

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.

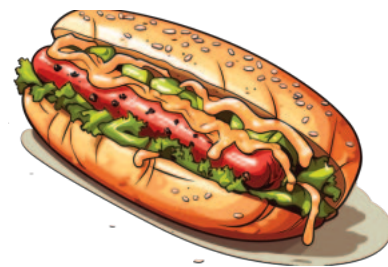
Marigolds, Mascarpone & Music



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

Kristin Sogluizzo
Resident Care Director

Amy Croteau
Reflections Director

Mark Anthony Conway
Restaurant Operations Director

Sarah Dickinson
Sales and Marketing

Aaron LaFountain
Maintenance Director

Lori Leclair
Resident Engagement Director



May Music at Shelburne Bay

5/09 - Guitarist Bob Recuperero

5/11 - Guitar Duo John & Marge Butterfield

5/18 - Guitarist Mark Harding

5/27 - Guitarist Bart Feller

5/29 - Harpist Margie Bekoff

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
11:30 Catholic Mass
1:00 Herbal Tea & Pastries
1:30 Gentle Yoga
2:30 Great Poets of America
7:00 The Life of Birds with David Attenborough

5
10:00 Tai Chi for Meditation
10:30 Lengthen & Strengthen
11:00 Aqua Aerobics
11:00 The Great Courses: The World's Greatest Churches
1:30 Barre & Balance Exercise
1:30 Open Art Studio
4:00 Wine & Cheese Social

6
9:45 Low Intensity Exercise
10:30 Exercise Class with John
11:15 Documentary: Judy Garland
1:30 Mahjongg Club
1:30 Parkinson's Exer Class
3:00 Chef Discussion
4:00 Happy Hour
7:00 Movie: A Star is Born

7
10:00 Tai Chi for Arthritis
11:00 TED Talks & Discussion
12:30 Praying the Rosary
1:30 Line Dancing Class
2:30 Classic Movie Trivia
2:30 Craft: Mandala Coasters
4:00 Wine & Cheese Social
7:00 Heartland

8
10:00 Lengthen & Strengthen
11:00 Aqua Aerobics
11:00 Big Pacific (series)
1:00 Bridge Club
1:30 Tech Support w/Gabby
1:30 Bar & Balance Exercise
2:30 Creating with Clay
3:45 Knitting for Charity
7:00 Rummikub Meet Up

9
9:45 Low Intensity Exercise
10:30 Exercise Class with John
11:15 Travelogue & Discuss
11:30 Shopping - Hannaford
1:00 Parkinson's Exer. Class
2:00 Catholic Communion
2:00 Guitarist - Bob Recupero
2:30 Quilt Gathering Workshop
4:00 Wine & Cheese Social

10 Happy B'day Joan
9:30 Exercise Class with John
10:00 Dancercise Class
11:00 NY Times Spelling Bee
1:00 Ice Cream Social
1:30 Floral Arranging
1:45 Parkinson's Exer. Class
2:00 Cribbage Meet Up
2:30 Gustav Holst-The Planets
6:00 Kentucky Derby Party

11 Mother's Day
10:00 Charlotte Cong Church Svc
10:00 Cardio Drumming
11:30 Catholic Mass
1:00 Herbal Tea & Pastries
1:30 Gentle Yoga
2:30 Music: The Butterfields
7:00 The Life of Birds with David Attenborough

12
10:00 Tai Chi for Meditation
10:30 Lengthen & Strengthen
11:00 Aqua Aerobics
11:00 The Great Courses: The World's Greatest Churches
1:30 Barre & Balance Exercise
2:30 Audio Literature Club
2:30 Floral Design Workshop
4:00 Wine & Cheese Social

13
9:45 Low Intensity Exercise
10:30 Exercise Class with John
11:15 Engagement Planning Mtg
1:30 Mahjongg Club
1:30 Parkinson's Exer Class
2:30 Documentary: Ethel Merman
4:00 Happy Hour
7:00 Movie: Call Me Madam

14
10:00 Tai Chi for Arthritis
11:00 NY Times Spelling Bee
12:30 Praying the Rosary
1:30 Line Dancing Class
1:30 Outing - Fleming Museum
2:30 Pastel Painting
4:00 Wine & Cheese Social
7:00 Heartland

15
10:00 Lengthen & Strengthen
11:00 Aqua Aerobics
11:00 Big Pacific (series)
1:00 Bridge Club
1:30 Tech Support w/Gabby
1:30 Bar & Balance Exercise
3:00 Hearing Clinic/Screening
3:45 Knitting for Charity
7:00 Rummikub Meet Up

16
9:45 Low Intensity Exercise
10:30 Exercise Class with John
11:30 Shopping - Hannaford
1:00 Parkinson's Exer. Class
1:30 Low Vision Support Group
2:00 Catholic Communion
2:30 Composers in History
4:00 Wine & Cheese Social

17
9:30 Exercise Class with John
10:00 Dancercise Class
11:00 NY Times Spelling Bee
1:00 Ice Cream Social
1:30 Floral Arranging
1:45 Parkinson's Exer. Class
2:00 Cribbage Meet Up
2:00 Il Barbiere di Siviglia (The Barber of Seville))
7:00 Met Opera Replay

18
10:00 Charlotte Cong Church Svc
10:00 Cardio Drumming
11:30 Catholic Mass
1:00 Gentle Yoga
2:00 Guitarist - Mark Harding
7:00 The Life of Birds with David Attenborough

19
10:00 Tai Chi for Meditation
10:30 Lengthen & Strengthen
11:00 Aqua Aerobics
11:00 The Great Courses: The World's Greatest Churches
1:30 Barre & Balance Exercise
2:15 Jewelry Design Workshop
4:00 Wine & Cheese Social

20 Foot Clinic 9-12
9:45 Low Intensity Exercise
10:30 Exercise Class with John
1:30 Mahjongg Club
1:30 Parkinson's Exer Class
2:00 Rubber Stamping Workshop
2:30 Documentary: Maggi Smith
4:00 Happy Hour
7:00 Movie: Ladies in Lavender

21 Happy B'day Barbara
10:00 Tai Chi for Arthritis
11:00 TED Talks & Discussion
12:30 Praying the Rosary
1:30 Line Dancing Class
2:30 SHIELD & You Group Talk
4:00 Wine & Cheese Social
7:00 Heartland

22
10:00 Lengthen & Strengthen
11:00 Aqua Aerobics
11:00 Big Pacific (series)
1:00 Bridge Club
1:30 Bar & Balance Exercise
1:30 Garden Craft: Driftwood Beaded Windchimes
2:00 Signature Event: Themed Raised Bed Gardening
7:00 Rummikub Meet Up

23
9:45 Low Intensity Exercise
10:30 Exercise Class with John
10:30 Outing - The Round Hearth
11:15 Travelogue & Discuss
1:00 Parkinson's Exer. Class
2:00 Catholic Communion
2:30 Quilt Gathering Workshop
4:00 Wine & Cheese Social

24 Happy B'day Sally
10:00 Dancercise Class
11:00 NY Times Spelling Bee
1:00 Ice Cream Social
1:30 Floral Arranging
1:45 Parkinson's Exer. Class
2:00 Cribbage Meet Up
2:30 CFC Arts Orchestra - Symphonic Disney
2:30 Innermost Artist w/Ashley
7:00 Symphonic Disney Replay

25
10:00 Charlotte Cong Church Svc
10:00 Cardio Drumming
11:30 Catholic Mass
1:00 Herbal Tea & Pastries
1:30 Gentle Yoga
2:00 Presentation: Exploring Artist w/Dawn Schmidt
7:00 Evening Movie: The Iron Lady with Meryl Streep

26 Memorial Day
10:00 Tai Chi for Meditation
10:30 Lengthen & Strengthen
11:00 Aqua Aerobics
11:00 The Great Courses: The World's Greatest Churches
11:15 Jewelry Workshop
1:30 Barre & Balance Exercise
2:30 Book Club Gathering
2:30 Paint and Sip Studio
4:00 Wine & Cheese Social

27
9:45 Low Intensity Exercise
10:30 Exercise Class with John
1:30 Mahjongg Club
1:30 Parkinson's Exer Class
2:30 Documentary: Cher
4:00 Happy Hour Music w/Bart
7:00 Movie: Tea with Mussolini

28
10:00 Tai Chi for Arthritis
11:00 NY Times Spelling Bee
12:30 Praying the Rosary
1:30 Line Dancing Class
1:30 Outing - Red Wagon Plants Greenhouse
2:30 Pastel Painting
4:00 Wine & Cheese Social
7:00 Heartland

29
10:00 Lengthen & Strengthen
11:00 Aqua Aerobics
11:00 Big Pacific (series)
1:00 Bridge Club
1:30 Tech Support w/Gabby
1:30 Bar & Balance Exercise
2:00 Sig. Event - Marigolds, Mascarpone & Music
3:45 Knitting for Charity
7:00 Rummikub Meet Up

30
9:45 Low Intensity Exercise
10:30 Exercise Class with John
11:30 Shopping - Hannaford
1:00 Parkinson's Exer. Class
2:00 Catholic Communion
2:00 Fundraiser Hot Dog Bar
2:30 Composers in History
4:00 Wine & Cheese Social

31
9:30 Exercise Class with John
10:00 Dancercise Class
11:00 NY Times Spelling Bee
1:00 Ice Cream Social
1:30 Floral Arranging
1:45 Parkinson's Exer. Class
2:00 Cribbage Meet Up
2:30 Broadway - Till the Clouds Roll By
7:00 Broadway Replay

WEST NOTES

May 20th

West Foot Clinic

9am - 12pm

West Programs

Dial 5555

East Programs

Dial 5556

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