Veteran's Celebration!



Join us at Freeman Lake on November 11th for a special Veterans Day Breakfast as we honor the brave men and women who have proudly served our country. Enjoy a delicious breakfast, wonderful company, and a heartfelt morning dedicated to recognizing the courage, sacrifice, and dedication of our heroes. We warmly invite our residents, veterans, families, and friends to gather in gratitude and appreciation for those who have protected our freedoms. Let us come together to celebrate their service, share meaningful moments, and express our heartfelt thanks and appreciation to all who have served.

Art Showcase!

Join us at Freeman Lake on November 24th for our Community Art Showcase, a wonderful celebration of creativity, imagination, and artistic expression! Explore a beautiful collection of artwork, admire the talents of our local artists, and enjoy an inspiring afternoon filled with creativity and community spirit. We warmly invite residents, families, friends, and neighbors to come together in appreciation of the arts. Whether you're an art enthusiast or simply enjoy discovering something beautiful, this special showcase promises an afternoon of inspiration, connection, and artistic delight!



THE RESIDENCE at Freeman Lake

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The Residence at Freeman Lake

Caitlynn Wilson
Executive Director

Brianna Laundry
Resident Care Director

Michelle Mannion
Business Office Director

Brianna Harnois
Sales & Marketing Director

James Hayes
Resident Engagement Director

Joao Ficher
Restaurant Operations Director

Patricia Malu
Reflections Director



November Blessings!

November brings golden leaves, crisp autumn air, and a season of gratitude. It's a time to gather with friends, cherish special moments, and celebrate the warmth of togetherness. As autumn fades into winter, we embrace the beauty of the season and the many reasons we have to be thankful.





Veteran's Day!



Veteran's Day is a time to honor the brave men and women who have proudly served our country. Their courage, sacrifice, and dedication inspire us all. Today, we salute our veterans and express our heartfelt gratitude for their service and commitment to our nation.

Thanksgiving is a special time to gather with loved ones, celebrate cherished traditions, and reflect on life's many blessings. As we share delicious meals, laughter, and meaningful moments, we are reminded of the importance of gratitude, kindness, and togetherness. May this wonderful season fill our hearts with warmth, joy, and appreciation for the wonderful people who make life special. Wishing everyone a happy and memorable Thanksgiving!

Good Times, Good Friends, Great Care!

NOVEMBER 2026

THE RESIDENCE at Freeman Lake

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 **9:30** Sunday Services **10:00** Strength Training Class **11:00** NYTimes- Mini Crosswords **1:00** Sunday Football **1:30** Weekend Cinema Session - Gone With The Wind **2:00** Serenity Hand Massages **2:30** Barre & Stretch **3:00** Sunday Sensations - Root Beer Floats **3:30** Word Puzzle Workouts **6:00** Card Players Club	**02** **10:00** Interval Training Fitness **10:45** Resident Council Meeting **11:00** The World Today Weekly Recap **1:00** SHIELD Check In Visits **1:30** Welcome Committee **1:30** The Learners Lounge - Americas Most Famous Speeches **2:30** Strength & Balance **3:15** Vintage Vibes & Cocktails ft. Mark Stanzler **6:00** Card Players Club	**03** **10:00** Barre & Balance **10:30** Gourmet Donut Bar **11:00** Biographies - Theodore J. Kaczynski **11:00** Freeman Lake Walking Club **1:30** Cooking Corner - Cranberry Orange Shortbread Cookies **1:30** The Board Game Lounge **2:00** Catholic Mass **2:30** Yoga for Vitality **3:00** Quarter Bingo **6:00** Freeman's Cocktails After Dark	**04** **10:00** Resistance Bands Training **11:00** Community Outing - Grassfield's Restaurant **11:00** Jeopardy Challenge **1:30** TED Talks - Nature. Beauty. Gratitude. **1:30** Polish and Pamper Nail Spa **2:30** Strength & Balance **3:15** Vintage Vibes & Cocktails ft. Linda Chase **6:00** Nobody Wants This - Netflix Series	**05** **10:00** Barre & Balance **11:00** Word Puzzle Workouts **1:30** Special Events Meeting **1:45** Great Art Explained - Matisse: The Red Studio **2:00** Freeman Lake Volley League **2:00** Dan "The Singing Trooper" Veterans Performance **3:30** Quarter Bingo **6:00** Freeman Poker Night	**06** **10:00** Full Body Workout **10:00** Shopping - Market Basket **11:00** Tune In - Carole King **11:15** Freeman Facial Hydration **1:30** Jay Schadler at Pearl Street **1:30** The Archive Series - Palace of Monaco **1:30** Crafting Corner - Fall Kissing Balls **2:30** Pilates & Posture **3:15** Vintage Vibes ft. Paul **6:00** Friday Feature Flicks	**07** **10:00** Barre & Balance **11:00** Polish and Pamper Nail Spa **1:30** Journeys from Home - Denmark **2:00** Yoga Flow **2:30** Final Verdict Discussion **3:00** Quarter Bingo **4:15** St. Mary's Mass Livestream **6:00** Card Players Club
08 **9:30** Sunday Services **10:00** Strength Training Class **11:00** NYTimes- Mini Crosswords **1:00** Sunday Football **1:30** Weekend Cinema Session - What They Had **2:00** Serenity Hand Massages **2:30** Barre & Stretch **3:00** Sunday Sensations - Milkshake Bar **3:30** Word Puzzle Workouts **6:00** Card Players Club	**09** **10:00** Interval Training Fitness **10:00** REACT Neuro **11:00** The World Today Weekly Recap **1:30** Welcome Committee **1:30** Creative Studio w/ Bridget **1:30** The Learners Lounge - Veterans Day **2:30** Strength & Balance **3:15** Vintage Vibes & Cocktails **6:00** Card Players Club	**10** **10:00** Barre & Balance **10:30** Holy Communion **11:00** Biographies - Gloria Vanderbilt **11:00** Freeman Lake Walking Club **1:30** Cooking Corner - Apple Pie Cheesecake Parfaits **1:30** The Board Game Lounge **2:30** Veteran's Pinning Ceremony **2:30** Yoga for Vitality **3:00** Quarter Bingo **6:00** Freeman's Cocktails After Dark	**11** **Veterans Day** **9:00** Veteran's Day Breakfast Celebration **10:00** Resistance Bands Training **11:00** NY Times- Mini Crossword **1:30** TED Talks - What Makes a Good Life? **1:30** Polish and Pamper Nail Spa **2:30** Strength & Balance **3:15** Vintage Vibes & Cocktails **6:00** Nobody Wants This - Netflix Series	**12** **10:00** Barre & Balance **11:00** Word Puzzle Workouts **11:00** Pop Up Library **1:30** Outing Planning Meeting **1:30** Community Outing Groton Hill Concert **1:45** Great Art Explained - Las Meninas **2:00** Freeman Lake Volley League **2:15** Lives & Legacies - John Wayne **3:00** Prize Bingo with Melissa **6:00** Freeman Poker Night	**13** **10:00** Full Body Workout **10:00** Shopping - Target **11:00** Talk Time w/ Joe Malone - Great American Crooners **11:15** Freeman Facial Hydration **1:30** Flower Arranging Workshop **1:30** The Archive Series - The Roaring 20's **2:30** Pilates & Posture **3:15** Vintage Vibes & Cocktails ft. Lucas Kamon **6:00** Friday Feature Flicks	**14** **10:00** Low Intensity Cardio Class **11:00** Polish and Pamper Nail Spa **1:30** Journeys from Home - Chile **2:00** Mindful Movement **2:30** Final Verdict Discussion **3:00** Quarter Bingo **4:15** St. Mary's Mass Livestream **6:00** Card Players Club
15 **9:30** Sunday Services **10:00** Strength Training Class **11:00** NYTimes- Mini Crosswords **1:00** Sunday Football **1:30** Weekend Cinema Session - Lilly **2:00** Serenity Hand Massages **2:30** Barre & Stretch **3:00** Sunday Sensations - Ice Cream Sundaes **3:30** Word Puzzle Workouts **6:00** Card Players Club	**16** **10:00** Interval Training Fitness **11:00** The World Today Weekly Recap **1:00** SHIELD Check In Visits **1:30** Welcome Committee **1:30** The Learners Lounge - Worlds Unsolved Mysteries **2:30** Strength & Balance **3:15** Vintage Vibes & Cocktails ft. Eric Baldwin **6:00** Card Players Club	**17** **10:00** Barre & Balance **10:30** Holy Communion **11:00** Biographies - The Du Ponts **11:00** Freeman Lake Walking Club **1:30** Wellness Talks w/ BAYADA **1:30** Cooking Corner - Pumpkin Cheesecake Brownies **1:30** The Board Game Lounge **2:30** Yoga for Vitality **3:00** Quarter Bingo **6:00** Freeman's Cocktails After Dark	**18** **10:00** Resistance Bands Training **11:00** Community Outing - Garrisons Restaurant **11:00** Jeopardy Challenge **1:30** TED Talks - Older People Are Happier **1:30** Polish and Pamper Nail Spa **2:30** Strength & Balance **3:15** Vintage Vibes & Cocktails **6:00** Nobody Wants This - Netflix Series	**19** **10:00** Barre & Balance **11:00** Word Puzzle Workouts **11:00** Men's Group Gathering **1:30** Culinary Discussion Committee **1:45** Great Art Explained - Biennale **2:00** Freeman Lake Volley League **2:15** History Lecture w/ David **3:00** Quarter Bingo **6:00** Freeman Poker Night	**20** **10:00** Full Body Workout **10:00** Shopping - Walmart **11:00** Tune In - The Supremes **11:15** Freeman Facial Hydration **1:30** The Archive Series - Classic American Cars **1:30** Crafting Corner - Rustic Pinecone Ornaments **2:30** Pilates & Posture **3:15** Vintage Vibes & Cocktails ft. Andy Ross **6:00** Friday Feature Flicks	**21** **10:00** Barre & Balance **11:00** Polish and Pamper Nail Spa **1:30** Journeys from Home - Sweden **2:00** Yoga Flow **2:30** Final Verdict Discussion **3:00** Quarter Bingo **4:15** St. Mary's Mass Livestream **6:00** Card Players Club
22 **9:30** Sunday Services **10:00** Strength Training Class **11:00** NYTimes- Mini Crosswords **1:00** Sunday Football **1:30** Weekend Cinema Session - Song Sung Blue **2:00** Serenity Hand Massages **2:30** Barre & Stretch **3:00** Sunday Sensations - Ice Coffee Bar **3:30** Word Puzzle Workouts **6:00** Card Players Club	**23** **10:00** Interval Training Fitness **10:00** REACT Neuro **11:00** The World Today Weekly Recap **1:30** Welcome Committee **1:30** The Learners Lounge - The History of Thanksgiving **2:30** Strength & Balance **3:15** Vintage Vibes & Cocktails **6:00** Card Players Club	**24** **10:00** Barre & Balance **10:30** Holy Communion **11:00** Biographies - Tom Jones **11:00** Freeman Lake Walking Club **1:30** Cooking Corner - Brown Sugar Cinnamon Blondies **1:30** The Board Game Lounge **2:30** Yoga for Vitality **3:00** Quarter Bingo **3:00** Community Art Showcase **6:00** Freeman's Cocktails After Dark	**25** **10:00** Resistance Bands Training **11:00** NY Times- Mini Crossword **11:00** Community Outing - Burlington Mall Holiday Shopping **1:30** TED Talks - Want to be Happier? Be Grateful **1:30** Polish and Pamper Nail Spa **2:30** Strength & Balance **3:15** Vintage Vibes & Cocktails ft. Rich Araldi **6:00** Nobody Wants This - Netflix Series	**26** **Thanksgiving Day** **10:00** Barre & Balance **11:00** Word Puzzle Workouts **11:00** Pop Up Library **12:00** Freeman Family Thanksgiving **1:30** Movie Selection Committee **1:45** Great Art Explained - Mark Rothko's Seagram Murals **2:00** Freeman Lake Volley League **2:15** Lives & Legacies - Audrey Hepburn **3:00** Quarter Bingo **6:00** Freeman Poker Night	**27** **Happy Birthday Jeanne L.** **Day after Thanksgiving Day** **10:00** Full Body Workout **10:00** Shopping - Trader Joe's **11:00** Tune In - Peter, Paul & Mary **11:15** Freeman Facial Hydration **1:30** Flower Arranging Workshop **1:30** The Archive Series - Garden Birds **2:30** Pilates & Posture **3:15** Vintage Vibes & Cocktails **6:00** Friday Feature Flicks	**28** **10:00** Low Intensity Cardio Class **11:00** Polish and Pamper Nail Spa **1:30** Journeys from Home - California **2:00** Mindful Movement **2:30** Final Verdict Discussion **3:00** Quarter Bingo **4:15** St. Mary's Mass Livestream **6:00** Card Players Club
29 **9:30** Sunday Services **10:00** Strength Training Class **11:00** NYTimes- Mini Crosswords **1:00** Sunday Football **1:30** Weekend Cinema Session - The Last Word **2:00** Serenity Hand Massages **2:30** Barre & Stretch **3:00** Sunday Sensations - Hot Cocoa Bar **3:30** Word Puzzle Workouts **6:00** Card Players Club	**30** **10:00** Interval Training Fitness **11:00** The World Today Weekly Recap **1:00** SHIELD Check In Visits **1:30** Welcome Committee **1:30** The Learners Lounge - Science of Changing Seasons **2:00** Musical Performance ft. Senior Center **2:30** Strength & Balance **3:15** Vintage Vibes & Cocktails **6:00** Card Players Club	**Birthdays** 27th - Jeanne L.	**Principles** Arts & Culture Community Connections Continuous Learning Physical Fitness Self Care and Wellness	**Transportation Schedule** Monday - Reflections Outing Tuesday - Doctor Appts. Wednesday - Traditional Outing Thursday - Doctor Appts. Friday - Shopping/Scenic Ride **Please make sure to sign up for all transportaion needs**		

Our Engagement program is built upon both our residents' interests and our Five Principles for Vitality:
Continued Learning – Arts & Culture – Physical Fitness – Community Connections – Wellness & Self Care

AN LCB SENIOR LIVING COMMUNITY