

Thornton Oaks Retirement Community

35th Anniversary

4-4-2025

Cindy's Clips

This Weeks Words to Think About

“Compassion is not complete if it does not include oneself.”

Allan Lokos



Benefits of Meditation

Have you ever wondered why meditation might be good for you? In addition to relieving stress and anxiety there are many other benefits. For instance, meditation can help you sleep better. It can also help lower blood pressure. If you are looking to enhance your creativity you may want to give meditation a try. As you can see there are many benefits to meditating even for five minutes a day.



From Health and Wellness

Chickadee Physical Therapy will be at Thornton Oaks on Friday, April 11 at 1:00pm in the Merrymeeting Room. They will have an interactive workshop to teach you ways to reduce risks and falls. They will also have one-on-one balance assessments. Don't miss this important workshop.



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Upcoming Events



Wednesday, April 9 the Acorn Adventure is at the Bowdoin College Quad. This walk is suitable for everyone. The bus leaves at 10:00am. Please RSVP.

Don't fall prey to scams and fraud. On Wednesday, April 9 Police Officer Tom Stanton will be at Thornton Oaks to give you tips on how to avoid scams and fraud. The program begins at 1:00pm in the Merrymeeting Room.



Joan Miro is a Spanish painter and printmaker most known for his abstract art. The Art Committee will be hosting a movie about his art. The movie begins at 3:00pm on Thursday, April 10 in the Merrymeeting Room.

