

Did You Know...?

Based on a recent in-house study, your neighbors who attend our exercise class regularly, averaging at least 1 time per week, are 21% **less likely to suffer a fall** than those who don't? Plus, if you attend regularly, you'll automatically be entered to win our monthly raffle prize. Why not come give it a try? Class meets Monday – Saturday at 10:30 in the Media Room. We'll see you there!

Hello HWC Families! When having items delivered to Heywood Wakefield Commons for your loved one, please consider the weight and bulk of the items. If the resident cannot pick up the packages from the front desk on their own, there will likely be a delay in their receipt of the items. Groceries or takeout meals that are left at our front desk may sit and get warm or cold, and we are not equipped for apartment delivery, especially of heavy furniture items. Thank you for making arrangements to deliver your purchased items directly to your loved one's apartment.



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

Quote of the Month

"It wasn't raining when Noah prepared the Ark."
-Benjamin Franklin

Meetings

Coffee with a Cop 6/4 – 10:00am
Food Service Meeting 6/4-1:30pm
Resident Council 6/10 – 2:00pm
Activity Meeting 6/15 – 11:00am
Tom Talk 6/25 – 2:00pm

Educational Programs

6/15 – **Social Isolation and Loneliness** – 2:00pm
6/22 – **The Importance of Hydration** – 2:00pm
6/23 – **Abigail Takes You from Revolution to Declaration** – 2:00pm

Upcoming Trips

6/9 Shopping: Wal Mart* @ 1:15pm
6/16 Shopping: Wal Mart @ 1:15pm
6/30 Shopping: Wal Mart* @ 1:15pm

Special Events

Summer BBQs Thursdays at noon, Season starts Thursday, June 4th Space is limited – Please sign up at the front desk to reserve a seat each week starting on Monday.

6/1 – **Baking: Banana Bread** – 2:00pm
6/2 – **Entertainment by Dan Kirouac** – 2:00pm
6/4 – **Let's Play Pool** – 2:00pm
6/8 – **Birthday Party with the Williams Brothers** – 2:00pm
6/11 – **CNA Week All-Play Bingo** – 2:00pm
6/12 – **Jazzercise with Rhonda** – 1:15pm
6/17 – **Painting with Rhonda** – 1:30pm
6/18 – Summer Open House** – 11:00am – 2:00pm
6/22 – **Cribbage Tournament Final** – 3:00pm
6/24 – **Entertainment by the Westminster Strummers** - 2:00pm
6/25 – **Entertainment by Gary Landgren** – 2:00pm
6/29 – **Entertainment by Nina** – 2:00pm

Hey Thanks!

To Nettie and Pat for creating and donating the festive May Baskets!
To Denise for her beautiful Mother's Day Tea Party and raffle prizes!
To the family of Theresa Ducharme for their donation to our Resident Council Activity fund and a beautiful flower arrangement for our lobby area!
To Paul & Linda Boulrier, Karne LeBlanc and Sue Kelley for their donations to our Resident Council Activity fund in memory of Bertha Leonard.



Heywood
Wakefield
COMMONS

An Assisted Living Residence

A New Place to Call Home
in a Community that Cares



THE HAPPENINGS

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



June 2026



Summer picnic on Thursday, June 18th! I am looking forward to this Bavarian-themed gathering, complete with our favorite Ocktoberfest menu items and music! The fun starts at 11am. Remember that residents can invite up to 2 guests, as can staff. To help us plan properly, please let the front desk know how many of your friends and family will be joining you. I hope to see you all there!

With summer approaching, we will be switching over from heating to cooling on June 1st. We have had some balmy days, and I know the past few weeks have been on the warm side. Luckily, those New England nights are cool. Once the switch is made, your thermostats will only control the amount of cooling to your apartment. If you need a hand with your temperature controls, pull the cord for assistance. Remember how sick of winter we all were just two months ago!

Finally, I would like to remind all of you the importance of your compliance during our fire drills. When the building goes into alarm status, the role of all residents and guests is to stay behind a closed fire door while awaiting further notice. Typically, this is your apartment door, or the door to the dining or media rooms. As staff monitor compliance with this safety measure and prepare for the arrival of the fire department, we don't want their time taken away from these tasks. Please remain in your apartment or a safe common area space with the door closed as you await further instructions. Please do not use the elevators when the building is in alarm status, and if you are outside the building, please do not enter until given the all-clear. This goes for visitors as well. Your cooperation allows our staff to focus on their required tasks during the drill. Thank you; our practice makes us better prepared for an actual event.

Enjoy the Summer!

Tom

TIME FOR SPRING CLEANING OF MEDICATION CABINETS

Spring has sprung and it is essential that Resident Representatives remove old/excessive medications from your Resident's medication supply as soon as possible, including medications that are no longer needed, expired, or have damage to the seals, if bubble packed. We ask that you do monitor medication supplies for your resident on a regular basis and refill any loose and / or as-needed medication. Medications that are no longer needed can be taken to Price Chopper for safe disposal. The Medication Disposal Box is located within the store directly outside of the pharmacy and is open to the public regardless of pharmacy choice. If you have any questions, please contact Rheana Rodriguez, Resident Service Manager. Thank you for your cooperation.



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

Please note that all Activities are subject to change

 **June 2026** 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
	1. 10:30 Exercise 11:00 Daily Word Puzzles 1:15 Holy Communion 1:30 Friday Movie Replay 2:00 Baking: Banana Bread 3:30 Social Hour 6:00 Word Break	2. 10:30 Exercise 11:00 Daily Word Puzzles 11:00 Walking Club 2:00 Entertainment by Dan Kirouac 3:00 Cribbage Tournament 3:30 Social Hour 5:45 Resident Run Series 6:00 Uno	3. 10:30 Exercise 11:00 Balance Clinic 11:00 Daily Word Puzzles 2:00 "Oktoberfest" crafting 3:30 Social Hour 5:45 Resident Run Series 6:00 Bingo \$	4. 10:00 Coffee with a Cop 10:30 Exercise 11:00 Daily Word Puzzles 12:00 Summer BBQ* 2:00 Let's Play Pool 3:30 Social Hour 5:45 Resident Run Game Night	5. 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: The Birdcage	6. 10:30 Exercise 11:00 Daily Word Puzzles 11:00 Walking Club 2:00 Who am I? 3:30 Social Hour 5:45 Resident Run Movie Night			
	7. 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	8. 10:30 Exercise 11:00 Daily Word Puzzles 1:15 Holy Communion 2:00 Birthday Party with the Williams Brothers 3:00 Cribbage Tournament 3:30 Social Hour 6:00 Word Break	9. 10:30 Exercise 11:00 Daily Word Puzzles 11:00 Walking Club 1:15 Wal Mart Shopping* 1:30 Friday Movie Replay 3:30 Social Hour 5:45 Resident Run Series 6:00 Left, Right, Center	10. 10:30 Exercise 11:00 Daily Word Puzzles 2:00 Resident Council 2:30 Music by Forrest 3:00 Christian Fellowship 3:30 Social Hour 5:45 Resident Run Series 6:00 June Word Games & Trivia	CNA WEEK JUNE 11 - 18		11. 10:30 Exercise 11:00 Daily Word Puzzles 12:00 Summer BBQ* 2:00 CNA Week All-Play Bingo 3:30 Social Hour 5:45 Farkel with Vivian	12. 10:30 Exercise 11:00 Daily Word Puzzles 12:00 Men's Father's Day BBQ* 1:15 Jazzercise with Rhonda 2:00 Virtual Catholic Mass 2:30 Prayer Group 3:30 Social Hour 6:00 Friday Movie: Cabaret	13. 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
14. Flag Day 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	CNA WEEK JUNE 11 - 18			15. 10:30 Exercise 11:00 Daily Word Puzzles 11:00 Activity Meeting 1:15 Holy Communion 2:00 Presentation: Social Isolation and Loneliness** 3:30 Social Hour 6:00 Word Break	16. 10:30 Exercise 11:00 Daily Word Puzzles 11:00 Walking Club 1:15 Wal Mart Shopping* 1:30 Friday Movie Replay 3:30 Social Hour 5:45 Resident Run Series 6:00 Bingo \$	17. 10:30 Exercise 11:00 Daily Word Puzzles 1:30 Painting with Rhonda 3:00 Christian Fellowship 3:00 Cribbage Tournament 3:30 Social Hour 5:45 Resident Run Series 6:00 Penny Anny	18. 10:30 Exercise 11:00 Daily Word Puzzles 11:00 Summer Open House** with Entertainment by The Tubafrau Hofbrau Band 3:30 Social Hour 5:45 Game Night with Rick & Donna	19. Juneteenth 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: Fences	20. 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
21. Father's Day Summer Begins 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	22. 10:30 Exercise 11:00 Daily Word Puzzles 1:15 Holy Communion 2:00 Health Talk: The Importance of Hydration 3:00 Cribbage Tournament Final 3:30 Social Hour 6:00 Word Break	23. 10:30 Exercise 11:00 Daily Word Puzzles 11:00 Walking Club 2:00 Presentation: Abigail Takes You from Revolution to Declaration 3:30 Social Hour 5:45 Resident Run Series 6:00 Bingo \$	24. 10:30 Exercise 11:00 Daily Word Puzzles 2:00 Entertainment by the Westminster Strummers 3:00 Christian Fellowship 3:30 Social Hour 5:45 Resident Run Series 5:45 Heywood Library Block Party	25. 10:30 Exercise 11:00 Daily Word Puzzles 12:00 Summer BBQ* 2:00 Tom Talk 3:30 Social Hour 5:45 Resident Run Game Night	26. 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 Color Purple	27. 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			
28. 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	29. 10:30 Exercise 11:00 Daily Word Puzzles 1:15 Holy Communion 2:00 Music with Nina 3:30 Social Hour 6:00 Word Break	30. 10:30 Exercise 11:00 Daily Word Puzzles 11:00 Walking Club 1:15 Wal Mart Shopping* 1:30 Friday Movie Replay 3:30 Social Hour 5:45 Resident Run Series 6:00 Left, Right, Center	Resident Birthdays		Gardner Museum: Weds 6/3 Summer Photography Exhibit "Memories Alive in Images" 1:00 - 4:00pm Monument Park Concerts, 6pm 620 - Tru Diamond: Neil Diamond Tribute 6/27 - Gold Dust Refugee: Tom Petty/Fleetwood Mac	Events Around Town: Levi Heywood Library Book Club Weds, June 24th at 3:30. June's book: The Wedding People by Alison Espach Library Summer Block Party Weds, June 24 th 5:00 - 7:00pm			



Marie L.	June 2
Donna F.	June 5
Arlene P.	June 12
Lorraine G.	June 20
Fred S.	June 20
Jan Sus.	June 23