

Themed Raised Bed Gardening



Join us for themed raised bed gardening Thursday, May 22 with a variety of stations set up in the West and East Community. We will have a master gardener on-site to offer guidance and planting tips.

Marigolds, Mascarpone & Music

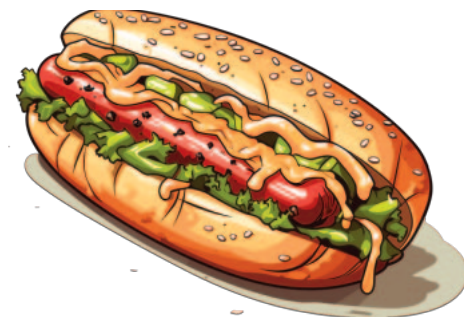


Celebrate spring with us! Welcome the new season as we sway to and fro from the dining room to the courtyard with harp music filling the air. Bring your gardening gloves as we fill our new raised garden beds with color and hope for the season

Tea and tea cakes will be served.

Thursday, May 29, 2:00 - 4:00pm

Fundraiser Hot Dog Bar



After a very successful hot dog bar last month, the Residents have suggested we host a "Hot Dog Bar" the last Friday of each month until the end of the year. Game On!

Join Us Friday May, 30th

All proceeds will benefit the Alzheimer's Association.

THE RESIDENCE at Shelburne Bay

THE RESIDENCE AT SHELburne BAY *Associates*

Todd Patterson
Executive Director

Cassandra Landies
Business Office Director

Sarah Dickinson
Sales and Marketing

Kristin Sogluizzo
Resident Care Director

Amy Croteau
Reflections Director

Aaron LaFountain
Maintenance Director

Mark Anthony Conway
Restaurant Operations Director

Lori Leclair
Resident Engagement Director



May Music at Shelburne Bay



5/09 - Guitarist Bob Recuperio

5/11 - Guitar Duo John & Marge Butterfield

5/18 - Guitarist Mark Harding

5/27 - Guitarist Bart Feller

5/29 - Harpist Margie Bekoff

Weather permitting, join us in the courtyard.

Coming in July - a month of jazz!

Benefits of Gardening

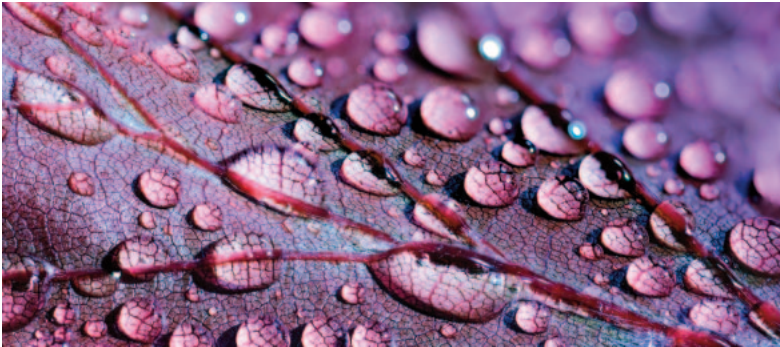
Gardening offers a wide range of benefits as a hobby, impacting physical, mental, and social well-being. It provides a low-impact form of exercise, reduces stress, boosts mood, and can even improve

cognitive function. Additionally, gardening fosters a connection with nature, enhances self-esteem, and can lead to healthier eating habits. Join us in May for scheduled gardening events.



Good Times. Good Friends. *Great Care!*

SundayMondayTuesdayWednesdayThursdayFridaySaturday



4
10:00 Charlotte Cong Church Svc
10:00 Cardio Drumming
10:30 Catholic Mass
10:45 Bio of Judy Garland
1:00 Herbal Tea & Pastries
1:30 Gentle Yoga
2:30 Great Poets of America
3:00 Floral Arranging
6:30 Movie - A Star is Born

5 Happy B'day Joy
10:00 Tai Chi for Meditation
10:45 The Life of Birds with David Attenborough
1:30 Barre & Balance Exercise
1:30 Open Art Studio
2:30 Gentle Aqua Aerobics
3:00 Chocolate Bingo & More
4:00 Wine & Cheese Social

6
9:30 Men's Coffee Club
10:00 Lengthen & Strengthen
10:00 Still Life Workshop
11:00 Audio Literature Hour
1:30 Parkinson's Exer Class
2:30 Travel with Rick Steve's
4:00 Happy Hour
7:00 Heartland

7
10:00 Tai Chi for Arthritis
11:00 TED Talks & Discussion
11:00 Wordscapes Challenge
1:30 Gentle Aqua Aerobics
1:30 Cardio Drumming
1:30 Outing - Seb's Snack Bar
2:30 Craft: Mandala Coasters
3:00 Bible Study
7:00 Rummikub Club

8
10:00 Barre & Balance Exercise
10:45 Guided Meditation
11:00 NY Times Word Games
1:30 Barre & Balance Exercise
2:30 Music Listening Hour
2:30 Creating with Clay
3:00 Resident Meeting
7:00 Heartland

9
10:00 Stretch & Flex
11:00 Composers in History
1:00 Parkinson's Exer. Class
2:00 Catholic Communion
2:00 Guitarist - Bob Recupero
2:00 Scenic Ride - Monkton
3:15 Featured Music Composer
4:00 Wine & Cheese Social
7:00 Board Games

10
10:00 Dancercise Class
10:45 Guided Imagery
11:00 NY Times Spelling Bee
1:00 Ice Cream Social
1:45 Parkinson's Exer. Class
2:00 Cribbage Meet Up
2:30 Matinee - Stepmom
7:00 Rummikub Club

11 Mother's Day
10:00 Charlotte Cong Church Svc
10:00 Cardio Drumming
10:30 Catholic Mass
10:45 Bio of Famous Mothers
1:00 Herbal Tea & Pastries
1:30 Gentle Yoga
2:30 Music: The Butterfields
3:00 Floral Arranging
6:30 Movie - Steel Magnolias

12
10:00 Tai Chi for Meditation
10:45 The Life of Birds with David Attenborough
11:00 Acrylics Art Workshop
1:30 Barre & Balance Exercise
2:30 Gentle Aqua Aerobics
2:30 Floral Design Workshop
3:30 Chocolate Bingo & More
4:00 Wine & Cheese Social

13
9:30 Men's Coffee Club
10:00 Lengthen & Strengthen
10:00 Still Life Workshop
11:00 Trivia Challenge
1:30 Parkinson's Exer Class
2:30 Tech Support with Gabby
3:00 Chef Discussion
4:00 Happy Hour
7:00 Heartland

14 Happy B'day Fred
10:00 Tai Chi for Arthritis
11:00 Wordscapes Challenge
1:30 Gentle Aqua Aerobics
1:30 Cardio Drumming
2:30 Pastel Painting
3:00 Bible Study
7:00 Rummikub Club

15
10:00 Barre & Balance Exercise
10:45 Guided Meditation
11:00 NY Times Word Games
1:30 Barre & Balance Exercise
2:30 Intro to Weaving
2:30 Music Listening Hour
3:00 Hearing Clinic/Screening
7:00 Heartland

16
10:00 Stretch & Flex
11:00 Composers in History
1:00 Parkinson's Exer. Class
2:00 Catholic Communion
2:00 Scenic Ride - Williston
3:15 Featured Music Composer
4:00 Wine & Cheese Social
7:00 Board Games

17
10:00 Dancercise Class
10:45 Guided Imagery
11:00 NY Times Spelling Bee
1:00 Ice Cream Social
1:45 Parkinson's Exer. Class
2:00 Cribbage Meet Up
2:30 Musical - Going My Way
7:00 Rummikub Club

18
10:00 Charlotte Cong Church Svc
10:00 Cardio Drumming
10:30 Catholic Mass
10:45 Bio of Maggi Smith
1:00 Gentle Yoga
2:00 Guitarist - Mark Harding
3:30 Floral Arranging
6:30 Movie-Ladies in Lavender

19
10:00 Tai Chi for Meditation
10:45 The Life of Birds with David Attenborough
11:00 Acrylics Art Workshop
1:30 Barre & Balance Exercise
2:15 Jewelry Design Workshop
2:30 Gentle Aqua Aerobics
3:30 Chocolate Bingo & More
4:00 Wine & Cheese Social

20
9:30 Men's Coffee Club
10:00 Lengthen & Strengthen
10:00 Still Life Workshop
11:00 Audio Literature Hour
1:30 Parkinson's Exer Class
2:30 Travel with Rick Steve's
4:00 Happy Hour
7:00 Heartland

21 Happy B'day Axel
10:00 Tai Chi for Arthritis
11:00 TED Talks & Discussion
11:00 Wordscapes Challenge
1:30 Gentle Aqua Aerobics
1:30 Cardio Drumming
1:30 Outing - Village Scoop
2:30 SHIELD & You Group Talk
3:00 Bible Study
7:00 Rummikub Club

22 Happy B'day Jessie
10:00 Barre & Balance Exercise
10:45 Guided Meditation
11:00 NY Times Word Games
1:30 Barre & Balance Exercise
1:30 Garden Craft: Driftwood Beaded Windchimes
2:00 Signature Event: Themed Raised Bed Gardening
2:30 Music Listening Hour
7:00 Heartland

23
10:00 Stretch & Flex
11:00 Composers in History
1:00 Parkinson's Exer. Class
2:00 Catholic Communion
2:00 Scenic Ride - Colchester
3:15 Featured Music Composer
4:00 Wine & Cheese Social
7:00 Board Games

24
10:00 Dancercise Class
10:45 Guided Imagery
11:00 NY Times Spelling Bee
1:00 Ice Cream Social
1:45 Parkinson's Exer. Class
2:00 Cribbage Meet Up
2:30 Matinee - On Golden Pond
7:00 Rummikub Club

25
10:00 Charlotte Cong Church Svc
10:00 Cardio Drumming
10:30 Catholic Mass
10:45 Bio of Ethel Merman
1:00 Herbal Tea & Pastries
1:30 Gentle Yoga
2:00 Presentation: Exploring Artist w/Dawn Schmidt
3:00 Floral Arranging
6:30 Movie - Call Me Madam

26 Memorial Day
10:00 Tai Chi for Meditation
10:45 The Life of Birds with David Attenborough
11:00 Acrylics Art Workshop
1:30 Barre & Balance Exercise
2:30 Gentle Aqua Aerobics
2:30 Paint and Sip Studio
3:30 Chocolate Bingo & More
4:00 Wine & Cheese Social

27 Happy B'day Sally
9:30 Men's Coffee Club
10:00 Lengthen & Strengthen
10:00 Still Life Workshop
11:00 Trivia Challenge
1:30 Parkinson's Exer Class
2:30 Tech Support with Gabby
4:00 Happy Hour Music w/Bart
7:00 Heartland

28
10:00 Tai Chi for Arthritis
11:00 Wordscapes Challenge
1:30 Gentle Aqua Aerobics
1:30 Cardio Drumming
2:30 Pastel Painting
2:30 Audio Literature Hour
3:00 Bible Study
7:00 Rummikub Club

29
10:00 Barre & Balance Exercise
10:45 Guided Meditation
11:00 NY Times Word Games
1:30 Barre & Balance Exercise
2:00 Sig. Event - Marigolds, Mascarpone & Music
2:30 Intro to Weaving
2:30 Music Listening Hour
7:00 Heartland

30
10:00 Stretch & Flex
11:00 Composers in History
1:00 Parkinson's Exer. Class
2:00 Catholic Communion
2:00 Fundraiser Hot Dog Bar
2:00 Scenic Ride - Essex
3:15 Featured Music Composer
4:00 Wine & Cheese Social
7:00 Board Games

31
10:00 Dancercise Class
10:45 Guided Imagery
11:00 NY Times Spelling Bee
1:00 Ice Cream Social
1:45 Parkinson's Exer. Class
2:00 Cribbage Meet Up
2:30 Broadway Musical - Till the Clouds Roll By
7:00 Rummikub Club

EAST NOTES

May 21st
East Foot Clinic
9am - 4pm

East Programs
Dial 5556

West Programs
Dial 5555

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