



THE RESIDENCE  
at Shelburne Bay

## Education & Enrichment for Everyone

**10/1 -The Need for Justice Reform**

Jessica Brown, Visiting Professor in Criminal Law and Procedure, Vermont Law School; Former Supervising Attorney, Chittenden County Public Defender Office

**10/8 – The Dysfunctional Congress: How It Got This Way and Why It Matters**

Linda Fowler, Professor of Government and Frank J. Reagan Chair in Policy Studies, Emerita, Dartmouth College

**10/16 – Doing and Undoing**

Xusana Davis, Executive Director of Racial equity, State of Vermont

**10/22 – Monuments, Memory and Loss in the American Cityscape**

Kelly Helmstutler Di Dio, Professor of Art and History and Associate Dean, College of Arts and Sciences, University of Vermont

**10/29 – History and Architecture of the University of Vermont’s Redstone Campus**

Britta Tonn, Architectural Historian

Education & Enrichment for Everyone (EEE) is a lifelong learning organization open to all. EEE holds weekly lectures on interesting and diverse topics every fall and spring. Currently these take place on Fridays from 2-3pm live on Zoom Webinar in the Great Room of the West Building.

## October Birthday Celebration

When: Sunday, October 24th

Time: 2:30pm

Where: West Great Room

Join Us for cake, ice cream and a chance to enter a drawing for a special prize. Winner to be announced at the party



## Upcoming October Events

October 6th - Live Music with Corey Gottfried

October 13th - Live Music with Carolyn DeFrancesco

October 18th - Sip and Paint



October 21st - Wine & Cheese Social with Guitarist with Bart Feller

October 28th - Boos and Wine Halloween Party

October ??? - Middlebury College “a cappella” Group (date TBA)

THE RESIDENCE AT  
SHELburne BAY  
*Associates*

Todd Patterson  
*Executive Director*

Cassandra Landies  
*Business Office Director*

Sarah Dickinson  
*Sales and Marketing*

Arnd Sievers  
*Culinary Service Director*

Lydia Raymond  
*Reflections Director*

Lori Leclair  
*Resident Engagement Director*



## Magic Show at Shelburne Bay

Dr. Steve Taubman is an international speaker and bestselling author who loves to share his magic

as a way to open hearts and minds. His lighthearted, informal style of presentation delivers laughter, astonishment, and curiosity. Join Dr. Steve Monday, October 25th for a fun program including card tricks, coin tricks, mindreading demonstrations, and a few other surprises!



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

**31 OCTOBER**

- 9:30 Shelburne Methodist
- 10:00 Chair Exercises
- 10:45 Shopping for Words
- 11:00 Catholic Mass
- 1:30 Walking Club
- 2:30 The History of Halloween
- 4:00 Sip N' Chat
- 7:00 Downtown Abbey (west)



## East Engagement Calendar

**1**

- 10:00 Stretch & Tone
- 10:45 Dining Room Centerpieces
- 11:00 Quarter Bingo
- 1:30 Stretch & Tone
- 2:00 EEE Zoom Lecture
- 2:45 The Carol Burnett Show

**2**

- 10:00 Total Fitness
- 10:45 Word Jumble
- 1:30 Chair Exercises
- 2:00 Cribbage
- 2:30 Trivia Challenge
- 3:00 Shel Bay Knitting Club
- 6:00 Saturday Night at the Movies

**3**

- 9:30 Shelburne Methodist
- 10:00 Chair Exercises
- 10:45 Shopping for Words
- 11:00 Catholic Mass
- 1:30 Walking Club
- 2:00 Rick Steves: Libson
- 2:30 Sherbet Punch Social
- 7:00 Downtown Abbey (west)

**4**

- 10:00 Tai Chi for Arthritis
- 10:45 Pinterest Craft Hour
- 2:00 Make Your Own Sundae
- 2:30 Nature Lover's Journal
- 3:00 Shel Bay Poker Club
- 4:00 Guided Nature Walk
- 6:00 On the Silver Screen

**5**

- 9:30 Men's Coffee Club
- 10:00 Strength and Tone
- 10:45 NY Times Spelling Bee
- 1:00 Alzheimer's Support Group
- 1:30 Audio Book Club
- 2:00 Scrabble Meet Up
- 3:00 Seated Tai Chi
- 3:30 Trivia Challenge
- 4:00 Happy Hour (west)
- 6:00 Music Appreciation

**6 Polka Day Day**

- 10:00 Tai Chi for Arthritis
- 10:45 The Unsinkable Molly Brown House Museum
- 1:00 React Neuro Session
- 1:30 Cardio Drumming
- 2:00 Live Music: Corey Gottfried
- 3:30 Wine Down Wednesday
- 3:30 Quarter Bingo

**7**

- 10:00 Barre & Balance Class
- 10:45 Shopping for Words
- 1:30 Barre & Balance Class
- 2:00 Scenic Ride
- 2:30 Craft: Tie Dyed Scarves
- 5:45 This Was the Year
- 6:30 Great Performers: Gershwin

**8**

- 10:00 Stretch & Tone
- 10:45 Dining Room Centerpieces
- 11:00 Quarter Bingo
- 1:30 Stretch & Tone
- 2:00 EEE Zoom Lecture
- 2:30 S'mores in the Circle
- 3:30 The Carol Burnett Show

**9**

- 10:00 Total Fitness
- 10:45 Word Jumble
- 1:30 Chair Exercises
- 2:00 Cribbage
- 2:30 Livestream Event: Arturo O'Farrill Quintet
- 3:00 Shel Bay Knitting Club
- 6:00 Saturday Night at the Movies

**10**

- 9:30 Shelburne Methodist
- 10:00 Chair Exercises
- 10:45 Shopping for Words
- 11:00 Catholic Mass
- 1:30 Cardio Drumming
- 2:30 Rick Steves: Western Turkey
- 3:00 Sip N' Chat
- 7:00 Downtown Abbey (west)

**11 Columbus Day**

- 10:00 Tai Chi for Arthritis
- 10:45 Pinterest Craft Hour
- 2:00 Outing: Oakledge Park Tree House
- 2:00 Make Your Own Sundae
- 2:30 Blankets for a Cause
- 3:00 Shel Bay Poker Club
- 5:45 Guided Nature Walk
- 6:00 On the Silver Screen

**12**

- 9:30 Men's Coffee Club
- 10:00 Strength and Tone
- 10:45 NY Times Spelling Bee
- 1:30 TED Talks
- 2:00 Scrabble Meet Up
- 3:00 Seated Tai Chi
- 3:30 Trivia Challenge
- 4:00 Happy Hour (west)
- 6:00 Music Appreciation

**13 Spirit Day**

- 9:00 Foot Clinic until 12PM
- 10:00 Tai Chi for Arthritis
- 10:45 Colorado History Museum
- 1:00 React Neuro Session
- 1:30 Cardio Drumming
- 2:00 Live Music: Carolyn DeFrancesco
- 3:30 Wine Down Wednesday
- 3:30 Quarter Bingo

**14**

- 10:00 Barre & Balance Class
- 11:00 Resident Meeting
- 1:30 Barre & Balance Class
- 2:00 Scenic Ride
- 2:30 Jewelry Class
- 3:30 Cornhole
- 5:45 This Was the Year
- 6:30 Great Performers Best at POPS

**15**

- 10:00 Stretch & Tone
- 10:45 Dining Room Centerpieces
- 11:00 Chef's Hour
- 11:00 Quarter Bingo
- 1:30 Stretch & Tone
- 2:00 EEE Zoom Lecture
- 2:45 The Carol Burnett Show

**16**

- 10:00 Total Fitness
- 10:45 Word Jumble
- 1:30 Chair Exercises
- 2:00 Cribbage
- 2:30 Trivia Challenge
- 3:00 Shel Bay Knitting Club
- 6:00 Saturday Night at the Movies

**17**

- 9:30 Shelburne Methodist
- 10:00 Chair Exercises
- 10:45 Shopping for Words
- 11:00 Catholic Mass
- 1:30 Cardio Drumming
- 2:30 Neal's Video Show
- 3:30 Sip N' Chat
- 7:00 Downtown Abbey (west)

**18**

- 10:00 Tai Chi for Arthritis
- 10:45 Pinterest Craft Hour
- 2:00 Make Your Own Sundae
- 2:00 October Paint & Sip
- 3:00 Shel Bay Poker Club
- 3:30 Cornhole (west)
- 6:00 On the Silver Screen

**19**

- 9:30 Men's Coffee Club
- 10:00 Strength and Tone
- 10:45 NY Times Spelling Bee
- 1:30 Audio Book Club
- 2:00 Scrabble Meet Up
- 3:00 Seated Tai Chi
- 3:30 Trivia Challenge
- 4:00 Happy Hour (west)
- 6:00 Music Appreciation

**20 Plaid Day**

- 10:00 Tai Chi for Arthritis
- 10:45 California Surf Museum
- 1:00 React Neuro Session
- 1:30 Cardio Drumming
- 2:00 Tech Workshop
- 3:30 Wine Down Wednesday
- 3:30 Quarter Bingo

**21**

- 10:00 Barre & Balance Class
- 10:45 Shopping for Words
- 1:30 Barre & Balance Class
- 2:00 Scenic Ride
- 4:00 Wine & Cheese Social w/Guitarist Bart
- 5:45 This Was the Year
- 6:30 Great Performers: Songs from Broadway Musicals

**22**

- 10:00 Stretch & Tone
- 10:45 Dining Room Centerpieces
- 11:00 Quarter Bingo
- 1:30 Stretch & Tone
- 2:00 EEE Zoom Lecture
- 2:45 The Carol Burnett Show

**23**

- 10:00 Total Fitness
- 10:45 Word Jumble
- 1:30 Chair Exercises
- 2:00 Cribbage
- 2:30 Trivia Challenge
- 3:00 Shel Bay Knitting Club
- 6:00 Saturday Night at the Movies

**24**

- 9:30 Shelburne Methodist
- 10:00 Chair Exercises
- 10:45 Shopping for Words
- 11:00 Catholic Mass
- 1:30 Cardio Drumming
- 2:30 October Birthday Party
- 3:00 Rick Steves: Why We Travel
- 7:00 Downtown Abbey (west)

**25**

- 10:00 Tai Chi for Arthritis
- 10:45 Pinterest Craft Hour
- 2:00 Dr. Steve Taubman's Spectacular Magic Show
- 3:00 Shel Bay Poker Club
- 3:30 Nature Lover's Journal
- 5:45 Guided Nature Walk
- 6:00 On the Silver Screen

**26**

- 9:30 Men's Coffee Club
- 10:00 Strength and Tone
- 1:30 Presentation: Nature Photography with Boston
- 2:00 Scrabble Meet Up
- 3:00 Seated Tai Chi
- 3:30 Trivia Challenge
- 4:00 Happy Hour (west)
- 6:00 Music Appreciation

**27 Orange Day**

- 10:00 Tai Chi for Arthritis
- 10:45 The National Museum of Racing: Horse Power
- 1:00 React Neuro Session
- 1:00 Craft Market Until 4pm
- 1:30 Cardio Drumming
- 3:30 Wine Down Wednesday
- 3:30 Quarter Bingo

**28**

- 10:00 Barre & Balance Class
- 10:45 Shopping for Words
- 1:30 Barre & Balance Class
- 2:00 Scenic Ride
- 2:30 Jewelry Class
- 3:30 Cornhole
- 4:00 Boos and Wine Halloween Party
- 5:45 This Was the Year
- 6:30 Great Performers: Andre

**29**

- 10:00 Stretch & Tone
- 10:45 Dining Room Centerpieces
- 11:00 Quarter Bingo
- 1:30 Stretch & Tone
- 2:00 EEE Zoom Lecture
- 2:45 The Carol Burnett Show

**30**

- 10:00 Total Fitness
- 10:45 Word Jumble
- 1:30 Chair Exercises
- 2:00 Cribbage
- 2:30 Trivia Challenge
- 3:00 Shel Bay Knitting Club
- 6:00 Saturday Night at the Movies

### East Notes

\*EEE = Education & Enrichment for Everyone

\*October 8th East Foot Clinic

\*October 31st Halloween Candy Pass For Residents and Associates

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### PROGRAM

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

Events are subject to change.