


Mother's Day Dinner

Please let the Front Desk know by Monday, May 4th if you plan to be away for Mother's Day dinner, supper, or both. This will greatly help our dining services staff with planning our holiday meals for the day. Thank you for your help and have a wonderful holiday!

Donations: Please & Thank You

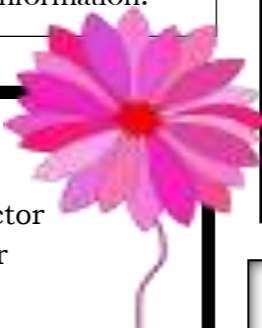
As large as our building is, our storage space is limited. With that in mind, while we appreciate all offers of donations, unfortunately we cannot always accept. If you have an item or two to offer, please do not just leave them in our common areas or at the front desk – please check with Tom for prior approval. We will happily take what we can use and may offer suggestions for all other items. It is the responsibility of residents and family to dispose of all used personal belongings, including mattresses and furniture. Thank you for your support and understanding.

The MIND Diet - Eat Your Way to Good Health

As we age, it is not uncommon to experience symptoms of *Mild Cognitive Impairment* (forgetfulness and/or confusion that is noticeable, but not severe enough to interfere in daily routines or limit independence). Exercising regularly, participating in mentally and socially stimulating activities and changing or improving your diet are some evidence-based techniques that you can choose to implement to take a more active role in maintaining your cognitive health. The MIND Diet is a well-researched diet combining elements of the well-known Mediterranean Diet and the DASH Diet... One study followed 900 Seniors over a 5-year period. Those who strictly adhered to the MIND Diet reduced their risk of developing Alzheimer's Disease by 53%. When not rigorously followed there was still a 35% reduction of risk. Interested in trying the MIND Diet? Choose items on our menus with this icon  and check out the insert in this newsletter for more information.

Our Staff

| | |
|-------------------|----------------------------------|
| Tom McMullen | Executive Director |
| Kristy Livingston | Assistant Executive Director |
| Rheana Rodriguez | Resident Service Manager |
| John Germano | Executive Chef |
| Daniel Matte | Maintenance Director |
| Joe Raymond | Business Office Manager |
| Sue Kelley | Resident Transitions Coordinator |
| Donna See | Activity Director |



Meetings

Coffee with a Cop 5/7 – 10:00am
Food Service Meeting 5/7 – 1:30pm
Activity Meeting 5/11 – 11:00am
Resident Council Meeting 5/13 – 2:00pm
TomTalk 5/19 – 2:00pm

Educational Programs

Eating for Brain Health 5/6 at 11:00am
Health Talk: Stroke Awareness & Prevention 5/11 at 2:00pm

Upcoming Trips

5/3 Montachusett Chorale Concert at 2:00pm
5/12 Shopping: Wal Mart at 1:15pm
5/14 Lunch at the Old Mill at 11:15am
5/26 Shopping: Wal Mart at 1:15pm

Special Events

5/2 Kentucky Derby Social Hour at 3:30pm
5/4 Baking: Chocolate Chip Bread at 2:00pm
5/5 May Birthday Party with Ethan Stone at 2:00pm
5/5 Cinco de Mayo Social Hour at 3:30pm
5/6 Mother's Day Tea Party at 2:00pm
5/7 A Day at the Races at 2:00pm
5/18 Spring Planting at 2:00pm
5/20 Crafting with Carmen at 2:00pm
5/21 Memorial Day Kickoff Social Hour at 3:30pm

Hey, Thanks!

To the Montachusett Chorale for donating tickets to their spring concert for our residents!
To all who donated to our Spring Peanut Auction!
To Phil S. for his donation of a teddy bear raffle prize for our tea party!
To the family of Ann St. Sauveur for their donation of the Gardner Railroad picture hanging in the Lounge

Quote of the Month

“The greatest of all mistakes is to do nothing because you can only do a little. Do what you can.”
- Samuel Johnson



**Heywood
Wakefield
COMMONS**

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THE HAPPENINGS

50 Pine Street | Gardner, MA 01440 | 978-632-8292 | www.hwcommons.com



May 2026



This spring couldn't come soon enough. Seeing the flowers and birds out there warms my heart. Our volunteer gardeners have been prepping the flower beds in anticipation of the flowers to come. With everyone's help, we should be ready for the summer picnic on June 18th! I look forward to seeing all of you then and to sharing this time together. We will be joined not only by all of you and your families, but also by our many new associates. Be sure to welcome them as you see them around the community.

In addition to new team members, we have had some new resident additions too. As they acclimate to community living, I would like to share some important considerations we must be aware of when living in close quarters with so many people. Most importantly, we must all think of others as much as ourselves. In community living, bringing in a piece of furniture from somewhere unknown, leaving our apartment with an illness, engaging in a conversation in the elevator doorway, or visiting neighbors who may not be feeling well, can all have profound impacts on others as well as ourselves. Consideration is the key. Be sure that we think about how our actions may affect the rest of our Heywood Wakefield Commons family. This will go a long way toward making sure this is a fun, exciting summer for us!

Happy Mother's Day, Moms!

- Tom

Sign In, Sign Out

Dear Residents and Visitors,

Please remember to sign in and out of the building as you are entering and leaving, even if it's only to catch a few minutes of sunshine or to pick up a loved one. Knowing who is and is not in the building quickly becomes urgent in the case of an emergency, as we need to be able to account for everyone. Additionally, residents, in the event that you have (un)expected guests or providers coming in to see you, staff need to know where to direct your visitor. Finally, and most importantly, we want to make sure that everyone is safe, happy and healthy. By signing yourself in and out, you'll be doing your part to ensure your wellbeing. Thank you!

* Sign up required ** guests welcome (\$) cost to attend



Please note that all Activities are subject to change

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|---|---|--|
| <p align="center">Events Around Town</p> <p>Gardner Museum Reservations required for all events: info@gardnermuseuminc.com 5/7 7pm – Hervey Bowden Essay Contest Awards 5/14 7pm – Blooms & Bonnets</p> | <p>Heywood Library Book Club: <i>The God of the Woods</i> by Liz Moore Meets the last Weds of the month at 3:30, May 27th</p> | <p align="center">Resident Birthdays</p> <p>Gisela H. May 2 Gidget K. May 5 Therese V. May 7 Shirley H. May 8 Bob O. May 10 Skipper P. May 16</p> | <p>Jan Saw. May 17 Eva D. May 18 Evelyn A. May 24 Charlotte V. May 24 Florence R. May 26 Mary C. May 31</p> | | <p align="center">1. May Day</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:00 Walking Club 2:00 Catholic Mass 3:00 Prayer Group 3:30 Social Hour 6:00 Friday Movie: Secretariat</p> | <p align="center">2.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:00 Walking Club 2:00 Who Am I? 3:30 Kentucky Derby Social Hour 5:45 Resident Run Movie Night</p> |
| <p align="center">3.</p> <p>10:00 Rosary 11:00 Daily Word Puzzles 2:00 Montachusett Chorale* 2:00 Bingo 3:30 Social Hour 5:45 Sunday Series: Murdoch Mysteries *Activities After Hours Available 24/7 in the Lounge</p> | <p align="center">4.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 2:00 Baking: Chocolate Chip Bread 3:30 Social Hour 6:00 Word Break</p> | <p align="center">5. Cinco de Mayo</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:00 Walking Club 1:15 Holy Communion 2:00 Birthday Party with Ethan Stone 3:30 Cinco de Mayo Social Hour 5:45 Resident Run Series 6:00 Bingo \$</p> | <p align="center">6.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:00 Eating for Brain Health 2:00 Mother's Day Tea Party 3:00 Christian Fellowship 5:45 Resident Run Series 6:00 Left, Right, Center</p> | <p align="center">7.</p> <p>10:00 Coffee with a Cop 10:30 Exercise 11:00 Daily Word Puzzles 11:00 Walking Club 2:00 A Day at the Races 3:30 Social Hour 5:45 Resident Run Game Night</p> | <p align="center">8.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:00 Walking Club 2:00 Virtual Catholic Mass 2:30 Prayer Group 3:30 Social Hour 6:00 Friday Movie: Hairspray</p> | <p align="center">9.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:00 Walking Club 2:00 Beanbag Toss 3:30 Social Hour 5:45 Resident Run Movie Night</p> |
| <p align="center">10.</p> <p>10:00 Rosary 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 5:45 Sunday Series: Murdoch Mysteries *Activities After Hours Available 24/7 in the Lounge Mother's Day</p> | <p align="center">11.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:00 Activity Meeting 2:00 Health Talk: Stroke Awareness and Prevention 3:30 Social Hour 6:00 Word Break</p> | <p align="center">12.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:00 Walking Club 1:15 Holy Communion 1:15 Shopping: Wal Mart* 1:30 Friday Movie Re-Play 3:30 Social Hour 5:45 Resident Run Series 6:00 Bingo \$</p> | <p align="center">13.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 2:00 Resident Council 2:30 Music with Forrest 3:00 Christian Fellowship 3:30 Social Hour 5:45 Resident Run Series 6:00 May Word Games & Trivia</p> | <p align="center">14.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Lunch at the Old Mill*\$ 2:00 Entertainment by Sean Fullerton 3:30 Social Hour 5:45 Resident Run Game Night</p> | <p align="center">15.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:00 Walking Club 2:00 Virtual Catholic Mass 2:30 Prayer Group 3:30 Social Hour 6:00 Friday Movie: The Way We Were</p> | <p align="center">16.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:00 Walking Club 2:00 Wii Bowling 3:30 Social Hour 5:45 Resident Run Movie Night</p> |
| <p align="center">17.</p> <p>10:00 Rosary 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 5:45 Sunday Series: Murdoch Mysteries *Activities After Hours Available 24/7 in the Lounge</p> | <p align="center">18.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 1:30 Friday Movie Re-play 2:00 Spring Planting 3:30 Social Hour 6:00 Word Break</p> | <p align="center">19.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:00 Walking Club 1:15 Holy Communion 2:00 Tom Talk 3:30 Social Hour 5:45 Resident Run Series 6:00 Show & Tell</p> | <p align="center">20.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 2:00 Crafting with Carmen 3:00 Christian Fellowship 3:30 Social Hour 5:45 Resident Run Series 6:00 Bingo \$</p> | <p align="center">21.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 12:00 Men's Club 2:00 Shuffleboard 3:30 Memorial Day Kickoff Root Bear Float Social Hour 5:45 Resident Run Game Night</p> | <p align="center">22.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:00 Walking Club 2:00 Virtual Catholic Mass 2:30 Prayer Group 3:30 Social Hour 6:00 Friday Movie: Saints and Soldiers</p> | <p align="center">23.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:00 Walking Club 2:00 Beanbag Toss 3:30 Social Hour 5:45 Resident Run Movie Night</p> |
| <p align="center">24./31.</p> <p>10:00 Rosary 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 5:45 Sunday Series: Murdoch Mysteries *Activities After Hours Available 24/7 in the Lounge</p> | <p align="center">25. Memorial Day</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 2:00 Entertainment by Gary Landgren 3:30 Social Hour 6:00 Word Break</p> | <p align="center">26.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:00 Walking Club 1:15 Holy Communion 1:15 Shopping: Wal Mart* 1:30 Friday Movie Re-Play 3:30 Social Hour 5:45 Resident Run Series 6:00 Penny Anny</p> | <p align="center">27.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 2:00 Bingo \$ 3:00 Christian Fellowship 3:30 Social Hour 5:45 Resident Run Series 6:00 Farkle</p> | <p align="center">28.</p> <p>10:30 Exercise 11:00 Walking Club 11:00 Daily Word Puzzles 2:00 Cribbage 3:30 Social Hour 5:45 Game Night with Rick & Donna D.</p> | <p align="center">29.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:00 Walking Club 2:00 Virtual Catholic Mass 2:30 Prayer Group 3:30 Social Hour 6:00 Friday Movie: Sister Act</p> | <p align="center">30.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:00 Walking Club 2:00 Wii Bowling 3:30 Social Hour 5:45 Resident Run Movie Night</p> |