

## Honoring Our Everyday Heroes

This May, we're excited to launch our "May Heroes Celebration"—a month-long program dedicated to recognizing the everyday heroes who make our community strong. We're kicking things off in Week 1 with Teacher Appreciation, including a fun Card-Making Party where students can create heartfelt notes for their educators. In Week 2, we'll honor our local Police Officers with a warm Coffee & Thank You Banner event to show our gratitude. Week 3 celebrates EMS Week, where we'll provide breakfast and thoughtful Survival Kits filled with energy bars, hand sanitizer, lip balm, and more to support our dedicated first responders. Join us in spreading kindness and appreciation all month long!

## A Touch of Elegance with Michael Reit



Join us for a special lunchtime treat in the main dining room on Tuesday, May 13 at 12:00 PM, as we welcome classical violinist Michael Reit. Michael will be strolling through the dining room, filling the space with beautiful, live classical music while you enjoy your meal. It's the perfect blend of fine dining and fine music—don't miss this elegant midday experience!

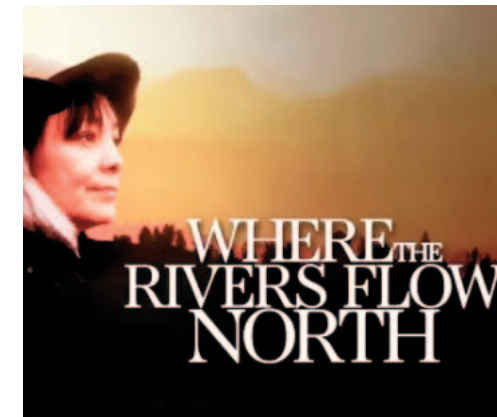
## An Afternoon of Western Wit & Wisdom

Saddle up for a unique and entertaining experience as we welcome Mark Muntzer, an acclaimed cowboy poet, for a special afternoon event. Known for his rich storytelling, heartfelt verse, and sharp sense of humor, Mark brings the spirit of the American West to life through poetry that's both nostalgic and deeply human.

Friday, May 30th, 3pm.



## Kingdom County Productions Series



Where Rivers Flow North

Thursday, May 1st, 1pm

Beginning this May, Kingdom County Productions will begin a series of film presentations of work spanning more than 30 years. Founded in 1991 by Jay Craven and Bess O'Brien (daughter of Otter Creek residents Judith and Dennis O'Brien), KCP has a track record of award winning films: feature films from Jay, documentaries from Bess.

Jay's most recent film *Lost Nation* is an account of Ethan Allen and the American Revolution. As a counterpoint to the war, the film tracks the accomplishments and travails of an emancipated slave family in Vermont. Bess' most recent work *Just Getting By* is a documentary about present-day Vermonters "just getting by" with the aid of welfare, food aid, and housing programs.

The offering on May 1 will be *Where Rivers Flow North* adapted from a novel by Vermont writer, Howard Mosher. Starring Rip Torn and Tanto Cardinal. Jay Craven will be at the Residence for the showing and will discuss the film.

As scheduling permits, KCP will continue to show their feature films and documentaries in the months ahead.

Good Times. Good Friends. *Great Care!*

### THE RESIDENCE AT OTTER CREEK *Associates*

Jason Cairns  
*Executive Director*

Shannon Sunderland  
*Sales & Marketing Director*

Kristen LaFlam  
*Business Office Director*

Paula Pelkey  
*Resident Care Director*

Pete Dickinson  
*Restaurant Director*

Courtney Allenson  
*Resident Engagement Director*

Chris Roy  
*Maintenance Director*



## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Additional Services

**Wednesday Shopping:**  
Natural Food Co-Op & Shaws, 10a  
Hannaford, 10:30a

**Personal Appointments:**  
Mondays 9a-12p (12-2:30p, Mini Van)  
Tuesdays, 9a-4p  
Thursdays, 9a-12p

**Trips w/Reflections:**  
Mondays & Thursdays

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



**4**  
9:15 Congregational Church  
9:15 St. Mary's Church  
9:15 Unitarian Universalist  
10:00 Congregational - Virtual  
10:00 St. Stephen's Church  
10:00 Unitarian - Virtual  
10:30 St. Stephen's - Virtual  
2:00 Sunday Music: Mark Harding  
3:00 Livestream: Middlebury College Orchestra

**5** Cinco de Mayo  
10:00 Bone Builders  
10:00 Tech & More with Kelsey  
11:00 Activity Planning Mtg  
11:15 Barre Dance Exercise  
12:00 Men's Exercise Class  
1:30 Bob Recupero  
2:00 Knitting Stitching & More  
2:00 Seated Tai Chi  
3:00 Board Games  
7:00 National Treasure

**6**  
10:00 Resistance Band Exercise  
10:00 Tech & More with Kelsey  
11:00 OTAGO Balance Class  
11:00 Teacher Appreciation-Card Making  
11:30 Aqua Aerobics  
2:00 Mtg. w/ Jason & Co.  
3:30 Guided Meditation  
7:00 MET Opera: Lucia di Lammermoor

**7**  
10:00 Bone Builders  
11:15 Barre Dance Exercise  
12:00 Men's Exercise Class  
1:00 Hand Chime Chorus 1  
1:00 Garden Meeting & Outing  
2:00 Hand Chime Chorus 2  
2:00 Knitting Stitching & More  
2:00 Seated Tai Chi  
3:00 NYer Discussion Group  
3:30 Happy Hour

**8**  
10:00 Resistance Band Exercise  
10:00 Photo Workshop  
11:00 OTAGO Balance Class  
11:00 Learn to Play Mahjong  
11:30 Aqua Aerobics  
11:30 Chair Yoga w/Lynn  
1:00 Open Hearing Clinic  
1:30 Mosaic Bird Baths  
2:00 Spring Sing Fit  
2:00 New! Community Ties

**9**  
10:00 Weekly Puzzle Pack  
10:00 Residents' Bone Builders  
10:00 Carl Durfee's Store  
11:00 OTAGO Balance Class  
1:00 Cribbage for All Levels  
2:00 Billiards  
2:30 Memoir Writing Group  
3:00 Sing W/ Jack & Jeanette  
4:00 Happy Hour  
7:00 Art House Cinema: Living

**10** Kentucky Derby Day  
9:30 Barre Dance Exercise  
11:00 Mimosas & Jazz  
1:00 My Best Friend Anne Frank  
1:15 SingFit Music & Movement  
2:00 Rummikub  
2:15 Rick's Weekly Surprise  
3:00 Hunger  
7:00 Film Club: A Complete Unknown

**11** Mother's Day  
9:15 Congregational Church  
9:15 St. Mary's Church  
9:15 Unitarian Universalist  
10:00 Congregational - Virtual  
10:00 St. Stephen's Church  
10:00 Unitarian - Virtual  
10:30 St. Stephen's - Virtual  
11:00 Mother's Day Brunch  
2:00 Sunday Music: Cooie DeFrancesco

**12**  
9:00 Police "Thank You" Banner  
10:00 Bone Builders  
10:00 Tech & More with Kelsey  
10:00 Meditation for Parkinson  
11:15 Barre Dance Exercise  
12:00 Men's Exercise Class  
2:00 Knitting Stitching & More  
2:00 Seated Tai Chi  
3:00 Board Games  
7:00 Tomorrow Land

**13**  
10:00 Resistance Band Exercise  
10:00 Tech & More with Kelsey  
10:30 React Neuro & SHIELD  
11:00 OTAGO Balance Class  
11:30 Aqua Aerobics  
12:00 Michael Reit, Strolling Classical Violin  
3:30 Guided Meditation  
7:00 MET Opera: Elixir of Love

**14**  
10:00 Bone Builders  
11:15 Barre Dance Exercise  
12:00 Men's Exercise Class  
1:00 Hand Chime Chorus 1  
1:00 Garden Group Meeting  
1:00 Courtney's Art Show, THT  
2:00 Hand Chime Chorus 2  
2:00 Knitting Stitching & More  
3:00 NYer Discussion Group  
3:30 Happy Hour

**15**  
10:00 Resistance Band Exercise  
10:00 Photo Workshop  
11:00 OTAGO Balance Class  
11:00 Learn to Play Mahjong  
11:30 Aqua Aerobics  
11:30 Chair Yoga w/Lynn  
1:00 Crystal Sun Catchers  
2:00 Open R.A.C. Meeting  
3:00 Wine & Chocolate BINGO  
7:00 The Bleeding Edge

**16**  
9:30 Outlets, Glens Falls, NY  
10:00 Weekly Puzzle Pack  
10:00 Residents' Bone Builders  
11:00 OTAGO Balance Class  
1:00 Cribbage for All Levels  
2:00 Billiards  
3:30 Spring Fling Happy Hour  
4:00 Happy Hour  
6:45 Wharton Between the Sheets, THT

**17**  
9:30 Barre Dance Exercise  
11:00 Mimosas & Jazz  
1:00 Believe Me  
1:00 Community Chimes Concert!  
1:15 SingFit Music & Movement  
2:00 Rummikub  
2:15 Rick's Weekly Surprise  
3:00 Sleeping With the Enemy  
7:00 Film Club: Conclave

**18**  
9:15 Congregational Church  
9:15 St. Mary's Church  
9:15 Unitarian Universalist  
10:00 Congregational - Virtual  
10:00 St. Stephen's Church  
10:00 Unitarian - Virtual  
10:30 St. Stephen's - Virtual  
2:00 Sunday Music: Dan Levine  
3:30 Billiards  
3:30 MET Opera: Daughter of the

**19**  
10:00 Bone Builders  
10:00 Tech & More with Kelsey  
11:00 Assemble EMS Survival Kits  
11:15 Barre Dance Exercise  
12:00 Men's Exercise Class  
2:00 Knitting Stitching & More  
2:00 Seated Tai Chi  
2:00 Rhythm Circle w/Rob  
3:00 Board Games  
5:30 Addison County Dem. Mtg.

**20**  
10:00 Resistance Band Exercise  
10:00 Tech & More with Kelsey  
11:00 OTAGO Balance Class  
11:30 Aqua Aerobics  
2:00 Sommelier David Herren  
3:30 Guided Meditation  
7:00 MET Opera: Daughter of the Regiment

**21**  
10:00 Bone Builders  
10:00 THT: GAW: Michelangelo, Love + Death  
10:00 Great Art: Michelangelo  
11:15 Barre Dance Exercise  
12:00 Men's Exercise Class  
1:00 Hand Chime Chorus 1  
1:00 VABVI Support Group  
1:00 Garden Meeting & Outing  
2:00 Hand Chime Chorus 2

**22**  
10:00 Resistance Band Exercise  
10:00 Photo Workshop  
11:00 OTAGO Balance Class  
11:00 Learn to Play Mahjong  
11:30 Aqua Aerobics  
1:30 Garden Sign & Glass Snail  
2:00 New! Community Ties  
2:00 Sing Fit  
3:00 Wine & Chocolate BINGO  
7:00 Ballet Now

**23**  
10:00 Weekly Puzzle Pack  
10:00 Residents' Bone Builders  
10:00 Shelburne Museum - Pack a lunch!  
11:00 OTAGO Balance Class  
1:00 Cribbage for All Levels  
2:00 Billiards  
3:00 Sing W/ Jack & Jeanette  
4:00 Happy Hour  
7:00 Art House Cinema: Close

**24**  
9:30 Barre Dance Exercise  
11:00 Mimosas & Jazz  
1:00 The Girl in the Basement  
1:15 SingFit Music & Movement  
2:00 Rummikub  
2:15 Rick's Weekly Surprise  
3:00 The Great Debaters  
7:00 Film Club: The Tree of Life

**25**  
9:15 Congregational Church  
9:15 St. Mary's Church  
9:15 Unitarian Universalist  
10:00 Congregational - Virtual  
10:00 St. Stephen's Church  
10:00 Unitarian - Virtual  
10:30 St. Stephen's - Virtual  
2:00 Sunday Music: BlueBrass!  
3:30 Billiards  
3:30 MET Opera: Don Pasquale

**26** Memorial Day  
10:00 Resident's Bone Builders  
11:00 Memorial Day BBQ  
11:15 Barre Dance Exercise  
1:30 Rick's Memorial Magic  
3:00 Board Games  
3:00 National Moment of Remembrance  
5:00 Avatar the Way of Water  
8:00 National Memorial Day Concert

**27**  
10:00 Resistance Band Exercise  
10:00 Tech & More with Kelsey  
10:30 React Neuro & SHIELD  
11:00 OTAGO Balance Class  
11:30 Aqua Aerobics  
2:00 Episcopal Communion  
2:30 Meadows Tea w/Harpist  
3:30 Guided Meditation  
7:00 MET Opera: Don Pasquale

**28**  
10:00 Bone Builders  
11:15 Barre Dance Exercise  
12:00 Men's Exercise Class  
1:00 Hand Chime Chorus 1  
1:00 Garden Group Meeting  
1:00 Rick's Mystery Trip  
2:00 Hand Chime Chorus 2  
2:00 Knitting Stitching & More  
3:00 NYer Discussion Group  
3:30 Happy Hour

**29**  
10:00 Resistance Band Exercise  
10:00 Photo Workshop  
11:00 OTAGO Balance Class  
11:00 Learn to Play Mahjong  
11:30 Aqua Aerobics  
1:30 Chicken Folk Art, Pt. 1  
3:00 Wine & Chocolate BINGO  
7:00 The Cave

**30**  
9:00 Orozco Murals, Dartmouth  
10:00 Weekly Puzzle Pack  
10:00 Residents' Bone Builders  
11:00 OTAGO Balance Class  
1:00 Cribbage for All Levels  
2:00 Billiards  
3:00 Mark Munzert, Cowboy Poet  
4:00 Happy Hour  
7:00 Art House Cinema: The Dig

**31**  
9:30 Barre Dance Exercise  
11:00 Mimosas & Jazz  
1:00 Something the Lord Made  
1:15 SingFit Music & Movement  
2:00 Rummikub  
2:00 Vermont Literacy Network Event: Paws & Prose  
2:15 Rick's Weekly Surprise  
3:00 Women of the Movement  
7:00 Film Club: American