

July Music in the Courtyard



7/8 - Michael Strauss and Friends

7/13 - Red Clover Jazz Band

7/18 - Bob Recuperero

7/29 - Milton Community Band

7/31 - BlueBrass

Invite Families and Friends to Join Us!!!

Dress a Dog Fundraiser



Not what you think, join us for a fundraiser to benefit the Alzheimer's Association. We will be serving grilled hot dogs, with a variety of toppings.

When: Saturday, July 12th

Time: 12:30pm - 1:30pm

Location: West Front Porch

Invite a Friend, the More the Merrier!

Independence Day Ice Cream Social



Residents, Families and Associates are invited to join us for a Community Ice Cream Social on Independence Day.

Time: 2:30pm - 3:30pm

Location: West Great Room with seating provided on the west porch and outside circle located near the flag.

THE RESIDENCE at Shelburne Bay

THE RESIDENCE AT SHELBURNE BAY *Associates*

Todd Patterson

Executive Director

Cassandra Landies

Business Office Director

Kristin Sogluizzo

Resident Care Director

Amy Croteau

Reflections Director

Mark Anthony Conway

Restaurant Operations Director

Sarah Dickinson

Sales and Marketing

Aaron LaFountain

Maintenance Director

Lori Leclair

Resident Engagement Director



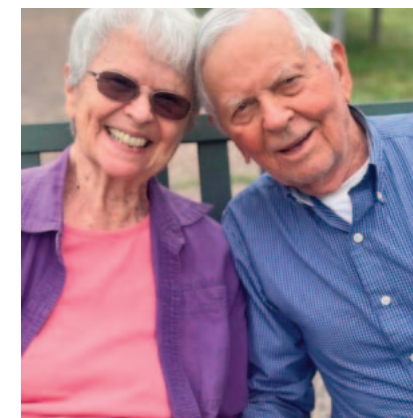
The Power of a Smile



The idiom "a smile is worth a thousand words" means that a smile can communicate more than a great deal of verbal communication. It highlights the power of nonverbal communication in conveying emotions, intentions, and feelings effectively, often more so than words alone.

Smiling offers a multitude of benefits, including mood elevation, stress reduction, and even physical health improvements. It can boost your mood, lower stress levels, and even enhance your immune system. Furthermore, smiling can make you more attractive and approachable, and it can have a positive impact on those around you by creating a more positive and friendly atmosphere.

Share a smile, with a relative, friend or a complete stranger.



Good Times. Good Friends. Great Care!

SundayMondayTuesdayWednesdayThursdayFridaySaturday



6
10:00 Charlotte Cong Church Svc
10:00 Cardio Drumming
10:45 Exploring Modern Marvels
11:30 Catholic Mass
1:00 Herbal Tea & Pastries
1:00 Gentle Yoga
3:00 Series: Secrets of Beautiful Gardens

7
10:00 Tai Chi for Meditation
10:30 Lengthen & Strengthen
11:00 Aqua Aerobics
11:00 The Great Courses: The World's Greatest Churches
1:30 Barre & Balance Exercise
3:30 Open Art Studio
4:00 Wine & Cheese Social

13
10:00 Charlotte Cong Church Svc
10:00 Cardio Drumming
11:30 Catholic Mass
1:00 Herbal Tea & Pastries
1:00 Gentle Yoga
1:00 Series: Secrets of Beautiful Gardens
2:00 Music: Red Clover Jazz
7:00 Movie: Rescued By Ruby

14 Happy B'day Nelly
10:00 Tai Chi for Meditation
10:30 Lengthen & Strengthen
11:00 Aqua Aerobics
11:00 The Great Courses: The World's Greatest Churches
1:30 Barre & Balance Exercise
2:30 Jewelry Workshop w/Gabby
4:00 Wine & Cheese Social

20
10:00 Charlotte Cong Church Svc
10:00 Cardio Drumming
10:45 NY Times Spelling Bee
11:30 Catholic Mass
1:00 Herbal Tea & Pastries
1:00 Gentle Yoga
2:00 Presentation: Exploring Artists with Dawn Schimdt
4:00 Series: Secrets of Beautiful Gardens

21
10:00 Tai Chi for Meditation
10:30 Lengthen & Strengthen
11:00 Aqua Aerobics
11:00 The Great Courses: The World's Greatest Churches
1:30 Barre & Balance Exercise
1:30 Resident Book Club
2:30 Open Art Studio
4:00 Wine & Cheese Social

27
10:00 Charlotte Cong Church Svc
10:00 Cardio Drumming
10:45 Exploring Modern Marvels
11:30 Catholic Mass
1:00 Herbal Tea & Pastries
1:00 Gentle Yoga
3:00 Series: Secrets of Beautiful Gardens

28
10:00 Tai Chi for Arthritis
10:30 Lengthen & Strengthen
11:00 Aqua Aerobics
11:00 The Great Courses: The World's Greatest Churches
1:30 Barre & Balance Exercise
2:30 Paint & Sip Studio
4:00 Wine & Cheese Social

1
9:45 Low Intensity Exercise
10:30 Exercise Class with John
11:00 Famous Events in History
1:15 Parkinson's Exercise
1:30 Mahjongg Club
3:00 Chef's Hour Discussion
3:00 Audio Literature Session
4:00 Happy Hour

8 Happy B'day Nancy
10:30 Exercise Class with John
11:00 Collage Expressions
1:15 Parkinson's Exercise
1:30 Mahjongg Club
2:00 Famous Events in History
3:30 Seafood Appetizers & Summer Sips Social
6:30 Michael Strauss and Friends Music Performance

15 Happy B'day Barbara
9:45 Low Intensity Exercise
10:30 Exercise Class with John
11:00 Famous Events in History
1:15 Parkinson's Exercise
1:30 Mahjongg Club
3:00 Open Mic/Share Your Story
3:00 Audio Literature Session
4:00 Happy Hour

22
9:45 Low Intensity Exercise
10:30 Exercise Class with John
11:00 Famous Events in History
1:15 Parkinson's Exercise
1:30 Mahjongg Club
3:00 Knitting Stitching & More
4:00 Happy Hour

29
9:45 Low Intensity Exercise
10:30 Exercise Class with John
11:00 Famous Events in History
1:15 Parkinson's Exercise
1:30 Mahjongg Club
3:00 Audio Literature Session
4:00 Happy Hour
7:00 Milton Community Band

2
9:45 Stretch & Flex
10:00 Tai Chi for Arthritis
11:00 Trivia Challenge
12:30 Praying the Rosary
2:30 Creating with Clay
4:00 Wine & Cheese Social
7:00 Series: Heartland

9
10:00 Tai Chi for Arthritis
11:00 NY Times Spelling Bee
12:30 Praying the Rosary
1:15 Outing: Island Ice Cream
2:00 Engagement Planning Mtg
2:30 Pastel Painting
3:30 Wine w/ a Curator Dali's Visions of the DK Grape
7:00 Series: Heartland

16 Happy B'day Sarah
9:45 Lengthen and Strengthen
10:00 Tai Chi for Arthritis
11:00 Trivia Challenge
12:30 Praying the Rosary
2:00 Paparazzi Jewelry Alzheimer's Fund Raiser
4:00 Wine & Cheese Social
7:00 Series: Heartland

23
10:00 Tai Chi for Arthritis
11:00 NY Times Spelling Bee
11:00 Outing: St. Anne's Shrine Picnic & Gift Shop
12:30 Praying the Rosary
1:30 Lengthen & Strengthen
2:30 Creating with Clay
3:00 SHIELD and You w/Jennifer
4:00 Wine & Cheese Social
7:00 Series: Heartland

30
10:00 Tai Chi for Arthritis
11:00 TED Talks & Discussion
12:30 Praying the Rosary
1:30 Line Dancing Class
3:00 Poetry Writing with a Legend - Betsy Sholl
7:00 Series: Heartland

3
10:00 Lengthen & Strengthen
10:00 Barre & Balance Exercise
11:00 Resident Meeting
11:30 Shopping - Hannaford
1:00 Bridge Club
1:30 Tech Support w/Gabby
1:30 Aqua Aerobics
3:45 Knitting for Charity
7:00 Rummikub Meet Up

10
10:00 Lengthen & Strengthen
10:45 Great Poets of America
11:00 Aqua Aerobics
1:00 Bridge Club
1:30 Barre & Balance Exercise
2:00 Wellness Presentation: Summer Health with Bayada
3:45 Knitting for Charity
7:00 Rummikub Meet Up

17
10:00 Lengthen & Strengthen
10:45 NY Times Spelling Bee
11:00 Aqua Aerobics
1:00 Bridge Club
1:30 Barre & Balance Exercise
1:30 Tech Support w/Gabby
3:00 Hearing Clinic/Screening
3:45 Knitting for Charity
7:00 Rummikub Meet Up

24
10:00 Lengthen & Strengthen
10:45 Great Poets of America
11:00 Aqua Aerobics
1:00 Bridge Club
1:30 Barre & Balance Exercise
1:30 Tech Support w/Gabby
3:45 Knitting for Charity
7:00 Rummikub Meet Up

31
10:00 Lengthen & Strengthen
10:45 NY Times Spelling Bee
11:00 Aqua Aerobics
1:00 Bridge Club
1:30 Barre & Balance Exercise
1:30 Tech Support w/Gabby
3:30 Blue Brass - Harp & Horn
3:45 Knitting for Charity
7:00 Rummikub Meet Up

4 INDEPENDENCE DAY
10:00 Low Intensity Exercise
11:00 U.S. Trivia Challenge
1:00 Parkinson's Exercise
1:30 Open Art Studio
2:00 Catholic Mass
2:30 July 4th Ice Cream Social
3:30 The U.S. Army Band Independence Day Concert

11
10:30 Exercise Class with John
11:15 BCC Great Composer/Mozart
11:30 Shopping - Hannaford
1:00 Parkinson's Exercise
2:00 Catholic Communion
2:30 Zentangle with Friends
4:00 Wine & Cheese Social

18
9:45 Low Intensity Exercise
10:30 Exercise Class with John
11:15 Travelogue & Discuss
11:30 Shopping - Hannaford
1:00 Parkinson's Exercise
2:00 Catholic Communion
2:00 Music: Bob Recupero
4:00 Wine & Cheese Social

25
9:45 Low Intensity Exercise
10:30 Exercise Class with John
11:00 BBC Great Composer/Wagner
11:30 Shopping - Hannaford
1:00 Parkinson's Exercise
2:00 Catholic Communion
2:30 Zentangle with Friends
4:00 Wine & Cheese Social



5
9:30 Exercise Class with John
10:00 Dancercise Class
11:00 NY Times Spelling Bee
1:30 Floral Arranging
2:00 Cribbage Meet Up
2:00 Root Beer Float Social
3:00 Broadway Musical Showing Moulin Rouge (2001)
7:00 Broadway Replay

12
9:30 Exercise Class with John
10:00 Dancercise Class
11:00 NY Times Spelling Bee
12:30 Alzheimer's Fundraiser "Dress the Dog"
1:30 Floral Arranging
2:00 Cribbage Meet Up
2:30 Broadway Musical - Yankee Dandy Doodle (1942)
7:00 Broadway Replay

19 Happy B'day Donald
9:30 Exercise Class with John
10:00 Dancercise Class
11:00 NY Times Spelling Bee
1:30 Floral Arranging
1:30 Ice Cream Social
2:00 Cribbage Meet Up
2:00 Art Workshop with Ashley
3:00 Movie: Nonnas (2025)
7:00 Movie Replay

26 Happy B'day Jerre
9:30 Exercise Class with John
10:00 Dancercise Class
11:00 NY Times Spelling Bee
1:30 Floral Arranging
2:00 Cribbage Meet Up
2:00 Root Beer Social
3:00 Movie: Twisters (2024)
7:00 Movie Replay

WEST NOTES

July 15

West Foot Clinic

9am - 12pm

West Programs

Dial 5555

East Programs

Dial 5556

Hair Salon Hours

Every Monday

10am - 3pm

Bistro Hours

Tuesday - Friday

11am - 2pm

Our engagement program is built upon both our residents' interests and our Five Principles for Vitality.

By providing quality and choice, we hope to encourage socialization and well-being for mind, body, and spirit.

Continued Learning
Arts & Culture
Physical Fitness
Community Connections
Wellness & Self-Care