

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!

Community 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
 West Great Room/West Front Porch

THE RESIDENCE at Shelburne Bay

THE RESIDENCE AT SHELBURNE BAY *Associates*

Joseph Horwitz
Interim 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



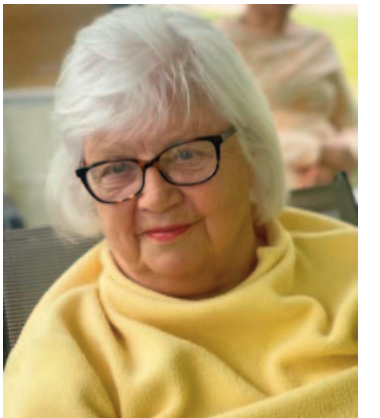
The Power of a Smile



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
10:30 Catholic Mass
10:45 Exploring Modern Marvels
1:00 Herbal Tea & Pastries
1:00 Gentle Yoga
2:00 Yesterday's Movie Replay
3:00 Floral Arranging

7
10:00 Tai Chi for Meditation
10:45 Season One: Secrets of Beautiful Gardens:
1:30 Barre & Balance Exercise
2:30 Aqua Aerobics
3:30 Open Art Studio
4:00 Wine & Cheese Social

13 Happy B"day Virginia
10:00 Charlotte Cong Church Svc
10:00 Cardio Drumming
10:30 Catholic Mass
11:00 Floral Arranging
1:00 Herbal Tea & Pastries
1:00 Gentle Yoga
2:00 Music: Red Clover Jazz
7:00 Movie: Rescued By Ruby

14
10:00 Tai Chi for Meditation
10:45 Season One: Secrets of Beautiful Gardens
11:00 Acrylics Art Workshop
1:30 Barre & Balance Exercise
2:30 Aqua Aerobics
2:30 Jewelry Workshop w/Gabby
4:00 Wine & Cheese Social

20 Happy B'day Joan
10:00 Charlotte Cong Church Svc
10:00 Cardio Drumming
10:30 Catholic Mass
10:45 NY Times Spelling Bee
1:00 Herbal Tea & Pastries
1:00 Gentle Yoga
2:00 Presentation: Exploring Artists with Dawn Schimdt
3:00 Floral Arranging

21
10:00 Tai Chi for Meditation
10:45 Season One: Secrets of Beautiful Gardens
11:00 Watercolor Art Workshop
1:30 Barre & Balance Exercise
2:30 Aqua Aerobics
2:30 Open Art Studio
4:00 Wine & Cheese Social

27
10:00 Charlotte Cong Church Svc
10:00 Cardio Drumming
10:30 Catholic Mass
10:45 Exploring Modern Marvels
1:00 Herbal Tea & Pastries
1:00 Gentle Yoga
2:00 Yesterday's Movie Replay
3:00 Floral Arranging

28
10:00 Tai Chi for Arthritis
10:45 Season One: Secrets of Beautiful Gardens
1:30 Barre & Balance Exercise
2:30 Paint & Sip Studio
2:30 Music Listening Hour
4:00 Wine & Cheese Social

1
9:30 Men's Coffee Club
10:00 Lengthen & Strengthen
11:00 Audio Literature Hour
1:15 Parkinson's Exercise
2:00 Engagement Planning Mtg
3:00 Travel with Rick Steve's
4:00 Happy Hour
7:00 Series: All Creatures Great & Small

8
9:30 Men's Coffee Club
10:00 Lengthen & Strengthen
11:00 Collage Expressions
1:15 Parkinson's Exercise
2:00 Famous Events in History
3:30 Seafood Appetizers & Summer Sips Social
6:30 Michael Strauss and Friends Music Performance

15
9:30 Men's Coffee Club
10:00 Lengthen & Strengthen
11:00 Audio Literature Hour
1:15 Parkinson's Exercise
2:30 Travel with Rick Steve's
4:00 Happy Hour
7:00 Series: All Creatures Great & Small

22
9:30 Men's Coffee Club
10:00 Lengthen & Strengthen
11:00 Collage Expressions
1:15 Parkinson's Exercise
2:00 Famous Events in History
2:30 Tech Support with Gabby
4:00 Happy Hour
7:00 Series: All Creatures Great & Small

29
9:30 Men's Coffee Club
10:00 Lengthen & Strengthen
11:00 Audio Literature Hour
1:15 Parkinson's Exercise
2:30 Travel with Rick Steve's
4:00 Happy Hour
7:00 Milton Community Band

2 Happy B'day Jean
10:00 Tai Chi for Arthritis
11:00 Wordscapes Challenge
1:30 Gentle Aqua Aerobics
1:30 Cardio Drumming
2:00 Outing: Papa Frank's IC
2:30 Creating with Clay
3:00 Bible Study
7:00 Rummikub Club

9
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

16
10:00 Tai Chi for Arthritis
10:45 Great American Poets
11:30 Picnic at Oakledge Park
1:30 Gentle Aqua Aerobics
1:30 Cardio Drumming
2:00 Paparazzi Jewelry
Alzheimer's Fund Raiser
3:00 Bible Study
7:00 Rummikub Club

23
10:00 Tai Chi for Arthritis
11:00 Wordscapes Challenge
1:30 Gentle Aqua Aerobics
1:30 Cardio Drumming
2:30 Creating with Clay
3:00 Bible Study
3:00 SHIELD and You w/Jennifer
7:00 Rummikub Club

30
10:00 Tai Chi for Arthritis
11:00 Wordscapes Challenge
1:30 Gentle Aqua Aerobics
1:30 Cardio Drumming
1:30 Lake Champlain Ferry & Ice Cream Outing
3:00 Bible Study
3:00 Poetry Writing with a Legend - Betsy Sholl
7:00 Rummikub Club

3
10:00 Barre & Balance Exercise
10:45 Guided Meditation
11:00 NY Times Word Games
1:30 Parkinson's Exercise
2:30 Birdhouse Workshop
2:30 Music Listening Hour
7:00 Series: All Creatures Great and Small

10
10:00 Barre & Balance Exercise
10:45 Guided Meditation
11:00 Meditative Coloring
1:30 Barre & Balance Exercise
2:00 Wellness Presentation: Summer Health with Bayada
3:00 Resident Meeting
7:00 Series: All Creatures Great and Small

17
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 Tie Dyed Scarf Workshop
7:00 Series: All Creatures Great and Small

24 Happy B'day Lydia
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 Paper Weaving Workshop
7:00 Series: All Creatures Great and Small

31
10:00 Barre & Balance Exercise
10:45 Guided Meditation
11:00 NY Times Word Games
1:30 Barre & Balance Exercise
2:30 Mandala Coaster Workshop
3:30 Blue Brass - Harp & Horn
7:00 Series: All Creatures Great and Small

4 Happy B'day Marlene
Independence Day
10:00 Stretch & Flex
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
7:00 Board Games

11
10:00 Stretch & Flex
11:00 History - 101 Greatest Lost American Traditions
1:00 Parkinson's Exercise
2:00 Catholic Communion
2:00 Scenic Ride - Williston
2:30 Broadway Musical Showing Moulin Rouge (2001)
4:00 Wine & Cheese Social
7:00 Board Games

18 Happy B'day Judy
10:00 Stretch & Flex
11:00 Arts & Culture - France
1:00 Parkinson's Exercise
2:00 Catholic Communion
2:00 Music: Bob Recupero
2:00 Scenic Ride - Essex
4:00 Wine & Cheese Social
7:00 Board Games

25
10:00 Stretch & Flex
11:00 Composers in History
11:00 BBC Great Composer/Wagner
1:00 Parkinson's Exercise
2:00 Catholic Communion
2:00 Scenic Ride - Colchester
2:30 Zentangle with Friends
4:00 Wine & Cheese Social
7:00 Board Games



5
10:00 Dancercise Class
10:45 Guided Imagery
11:00 NY Times Spelling Bee
1:15 Parkinson's Exercise
2:00 Cribbage Meet Up
2:00 Root Beer Float Social
2:30 Movie/Yankee Doodle Dandy
7:00 Rummikub Club

12
10:00 Dancercise Class
10:45 Guided Imagery
11:00 NY Times Spelling Bee
12:30 Alzheimer's Fundraiser "Dress the Dog"
2:00 Cribbage Meet Up
2:00 Movie - Forrest Gump
2:30 Parkinson's Exercise
7:00 Rummikub Club

19
10:00 Dancercise Class
10:45 Guided Imagery
11:00 NY Times Spelling Bee
1:15 Parkinson's Exercise
1:30 Ice Cream Social
2:00 Cribbage Meet Up
2:00 Art Workshop with Ashley
2:30 Matinee - Nonnas
7:00 Rummikub Club

26
10:00 Dancercise Class
10:45 Guided Imagery
11:00 NY Times Spelling Bee
1:15 Parkinson's Exercise
2:00 Cribbage Meet Up
2:00 Root Beer Social
2:30 Matinee - For the Love of the Game
7:00 Rummikub Club

EAST NOTES

July 16
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