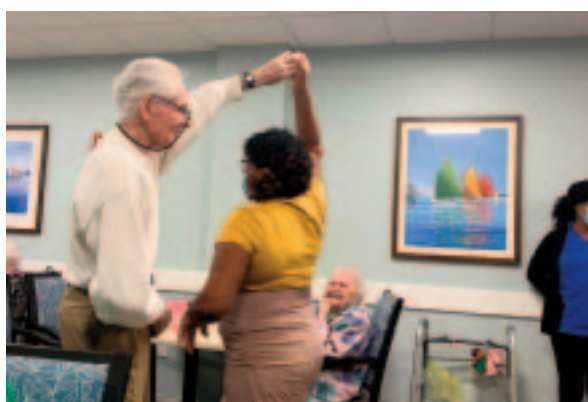


## Stay Hydrated!

With the warmer months among us, it is extra important to keep ourselves hydrated. Not getting enough fluids, especially when it is hot outside, can pose serious health problems for anyone, but older adults are at a particular risk for dehydration. Hydration in the elderly can be easily managed with these simple tips-

1. Encourage Fluids
2. Stay away from caffeine, sugary drinks & alcohol
3. Wear breathe able material
4. Take Frequent Breaks
5. Eat Healthy

Here at Windrose, we take hydration very seriously and make it a part of our daily routine. We offer multiple hydration breaks throughout the day and our dining team offers many delicious choices such as smoothie, milkshakes and popsicle to help ensure that residents stay hydrated during these warm months.



## Windrose Happenings!

### WINDROSE at weymouth *Associates*

**Katie Palamara**  
*Executive Director*

**Kristin Browning**  
*Resident Care Director*

**Susan MacIndewar**  
*Sales & Marketing Director*

**Megan Walker**  
*Engagement Director*

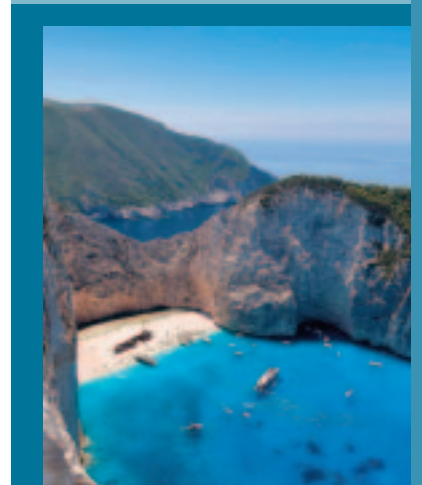
**Teresa Berardi**  
*Culinary Service Director*

**Peggie McCarthy**  
*Business Office Director*

**Joao Gomes**  
*Maintenance Director*



Summer has finally arrived and we cannot be happier about it. We are all excited for the warmer weather that this month will bring. This month we will be taking scenic rides to the local beaches and soaking up the sun! With the warmer weather here we will be having our entertainers perform on the sun porch for outdoor concerts. This month we have Dick Mandell, Paul Coronella, Steve Lanzilotta, Bill Burke and Joey BBop performing! This month we get to celebrate all of the wonderful Father's here at Windrose! We will be having a cook out on the 19th, in honor of all the Fathers! This month we will also begin our weekly cook outs on the sun porch! Our dining team has been busy planning the menus! These are all fun events that you won't want to miss!



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



670 Main Street • Weymouth, MA 02190  
(781) 331-5555 •



Events

- 3rd~ National Donut Day
- 6th~ D-Day
- 7th~ National Chocolate Ice Cream Day
- 10th~ National Iced Tea Day
- 13th~ Roberts Birthday
- 14th~ Flag Day
- 16th~ National Fudge Day
- 19th~ Eds Birthday
- 19th~ Father's Day
- 19th~ Juneteenth
- 21st~ National Smoothie Day
- 22nd~ National Chocolate Eclair Day
- 25th~ Ginos Birthday
- 26th~ Jacks Birthday
- 27th~ Michelles Birthday

- 5**
- 9:30 Walking Club
  - 10:30 Sunday Mass
  - 1:30 Sunday Afternoon Stretch
  - 3:00 Sunday Social
  - 3:30 Yahtzee!
  - 6:00 Hand Massages

- 6** D-Day
- 9:30 Walking Club
  - 10:00 Pray the Rosary
  - 10:30 Stretch and Tone Exercise
  - 11:00 Have You Ever?
  - 1:30 Bocce Competition
  - 2:00 Manicures
  - 3:00 Afternoon Social
  - 6:00 Monday Night Movie

- 7**
- 9:30 Walking Club
  - 10:00 Pray the Rosary
  - 10:30 Noodle Exercises
  - 11:00 Mindful Meditation
  - 1:30 Crafters Club with JJ
  - 2:00 Bowling
  - 3:00 Snack and Chat Social
  - 6:00 Color Me Calm

- 8**
- 9:30 Walking Club
  - 10:00 Pray the Rosary
  - 10:30 Mike Dardis Performs
  - 1:30 Bingo!
  - 2:00 Men's Club
  - 3:00 Cookie and Conversation Social
  - 6:00 Hand Massages

- 9**
- 9:30 Walking Club
  - 10:00 Pray the Rosary
  - 10:30 Balloon Volleyball
  - 11:00 Cooking Club w/ Teresa
  - 2:00 Gardening Club
  - 2:30 Manicures w/ Megan
  - 3:00 Fresh Fruit & Trivia Social

- 10**
- 9:30 Walking Club
  - 10:00 Pray the Rosary
  - 10:30 Noodle Exercises
  - 11:00 Sing Along
  - 1:30 Paul Coronella Performs
  - 3:00 Ice Cream Social & Name That Tune
  - 6:00 Friday Night Flick

- 11**
- 9:30 Walking Club
  - 10:00 Pray the Rosary
  - 10:30 Saturday Morning Stretch
  - 1:30 Afternoon Matinee
  - 3:00 Saturday Social
  - 3:30 Word Scramble

- 12**
- 9:30 Walking Club
  - 10:30 Sunday Mass
  - 1:30 Sunday Afternoon Stretch
  - 3:00 Sunday Social
  - 3:30 Yahtzee!
  - 6:00 Hand Massages

- 13**
- 9:30 Walking Club
  - 10:00 Pray the Rosary
  - 10:30 Bill Burke Performs
  - 1:30 Bocce Competition
  - 2:00 Manicures
  - 3:00 Afternoon Social
  - 6:00 Monday Night Movie

- 14** Flag Day
- 9:30 Walking Club
  - 10:00 Pray the Rosary
  - 10:30 Noodle Exercises
  - 11:00 Mindful Meditation
  - 1:30 Crafters Club with JJ
  - 2:00 Golfing
  - 3:00 Snack and Chat Social

- 15**
- 9:30 Walking Club
  - 10:00 Pray the Rosary
  - 10:30 Move and Groove Exercise
  - 11:00 White Board Word Games
  - 1:30 Art Class with Paul
  - 2:00 Men's Club
  - 3:00 Cookie and Conversation Social
  - 6:00 Hand Massages

- 16**
- 9:30 Walking Club
  - 10:00 Pray the Rosary
  - 10:30 Steve Lanzilotta Performs
  - 1:30 Scenic Drive
  - 2:00 Gardening Club
  - 3:00 Fresh Fruit & Trivia Social

- 17**
- 9:30 Walking Club
  - 10:00 Pray the Rosary
  - 10:30 Noodle Exercises
  - 11:00 Music Therapy
  - 1:30 Arm Chair Travels
  - 3:00 Ice Cream Social & Name That Tune
  - 6:00 Friday Night Flick

- 18**
- 9:30 Walking Club
  - 10:00 Pray the Rosary
  - 10:30 Saturday Morning Stretch
  - 1:30 Afternoon Matinee
  - 3:00 Saturday Social
  - 3:30 Word Scramble

- 19** Fathers Day
- 9:30 Walking Club
  - 10:30 Sunday Mass
  - 12:00 Father's Day Luncheon
  - 1:30 Sunday Afternoon Stretch
  - 3:00 Sunday Social
  - 3:30 Yahtzee!
  - 6:00 Hand Massages

- 20**
- 9:30 Walking Club
  - 10:00 Pray the Rosary
  - 10:30 Stretch and Tone Exercise
  - 11:00 Have You Ever?
  - 1:30 Bocce Competition
  - 2:00 Manicures
  - 3:00 Afternoon Social
  - 6:00 Monday Night Movie

- 21**
- 9:30 Walking Club
  - 10:00 Pray the Rosary
  - 10:30 Noodle Exercises
  - 11:00 Mindful Meditation
  - 1:30 Crafters Club with JJ
  - 2:00 Bowling
  - 3:00 Snack and Chat Social

- 22**
- 9:30 Walking Club
  - 10:00 Pray the Rosary
  - 10:30 Move and Groove Exercise
  - 11:00 White Board Word Games
  - 1:30 Bingo!
  - 2:00 Men's Club
  - 3:00 Cookie and Conversation Social
  - 6:00 Hand Massages

- 23**
- 9:30 Walking Club
  - 10:00 Pray the Rosary
  - 10:30 Balloon Volleyball
  - 11:00 Cooking Club w/ Teresa
  - 2:00 Gardening Club
  - 2:30 Manicures w/ Megan
  - 3:00 Fresh Fruit & Trivia Social

- 24**
- 9:30 Walking Club
  - 10:00 Pray the Rosary
  - 10:30 Joey BBop Performs
  - 11:00 Sing Along
  - 1:30 Arm Chair Travels
  - 3:00 Ice Cream Social & Name That Tune
  - 6:00 Friday Night Flick

- 25**
- 9:30 Walking Club
  - 10:00 Pray the Rosary
  - 10:30 Saturday Morning Stretch
  - 1:30 Afternoon Matinee
  - 3:00 Saturday Social
  - 3:30 Word Scramble

- 26**
- 9:30 Walking Club
  - 10:30 Sunday Mass
  - 1:30 Sunday Afternoon Stretch
  - 2:00 Paul Coronella Performs
  - 3:00 Sunday Social
  - 3:30 Yahtzee!
  - 6:00 Hand Massages

- 27**
- 9:30 Walking Club
  - 10:00 Pray the Rosary
  - 10:30 Stretch and Tone Exercise
  - 11:00 Have You Ever?
  - 1:30 Bocce Competition
  - 2:00 Manicures
  - 3:00 Afternoon Social
  - 6:00 Monday Night Movie

- 28**
- 9:30 Walking Club
  - 10:00 Pray the Rosary
  - 10:30 Noodle Exercises
  - 11:00 Mindful Meditation
  - 1:30 Crafters Club with JJ
  - 2:00 Golfing
  - 3:00 Snack and Chat Social

- 29**
- 9:30 Walking Club
  - 10:00 Pray the Rosary
  - 10:30 Move and Groove Exercise
  - 11:00 White Board Word Games
  - 1:30 Bingo!
  - 2:00 Men's Club
  - 3:00 Cookie and Conversation Social
  - 6:00 Hand Massages

- 30**
- 9:30 Walking Club
  - 10:00 Pray the Rosary
  - 10:30 Balloon Volleyball
  - 11:00 Would You Rather?
  - 1:30 Scenic Drive
  - 2:00 Gardening Club
  - 3:00 Fresh Fruit & Trivia Social



PROGRAM

- – Cognitive
- – Emotional
- – Physical
- – Social