



Upcoming Events

Cocktails with a Curator: This is a virtual event provided by The Frick Museum in New York City. The Frick is concocting the perfect mix of cocktails and art. Join us every Friday afternoon in the Great Room at 1:30pm for Cocktails with a Curator as a Frick curator offers insights on a work of art with a complementary cocktail. Julie will be pairing each event with a suggested cocktail during the featured art exhibit.

TED Talk Discussion Group: TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks, 18 minutes or less. TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages. This month we will explore such talks as, The Power of Vulnerability by Brene Brown-Brené Brown, and A New Museum Wing...In A Giant Bubble by Liz Diller. Following each short talk our residents will be encouraged to share their thoughts and ideas as they relate to what they have just watched.

Shelburne Bay Recipe Book: We would love to incorporate your favorite recipe into our new recipe book. We are compiling recipes for the book and will sell the book to others outside of our community to help raise money for a local charity. The recipes will also be considered for our weekly specials with Chef Arnd and Charlie.

May is Bird Month at Shelburne Bay

May 20th - Join us for a Live 'Bird Ambassador' presentation in the courtyard with Craig. Craig runs the Outreach for Earth Stewardship a raptor rehab facility in Shelburne. He will come with a live raptor.

May 23rd - Boston will share her nature photography in the Bistro and on zoom.



THE RESIDENCE at Shelburne Bay

THE RESIDENCE AT SHELburne BAY *Associates*

Rodolfo Parra

Interim Executive Director

Cassandra Landies

Business Office Director

Tara Spaulding

Resident Care Director

Lydia Raymond

Reflections Director

Sarah Dickinson

Sales and Marketing

Boston Neary

Sales and Marketing

Arnd Sievers

Culinary Service Director

Christopher Major

Maintenance Director

Lori Leclair

Resident Engagement Director



Happy Mother's Day - May 9th

The Lake Champlain Chocolates Ice Cream Truck is scheduled to visit Shelburne Bay on Sunday, May 9th from 1:30 – 3:30 in the front parking lot of the West Community.

Residents and Associates are invited to share in this event. The truck will have a variety of ice cream flavors and one sorbet flavor. Happy Mother's Day and we look forward to hosting this favored event.



Signature Series Event with Meg

Fresh Flower Arranging Class

Spring is in the air and we just love the smell of fresh flowers almost as much as we love to learn something



new! Have you ever wondered how the florist gets those arrangements looking so dynamic and beautiful? Do you want to learn how to create a stunning arrangement all on your own? If so, this is the event for you! Join us in the Bistro on Thursday, May 13th for a special flower arranging workshop presented by Meg Fitzsimons

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

30 MAY

- 9:00 Individual Visits
- 9:30 Shelburne Methodist
- 10:30 Catholic Mass
- 11:00 Floral Arranging
- 1:30 Exercise Class
- 3:00 Outdoor Walks
- 7:00 Bistro Cinema

31 Memorial Day

- 9:00 Individual Visits
- 10:00 Tai Chi for Arthritis
- 2:00 Outdoor Ice Cream Stand
- 2:00 Courtyard Walk
- 2:30 Memorial Day Tribute w/Neal
- 3:15 First Congregational Church
- 6:30 Evening Cinema: Inside the White House



2

- 9:00 Individual Visits
- 9:30 Shelburne Methodist
- 10:30 Catholic Mass
- 11:00 Floral Arranging
- 1:30 Exercise Class
- 3:00 Outdoor Walks
- 7:00 Bistro Cinema

3

- 9:00 Individual Visits
- 10:00 Tai Chi for Arthritis
- 11:00 Open Art Studio
- 2:00 Courtyard Walk
- 2:00 Outdoor Ice Cream Stand
- 2:30 Museum Masterpieces
- 3:15 First Congregational Church
- 6:30 Evening Cinema

4

- 10:00 Sit and Be Fit
- 11:00 Cognitive Program
- 1:30 Pet Visits with Cutie Pie
- 3:30 Happy Hour
- 4:00 Trivia
- 5:30 Courtyard Walk
- 6:00 Sharing Music
- 6:30 Individual Visits

5

- 10:00 Tai Chi for Arthritis
- 11:00 National Geographic
- 1:30 Drumming Fit w/Cathy
- 2:30 Cinco De Mayo Social
- 3:00 Dementia Support Group
- 6:00 Word Game
- 6:30 Individual Visits

6

- 10:00 Barres Exercise Program
- 11:00 Barres Exercise Program
- 2:00 Spring Planting
- 3:00 Travel with Rick Steves
- 3:30 Wine & Cheese Social
- 4:30 Lobby Word Game
- 5:30 Evening Walk in the Courtyard
- 6:30 Individual Visits

7

- 9:00 Individual Visits
- 10:30 Sit & Be Fit
- 11:00 Word Game
- 1:30 React Neuro
- 2:30 Perennial Garden Walk
- 3:00 Perennial Garden Social
- 6:30 An Evening Cinema with Meryl Streep

8

- 9:00 Individual Visits
- 10:30 Sit and Be Fit
- 11:00 Words Within a Word
- 1:30 Courtyard Walk
- 2:30 Afternoon Sip N' Social
- 3:00 Virtual Play "Once Upon a Time"

9 Mother's Day

- 9:00 Individual Visits
- 9:30 Shelburne Methodist
- 10:30 Catholic Mass
- 11:00 Floral Arranging
- 11:30 Mother's Day Dinner
- 1:30 Exercise Class
- 1:30 Lake Champlain Chocolates Ice Cream Truck
- 3:00 Outdoor Walks
- 7:00 Bistro Cinema

10

- 9:00 Individual Visits
- 10:00 Tai Chi for Arthritis
- 11:00 Open Art Studio
- 2:00 Courtyard Walk
- 2:30 Outdoor Performance: Corey Gottfried
- 3:15 First Congregational Church
- 6:30 Evening Cinema

11

- 10:00 Sit and Be Fit
- 11:00 Cognitive Program
- 1:30 Pet Visits with Cutie Pie
- 3:30 Happy Hour
- 4:00 Trivia
- 5:30 Courtyard Walk
- 6:00 Sharing Music
- 6:30 Individual Visits

12

- 10:00 Exercise Class
- 11:00 National Geographic
- 2:00 May Birthday Party
- 3:00 Dementia Support Group
- 3:30 Perennial Garden Walk
- 4:00 Garden Trivia
- 6:00 Word Game
- 6:30 Individual Visits

13

- 10:00 Exercise Class
- 11:00 Resident Meeting
- 2:30 Meditative Coloring
- 3:00 Travel with Rick Steves
- 3:30 Wine & Cheese Social
- 5:30 Evening Walk in the Courtyard
- 6:30 Individual Visits

14

- 9:00 Individual Visits
- 10:30 Sit & Be Fit
- 11:00 Chef's Hour
- 1:30 React Neuro
- 2:30 Perennial Garden Walk
- 3:00 Perennial Garden Social
- 6:30 An Evening Cinema with Meryl Streep

15 Armed Forces Day

- 9:00 Individual Visits
- 10:30 Sit and Be Fit
- 11:00 Words Within a Word
- 1:30 Courtyard Walk
- 2:30 Afternoon Sip N' Social
- 3:00 Andre Rieu - Life is Beautiful

16

- 9:00 Individual Visits
- 9:30 Shelburne Methodist
- 10:30 Catholic Mass
- 11:00 Floral Arranging
- 1:30 Exercise Class
- 2:00 Outdoor Performance: James Kalb
- 3:00 Outdoor Walks
- 7:00 Bistro Cinema

17

- 9:00 Individual Visits
- 10:00 Tai Chi for Arthritis
- 11:00 Open Art Studio
- 2:00 Outdoor Ice Cream Stand
- 2:00 Courtyard Walk
- 2:30 Museum Masterpieces
- 3:15 First Congregational Church
- 6:30 Evening Cinema

18

- 10:00 Sit and Be Fit
- 11:00 Cognitive Program
- 1:30 Pet Visits with Cutie Pie
- 3:30 Happy Hour
- 4:00 Trivia
- 5:30 Courtyard Walk
- 6:00 Sharing Music
- 6:30 Individual Visits

19

- 10:00 Tai Chi for Arthritis
- 11:00 National Geographic
- 1:30 Drumming Fit w/Cathy
- 1:30 May Paint & Sip
- 3:00 Dementia Support Group
- 3:30 Perennial Garden Walk
- 4:00 Garden Trivia
- 6:00 Word Game
- 6:30 Individual Visits

20

- 10:00 Barres Exercise Program
- 11:00 Barres Exercise Program
- 2:00 Live "Bird Ambassador"
- 2:00 Art Workshop: Patriotic Bandana Wreath
- 3:00 Travel with Rick Steves
- 3:30 Wine & Cheese Social
- 4:30 Lobby Word Game
- 5:30 Evening Walk in the Courtyard

21

- 9:00 Individual Visits
- 10:30 Sit & Be Fit
- 11:00 Meet and Greet with Lydia
- 1:30 React Neuro
- 2:30 Perennial Garden Walk
- 3:00 Perennial Garden Social
- 6:30 An Evening Cinema with Meryl Streep

22

- 9:00 Individual Visits
- 10:30 Sit and Be Fit
- 11:00 Words Within a Word
- 1:30 Courtyard Walk
- 2:30 Afternoon Sip N' Social
- 3:00 New York Philharmonic

23

- 9:00 Individual Visits
- 9:30 Shelburne Methodist
- 10:30 Catholic Mass
- 11:00 Floral Arranging
- 1:30 Exercise Class
- 3:00 Outdoor Walks
- 7:00 Bistro Cinema

24

- 9:00 Individual Visits
- 10:00 Tai Chi for Arthritis
- 11:00 Open Art Studio
- 2:00 Outdoor Ice Cream Stand
- 2:00 Courtyard Walk
- 2:30 Museum Masterpieces
- 3:15 First Congregational Church
- 6:30 Evening Cinema

25

- 10:00 Sit and Be Fit
- 11:00 Cognitive Program
- 1:30 Pet Visits with Cutie Pie
- 1:30 Outdoor Walks
- 2:00 A Bird's Eye View of Shelburne Bay
- 3:30 Happy Hour
- 4:00 Trivia
- 6:30 Individual Visits

26

- 10:00 Tai Chi for Arthritis
- 11:00 National Geographic
- 1:30 Drumming Fit w/Cathy
- 3:00 Dementia Support Group
- 3:30 Perennial Garden Walk
- 4:00 Garden Trivia
- 6:00 Word Game
- 6:30 Individual Visits

27

- 9:00 Individual Visits
- 10:00 Barres Exercise Program
- 10:30 History & Evolution of the American Flag
- 11:00 Barres Exercise Program
- 2:00 Memorial Day Tribute w/Neal
- 3:30 Wine & Cheese Social
- 5:30 Evening Walk

28

- 9:00 Individual Visits
- 10:30 Sit & Be Fit
- 11:00 Word Game
- 2:30 Perennial Garden Walk
- 2:30 Perennial Garden Social
- 6:30 An Evening Cinema with Meryl Streep

29

- 9:00 Individual Visits
- 10:30 Sit and Be Fit
- 11:00 Words Within a Word
- 1:30 Courtyard Walk
- 2:30 Afternoon Sip N' Social
- 3:00 From Lawrence Welk with Love

East Engagement Calendar

East Notes

There is not a foot clinic scheduled for May. The foot clinic is scheduled for June 2nd (9:00-12:00) in the art room

All church services are virtual

Masks are required at all programs and in common areas

PROGRAM

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