

Parkinson's Disease Learning Session

Join us for a discussion on Parkinson's disease to learn about:

- The symptoms and stages of Parkinson's disease
- Opportunities to manage symptoms
- Techniques to enhance mobility safety
- Strategies and resources for symptom management
- Speaker: Katie Jewett, Bayada Program Manager

Eyeglasses and Hearing Aids Drive

We are collecting new and gently used:

Eyeglasses (prescription & reading glasses)

Hearing aids (any condition or brand)

Your donations will help individuals in need gain access to essential vision and hearing care. Donations may be dropped off in the West Mailroom until the end of June.



Memory Care Support Group

If you are caring for a loved one with Alzheimer's or other dementia, join us at our monthly support group. Connect and share stories with people who understand the challenges you face, in a safe, supportive and engaging environment. Educational presentations may also be provided and participants can help choose the discussion topics.



April Concerts/Performances

4/4 & 4/18 - Innermost Art Classes

4/10 - Margie & John Butterfield (Guitarists)

4/16 - Mad River Distillers Lecture/Cocktails

4/20 - Community Singing with Sarah (pianist)

4/26 - Exploring Artists with Dawn Schmidt

4/28 - Happy Hour Music with Bart Feller (solo guitarist)

4/29 - Evening Music with Tournesal Jazz Band



Cocktails with Mad River Distillers

Discover the story behind Mad River Distillers - how the company came to life, transformed a run-down horse barn into a state-of-the-art craft distillery in 2011, and produced its first spirit, Mad River First Run Rum, in May 2013.

Join us for an afternoon of craft cocktails and conversation as we partner with Mad River Distillers for an interactive mixology experience. Their expert team will guide guests through the creation of two signature cocktails while sharing the

story behind their Vermont-made spirits, the inspiration behind each drink, and the unique ingredients that bring them to life.



Good Times. Good Friends. *Great Care!*

THE RESIDENCE AT SHELburne BAY *Associates*

Katy Munzir

Executive Director

Cassandra Landies

Business Office Director

Aaron LaFountain

Maintenance Director

Heather Lambert

Resident Care Director

Lori Leclair

Resident Engagement Director

Yangchen Kelly

Resident Experience Coordinator

Shannon Sunderland

Sales & Marketing Director

Martha Halnon

Reflections Director



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

WEST NOTES

April 15th
West Foot Clinic
8:30am - 3:30pm

West Programs
Dial 5555

East Programs
Dial 5556

Bistro Hours
Tuesday - Friday
11:am - 2:00pm

April 19th
Hearing Clinic
3:00pm
West Exercise Room

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



5 Easter
Happy B'day Lois
10:00 Charlotte Cong Church Svc
10:00 Stretch and Flex Class
11:00 NY Times Spelling Bee
11:15 Catholic Mass
1:30 Gentle Yoga
2:00 Afternoon Tea & Pastries
3:00 Musical - Easter Parade

6 Happy B'day Larilee
10:00 Lengthen & Strengthen
11:00 Aqua Aerobics
11:15 Wordscape Challenge
1:30 Barre & Balance Exercise
3:30 Wine & Cheese Social
3:30 Open Art Studio
6:30 Bridge - Club Meet Up

7
9:45 Low Intensity Exercise
10:30 Exercise Class with John
11:15 America's National Parks
1:30 Mahjongg Club
2:00 Knitting Stitching & More
3:00 Chef's Hour with Jason
4:00 Happy Hour
7:00 Movie: Spaghetti Western

8 Happy B'day Lyn
10:00 Tai Chi for Arthritis
11:00 NY Times Spelling Bee
12:30 Praying the Rosary
1:30 Line Dancing Class
1:30 Shopping - Hannaford
2:00 Memory Care Support Grp.
2:30 Pastel Art Class
3:30 Wine with an Art Curator
7:00 Series: Heartland

9
10:00 Lengthen & Strengthen
11:00 Aqua Aerobics
11:15 Historic New England
1:00 Bridge Club
1:00 Tech Support with Gabby
1:30 Barre & Balance Exercise
2:00 Lecture: Parkinson's Awareness with Bayada
3:45 Knitting for Charity
7:00 Rummikub Meet Up

10
9:45 Low Intensity Exercise
10:30 Exercise Class with John
11:00 Trivia Challenge
11:00 Poetry Writing with Gabby
2:00 Catholic Communion
2:30 Music - The Butterfields
3:00 Floral Arranging
4:00 Wine & Cheese Social

11
10:00 Lengthen and Strengthen
11:00 Mimosa Spring Social
1:30 Parkinson's Power Moves
2:00 Rummikub Meet - Up
2:00 NY Times Spelling Bee
3:00 Literature Listening Hour
7:00 Movie - Quartet

12
10:00 Charlotte Cong Church Svc
10:00 Stretch and Flex Class
11:00 NY Times Spelling Bee
11:15 Catholic Mass
1:30 Gentle Yoga
2:00 Afternoon Tea & Pastries
7:00 Docu: Glitter and Gold

13
10:00 Lengthen & Strengthen
11:00 Aqua Aerobics
11:15 The Life of Mammals
1:30 Barre & Balance Exercise
2:00 Navigating Through Loss
3:30 Wine & Cheese Social
3:30 Open Art Studio
6:30 Bridge - Club Meet Up

14 Happy B'day Kennedy
9:45 Low Intensity Exercise
10:30 Exercise Class with John
11:15 America's National Parks
1:30 Mahjongg Club
2:00 Knitting Stitching & More
3:30 Mindful Meditation
4:00 Happy Hour
7:00 Movie - Rain Man

15 Happy B'day MaryEllen
10:00 Tai Chi for Arthritis
11:00 NY Times Spelling Bee
12:30 Praying the Rosary
1:30 Line Dancing Class
1:30 Shopping - Hannaford
2:30 TED Talks & Discussion
4:00 Wine & Cheese Social
7:00 Series: Heartland

16
10:00 Lengthen & Strengthen
11:00 Aqua Aerobics
1:00 Bridge Club
1:30 Barre & Balance Exercise
2:00 Lecture & Craft Cocktails w/Mad River Distillers
3:00 Hearing Clinic/Screening
7:00 Rummikub Meet Up

17
9:45 Low Intensity Exercise
10:30 Exercise Class with John
11:15 Trivia Challenge
2:00 Catholic Communion
2:30 Visions of Canada
3:00 Zentangle Art
3:00 Floral Arranging
4:00 Wine & Cheese Social

18 Happy B'day Helen
10:00 Lengthen and Strengthen
11:00 NY Times Spelling Bee
1:30 Parkinson's Power Moves
2:00 Rummikub Meet - Up
2:00 Innermost Art with Ashley
2:00 Movie - Camelot
2:30 Ice Cream Social

19
10:00 Charlotte Cong Church Svc
10:00 Stretch and Flex Class
11:00 NY Times Spelling Bee
11:15 Catholic Mass
1:30 Gentle Yoga
2:00 Afternoon Tea & Pastries
7:00 Documentary - Pangolin

20
10:00 Lengthen & Strengthen
11:00 Aqua Aerobics
11:15 Wordscape Challenge
1:30 Barre & Balance Exercise
1:30 Resident Book Club
2:30 Community Singing w/Sarah
3:30 Open Art Studio
4:00 Wine & Cheese Social
6:30 Bridge - Club Meet Up

21
9:45 Low Intensity Exercise
10:30 Exercise Class with John
11:00 Shopping - Dollar General
11:15 America's National Parks
1:30 Mahjongg Club
2:00 Knitting Stitching & More
3:30 Mindful Meditation
4:00 Happy Hour
7:00 Movie: Spaghetti Western

22 Earth Day
10:00 Tai Chi for Arthritis
11:00 NY Times Spelling Bee
12:30 Praying the Rosary
1:30 Line Dancing Class
1:30 Shopping - Hannaford
2:30 Pastel Art Class
3:30 Wine with an Art Curator
7:00 Series: Heartland

23
10:00 Lengthen & Strengthen
11:00 Aqua Aerobics
11:15 Historic New England
1:00 Bridge Club
1:00 Tech Support with Gabby
1:30 Barre & Balance Exercise
2:00 Warm Sips & Sweets Social
3:45 Knitting for Charity
7:00 Rummikub Meet Up

24
9:45 Low Intensity Exercise
10:30 Exercise Class with John
11:00 Trivia Challenge
11:00 Poetry Writing with Gabby
2:00 Catholic Communion
2:30 Visions of Austria
3:00 Floral Arranging
4:00 Wine & Cheese Social

25
10:00 Lengthen and Strengthen
11:00 NY Times Spelling Bee
1:30 Parkinson's Power Moves
2:00 Rummikub Meet - Up
2:00 Ice Cream Social
3:00 Literature Listening Hour
7:00 Movie - A Chorus Line

26
10:00 Charlotte Cong Church Svc
10:00 Stretch and Flex Class
11:00 NY Times Spelling Bee
11:15 Catholic Mass
1:30 Gentle Yoga
1:30 Afternoon Tea & Pastries
2:30 Presentation: Exploring Artists with Dawn Schmidt
7:00 Docu: Safe the Children

27
10:00 Lengthen & Strengthen
11:00 Aqua Aerobics
11:15 The Life of Mammals
1:30 Barre & Balance Exercise
2:30 Paint and Sip Studio
3:30 Wine & Cheese Social
6:30 Bridge - Club Meet Up

28
9:45 Low Intensity Exercise
10:30 Exercise Class with John
11:15 America's National Parks
1:30 Mahjongg Club
2:00 Knitting Stitching & More
3:30 Mindful Meditation
4:00 Happy Hour Music w/Bart
7:00 Evening Movie - The Trip to Bountiful

29
10:00 Tai Chi for Arthritis
11:00 NY Times Spelling Bee
12:30 Praying the Rosary
1:30 Line Dancing Class
1:30 Shopping - Hannaford
2:30 TED Talks & Discussion
2:30 Chinese Ink Painting
4:00 Wine & Cheese Social
7:00 Evening Music: Tournesal

30 Happy B'day Carrie
10:00 Lengthen & Strengthen
11:00 Aqua Aerobics
1:00 Bridge Club
1:30 Barre & Balance Exercise
2:00 Warm Sips & Sweets Social
2:30 Spring Wreath Workshop
3:45 Knitting for Charity
7:00 Rummikub Meet Up

