</p>	<p>9:30 ● Daily Activity Packet Delivery <b>27</b></p> <p>10:00 ● Chair Aerobics   AR</p> <p>11:00 ● Name 10 Game   AR</p> <p>2:00 ● Specialty Drinks and Music   AR</p> <p>3:00 ● Hand Spa   AR</p>	<p>9:30 ● Daily Activity Packet Delivery <b>28</b></p> <p>10:00 ● Chair Drumming   AR</p> <p>11:00 ● Book Club/Short Story Readings   AR</p> <p>2:00 ● Bingo!   AR</p> <p>3:00 ● Vase Decorating   AR</p>	<p>9:30 ● Daily Activity Packet Delivery <b>29</b></p> <p>10:00 ● Walking Club   AR</p> <p>11:00 ● Cinnamon Rolls and Cinnamon Past   AR</p> <p>2:00 ● Singalongs   AR</p> <p>3:00 ● Gardening   GR</p> <p>3:30 ● Resident Birthday Party   AR</p>
<p>7:30 ● Morning Mass on Ch. 10 <b>30</b></p> <p>9:30 ● Daily Activity Packet Delivery</p> <p>10:30 ● St. Rita’s Virtual Church Service   AR</p> <p>2:00 ● Walking Club   AR</p>	<p>MEMORIAL DAY <b>31</b></p> <p>9:30 ● Daily Activity Packet Delivery</p> <p>1:30 ● Good Folk: The Music of Pete Seeger with Jenn   AR</p> <p>2:30 ● Bingo with Mark</p> <p>3:30 ● Bowling with Cindy   AR</p>					

## RECAP: HOW WE STAYED CONNECTED THIS MONTH

# *marching into april with joy!*

In March, we tried out Tai Chi! What a great way to calm the mind and move the body. Movement is so important for the body but it is also good for the mind. Thoughtful movements are something we plan to carry on into the following months.

St. Patrick's Day was a blast. Our Dining Room Manager, Abdullah D., created a wonderful display of food and decorations for our residents and staff to enjoy. He made a chocolate cake with green and white icing, creatively shaped vegetables, and a cookie platter for everyone to enjoy.

Before we delve into outdoor gardening, a few residents have been checking in on our greenhouse to make sure our flowers and plants are plucked of dead leaves and watered when needed.



Indoor Gardening



Abdullah St. Patrick's Day Celebration



Tai Chi Exercise Class

## MANAGEMENT TEAM

Jennifer LaFountain, *Executive Director*  
Kristen LaBrie, *Associate Executive Director*  
Cindy Caprio, *Director of Resident Programs*  
Lory Preston, *Business Office Manager*  
Rebecca Jaffarian, *Director of Sales & Marketing*  
Geoffrey Buckert, *Dining Services Director*  
Abdullah Dindost, *Dining Room Manager*  
Mark Preston, *Director of Plant Operations*  
Jenni Coon, *Memory Care Director*  
Yolanda MyHand McNeil, *Health and Wellness Director*  
Amber Wade, *Resident Program Assistant*

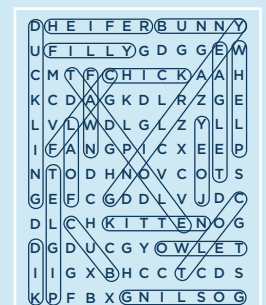
## THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE,  
APPRECIATION,  
RESPECT, TEAMWORK

This month's HEART Hero is CORY HAMEL, who has been the Sous Chef at Castle Pointe for 6 years. A lifelong Webster resident, he enjoys spending time with his family and friends, and with his dog, Jimmy. He likes taking road trips to visit his younger sister and godson in Georgia. As a longtime athlete, he considers himself "a sports person" as he played football for 14 years, lacrosse for 6 and ran four half marathons. He began his career in food service as a dishwasher and managed to quickly rise through the ranks to his current position. He enjoys expressing his creativity through his love of cooking. As an exceptional team player, he is fast and efficient, and always maintains a friendly and cooperative demeanor. His caring manner extends beyond the kitchen as he genuinely cares about and enjoys his interactions with the residents. His Supervisor, Ethan Drake, considers Cory "an asset to the Dining Department" and states that he "has a great culinary future ahead of him." We are very lucky to have Cory on our Baywinde team!



TRAIN  
YOUR  
BRAIN  
*solution*



SENIOR  
LIFESTYLE



your life, your style

PET  
FRIENDLY