

THE RESIDENCE
at Shelburne Bay

Flo Meiler Presents “Never Too Late”



Flo Meiler, is a Senior Olympian who has travelled the US, scooping up gold.

Born June 7, 1934 in Chaplain, NY, as one of three farm hand kids, her athleticism began out of necessity working on the farm. After her father’s passing in ‘53, she returned to the farm and continued her work with dairy cows and the like.

She played basketball in high school, piano, trumpet, choir, avid water skier and downhill as well. In ‘53, she kept herself busy with water skiing, which she has now done for 30 years!

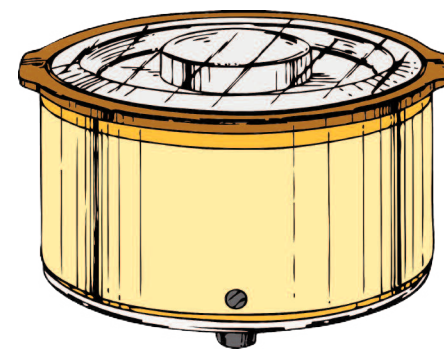
Her medals would weigh down an ox if carried around its neck. Such an inspiration!

She is participating in the Senior Olympics in Albuquerque in June and likely will bring home more gold trophies for her husband Gene to mount and showcase.

Come meet Flo, Monday March 11th at 10:00am in the West Great Room.

Shelburne Bay “Chili Cook-Off”

The time has come to dust off your crock pot and put on your chef’s hat. We’re having a chili cook-off on Thursday, March 28th. Sign-up in the West Mailroom to bring your signature chili. Everyone will gather in the Great Room at noon to taste, enjoy and vote. Top chili chef wins an awesome prize (plus bragging rights).



Upcoming Events

- 3/3 Solo Guitarist/Entertainer – Corey Gottfried
- 3/10 Irish Music – Patrick Webb
- 3/15 Memory Care Movie Series: I Remember Better When I Paint
- 3/17 Musician – Lyn Elder
- 3/24 Outing: Middlebury Town Theater (On Golden Pond)

THE RESIDENCE AT SHELburne BAY *Associates*

Allyson Sweeney
Executive Director

Alicia Fleming
Sales and Marketing

Sarah Dickinson
Sales and Marketing

Barbara Connor
Resident Care Director

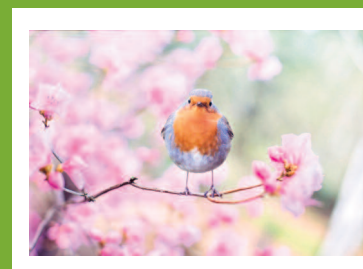
Anika Bachofen
Reflections Director

Lori Leclair
Resident Engagement Director

Arnd Sievers
Culinary Services Director

Christopher Major
Maintenance Director

Janice Ladd
Business Director



Bringing on the “Hattitude”

Viola Hunt, Vermont State Queen, Ladybug Gail VanSteamburg and Kay, Vice Queens will provide a talk

about who they are, what it means to be a red and pink hatter and their role in the community. They are looking for interested Ladies of Shelburne Bay, their Daughters and Granddaughters that would like to form a Shelburne Bay Chapter.

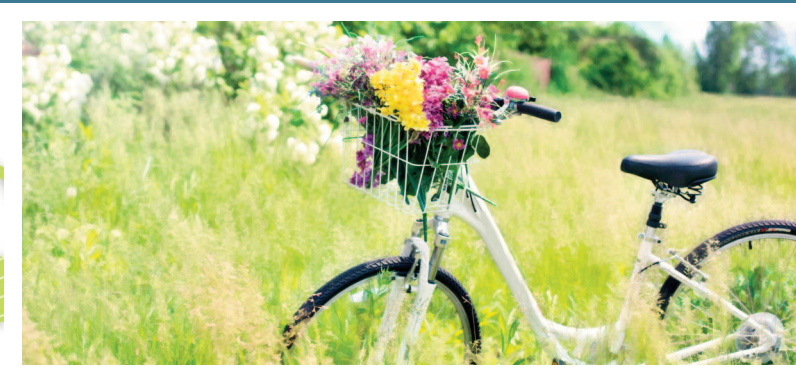


Come meet The Red Hat Ladies Monday, March 18th at 2:30pm in the West Great Room.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

31 March

- 9:00 Methodist Service - SM
- 10:00 Sit & Be Fit - ET
- 10:45 Catholic Mass - SC
- 1:30 Card Game: Hand and Foot
- 3:00 Sunday Music Series: Corey Gottfried - ET
- 6:30 Evening Documentary: Vermont Mountain Peaks & Valley Tales - GR



1 Share a Smile Day

- 10:00 Aquatic Balance - EP
- 10:00 Tai Chi - ET
- 11:00 Resident to Resident Lecture Series - GR
- 12:00 Hannaford Shopping
- 1:00 Outing: Elder Enrichment for Everyone (Faith United Methodist Church)
- 2:00 Chair Exercises - ET
- 3:30 Wine & Cheese Social - GR

2

- 9:30 Exercise with Ellen - ER
- 10:30 Second Cup Cafe' - GR
- 2:00 Rummikub - GR
- 3:00 Gentle Chair Yoga - ET
- 4:00 Lobby Trivia - EL
- 7:00 Evening Movie: Harry and Snowman (2015)

3

- 9:00 Methodist Service - SM
- 10:00 Sit & Be Fit - ET
- 10:45 Catholic Mass - SC
- 1:30 Card Game: Hand and Foot
- 3:00 Sunday Music Series: Corey Gottfried - GR
- 6:30 Evening Documentary: Northern Railroads - GR

4

- 9:00 Exercise w/Genesis - ER
- 11:00 Great Courses
- 1:00 Bridge Club - GR
- 2:00 Methodist Service - ET
- 3:00 Music in Motion - ET
- 3:30 Happy Hour

5

- 9:15 Hannaford Shopping
- 10:00 Morning Exercise - ET
- 11:00 Newspaper Jumble - ET
- 11:30 Lunch Outing: LaVilla
- 1:00 Art Class with Chris
- 1:30 Resident Chorus
- 2:00 Wii Bowling - GR
- 2:00 Shelburne Shopping

6 Ash Wednesday

- 10:00 Aquatic Strength - EP
- 10:00 Tai Chi - ET
- 10:30 Open Art Studio - AR
- 10:30 Resident Associate Second Cup Cafe - GR
- 11:00 Gentle Chair Yoga - ER
- 1:30 Mahjong - GR

7

- 9:00 Exercise w/Genesis - ER
- 10:00 Catholic Communion - ET
- 10:00 My Story Studio
- 11:00 Resident Meeting
- 1:30 Sewing Club - AR
- 2:00 Cribbage Club - GR
- 2:00 Wii Bowling - GR
- 3:00 Quarter Bingo - GR

8

- 10:00 Aquatic Balance - EP
- 10:00 Chair Exercises - ET
- 12:00 Hannaford Shopping
- 1:00 Outing: Elder Enrichment for Everyone (Faith United Methodist Church)
- 2:00 Chef's Hour
- 2:30 Knitting Club Community Service Project: Baby Hats w/Lori - GR

9

- 9:30 Exercise with Ellen - ER
- 10:30 Second Cup Cafe' with Danielle from United Way
- 2:00 Rummikub - GR
- 3:00 Gentle Chair Yoga - ET
- 4:00 Wonders of the World: Himalayas, Machu Picchu, Borobudur
- 7:00 Evening Movie: Shakespeare in Love

10 Daylight Saving Time

- 9:00 Methodist Service - SM
- 10:00 Sit & Be Fit - ET
- 10:45 Catholic Mass - SC
- 1:30 Card Game: Hand and Foot
- 2:00 Episcopal Service
- 3:00 Sunday Music Series: Patrick Webb - GR
- 6:30 Evening Documentary: Alaska - GR

11

- 9:00 Exercise w/Genesis - ER
- 10:00 Lecture: Never Too Late with Flo Meiler
- 1:00 Bridge Club - GR
- 2:00 Music in Motion - ET
- 3:00 Art Appreciation - ET
- 4:00 Happy Hour

12

- 9:15 Hannaford Shopping
- 10:00 Morning Exercise - ET
- 10:00 Book Club - VR
- 11:30 Lunch Outing: Luenigs
- 1:00 Art Class with Chris
- 1:30 Resident Chorus
- 2:00 Wii Bowling - GR
- 2:00 Shelburne Shopping

13

- 10:00 Aquatic Strength - EP
- 10:00 Tai Chi - ET
- 10:30 Open Art Studio - AR
- 11:00 Gentle Chair Yoga - ER
- 1:30 Mahjong - GR
- 2:00 Spring Fling Tea Party
- 6:30 Evening Movie: Singing in the Rain

14

- 9:00 Exercise w/Genesis - ER
- 10:00 Catholic Communion - ET
- 11:00 TED Talks - GR
- 1:30 Sewing Club - E
- 2:00 Cribbage Club - GR
- 2:00 Wii Bowling - GR
- 3:00 Quarter Bingo - GR

15

- 10:00 Aquatic Balance - EP
- 10:00 Exercise w/Jennifer
- 11:00 Resident to Resident Lecture Series - GR
- 12:00 Hannaford Shopping
- 1:00 Memory Care Movie Series: I Remember Better When I Paint
- 4:00 Wine & Cheese Social - GR

16

- 9:30 Exercise with Ellen - ER
- 10:30 Second Cup Cafe' - GR
- 2:00 Rummikub - GR
- 3:00 Gentle Chair Yoga - ET
- 4:00 Lobby Trivia - EL
- 6:30 Outing: Vermont Symphony Orchestra \$
- 7:00 Evening Movie: Finian's Rainbow (1947)

17 St. Patrick's Day

- 9:00 Methodist Service - SM
- 10:00 Sit & Be Fit - ET
- 10:45 Catholic Mass - SC
- 1:30 Card Game: Hand and Foot
- 3:00 Sunday Music Series: Celebrate St. Patrick's Day w/Lyn Elder - GR
- 4:30 St. Patrick's Day Dinner
- 6:30 Evening Documentary: Over Ireland - GR

18

- 9:00 Exercise w/Genesis - ER
- 11:00 Great Courses
- 1:00 Bridge Club - GR
- 2:00 Music in Motion - ET
- 2:30 Come Meet The Red Hat Ladies - GR
- 3:00 Art Appreciation - ET
- 4:00 Happy Hour

19

- 9:15 Hannaford Shopping
- 10:00 Morning Exercise - ET
- 11:00 Newspaper Jumble - ET
- 11:30 Lunch Outing: Vermont Tap House
- 1:00 Art Class with Chris
- 1:30 Resident Chorus
- 2:00 Wii Bowling - GR
- 2:00 Shelburne Shopping

20 First Day of Spring

- 10:00 Aquatic Strength - EP
- 10:00 Tai Chi - ET
- 10:30 Open Art Studio - AR
- 11:00 Gentle Chair Yoga - ER
- 12:00 March Pizza Party - GR
- 1:30 Mahjong - GR

21

- 9:00 Exercise w/Genesis - ER
- 10:00 Catholic Communion - ET
- 1:30 Sewing Club - AR
- 2:00 Cribbage Club - GR
- 2:00 Wii Bowling - GR
- 3:00 Quarter Bingo - GR

22

- 10:00 Aquatic Balance - EP
- 10:00 Chair Exercises - ET
- 10:30 Mystery Ride
- 12:00 Hannaford Shopping
- 1:00 Board Games - GR
- 2:00 Chef's Hour with Arnd
- 2:30 Knitting Club Community Service Project: Baby Hats w/Lori - GR
- 4:00 Wine & Cheese Social - GR

23

- 9:30 Exercise with Ellen - ER
- 10:30 Second Cup Cafe' - GR
- 2:00 Rummikub - GR
- 3:00 Gentle Chair Yoga - ET
- 4:00 Wonders of the World: Grand Canyon, Mount Rushmore, Ayers Rock
- 7:00 Evening Movie: Gifted (2017)

24 Chocolate Raisin Day

- 9:00 Methodist Service - SM
- 10:00 Sit & Be Fit - ET
- 10:45 Catholic Mass - SC
- 1:00 Outing: Middlebury Town Theater: On Golden Pond
- 1:30 Card Game: Hand and Foot
- 6:30 Evening Documentary: Climbing Redwood Giants

25

- 9:00 Exercise w/Genesis - ER
- 11:00 Great Courses
- 1:00 Bridge Club - GR
- 2:00 Music in Motion - ET
- 3:00 Art Appreciation - ET
- 4:00 Happy Hour

26

- 9:15 Hannaford Shopping
- 10:00 Morning Exercise - ET
- 11:00 Newspaper Jumble - ET
- 11:30 Lunch Outing: Single Pebble
- 1:00 Art Class with Chris
- 1:30 Resident Chorus
- 2:00 Wii Bowling - GR
- 2:00 Shelburne Shopping

27

- 10:00 Aquatic Strength - EP
- 10:00 Tai Chi - ET
- 10:30 Open Art Studio - AR
- 11:00 Gentle Chair Yoga - ER
- 1:30 Mahjong - GR
- 2:00 Birthday Celebration - GR

28 Baseball Season Begins

- 9:00 Exercise w/Genesis - ER
- 10:00 Catholic Communion - ET
- 11:00 TED Talks - GR
- 12:30 Chili Cook-Off
- 1:30 Sewing Club - AR
- 2:00 Cribbage Club - GR
- 2:00 Wii Bowling - GR
- 3:00 Quarter Bingo - GR

29 Blue Jean Friday

- 10:00 Aquatic Balance - EP
- 10:00 Chair Exercises - ET
- 10:00 Outing: Dakin Farm
- 11:00 Resident to Resident Lecture Series - GR
- 12:00 Hannaford Shopping
- 1:00 Board Games - GR
- 2:30 Knitting Club Community Service Project: Baby Hats w/Lori - GR

30

- 9:30 Exercise with Ellen - ER
- 10:00 Gentle Chair Yoga - ET
- 10:30 Second Cup Cafe' - GR
- 2:00 Rummikub - GR
- 3:30 Lecture: The Canary Islands - ET
- 7:00 Evening Movie: 42 The Jackie Robinson Story (2013)

Location Key

West:
GR - Great Room
VT - Vermont Room
AR - Art Room

East:
ET - East Theater
EP - East Pool
AR - Art Room
EL - East Lobby

Hair Salon Hours:
Mon 9am-1pm
Fri 9am-3pm

**Dial 5555
For Daily Programs**

PROGRAM

- - Cognitive
- - Emotional
- - Physical
- - Social

LCB Senior Living strengthens its programming through collaborations with notable health care leaders, including McLean Hospital, Harvard Medical School and Brigham and Women's Hospital.