NOVEMBER 2026

THE RESIDENCE at Shelburne Bay

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 **9:00** Daily Chronicles **10:00** Exercise Class **11:00** Arts/Crafts **11:15** Worship Services - Virtual **1:00** Afternoon Tea & Pastries **1:15** Cardio Drumming **3:30** Bingo **6:30** Movie of the Day!	**02** **9:00** Daily Chronicles **10:00** Chair Tai Chi **11:00** Arts/Crafts **1:15** Cardio Drumming **2:00** Refreshments **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!	**03** **9:00** Daily Chronicles **10:00** Exercise Class **11:00** Arts/Crafts **1:15** Cardio Drumming **2:00** Refreshments **2:00** Bus outing! **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!	**04** **9:00** Daily Chronicles **10:00** Chair Tai Chi **11:00** Arts/Crafts **1:15** Cardio Drumming **2:00** Refreshments **3:00** Bible Study **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!	**05** **9:00** Daily Chronicles **10:00** Fitness Class w/ Bayada **11:00** Arts/Crafts **1:15** Cardio Drumming **2:00** Refreshments **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!	**06** **9:00** Daily Chronicles **10:00** Chair Tai Chi **11:00** Arts/Crafts **1:15** Cardio Drumming **2:00** Scenic Ride **2:00** Refreshments **3:00** Guitarist - Mike Chapman **6:00** Daily Thanks **6:30** Movie of the Day!	**07** **9:00** Daily Chronicles **10:00** Chair Tai Chi **11:00** Arts/Crafts **1:15** Cardio Drumming **2:00** Refreshments **3:00** Dissipated Eight Middlebury College A Cappella Group **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!
08 **9:00** Daily Chronicles **10:00** Exercise Class **11:00** Arts/Crafts **11:15** Worship Services - Virtual **1:00** Afternoon Tea & Pastries **1:15** Cardio Drumming **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!	**09** **9:00** Daily Chronicles **10:00** Chair Tai Chi **11:00** Arts/Crafts **1:15** Cardio Drumming **2:00** Refreshments **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!	**10** **9:00** Daily Chronicles **10:00** Exercise Class **11:00** Arts/Crafts **1:15** Cardio Drumming **2:00** Bus outing! **2:00** Bayada - Healthy Through the Holidays w/Lauren Weaver **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!	**11** **Veterans Day** **9:00** Daily Chronicles **10:00** Chair Tai Chi **11:00** Arts/Crafts **11:30** Veteran's Day Luncheon **1:15** Cardio Drumming **2:00** Refreshments **3:00** Bible Study **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!	**12** **9:00** Daily Chronicles **10:00** Exercise Class **11:00** Arts/Crafts **1:15** Cardio Drumming **2:00** Refreshments **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!	**13** **9:00** Daily Chronicles **10:00** Chair Tai Chi **11:00** Arts/Crafts **1:15** Cardio Drumming **2:00** Scenic Ride **2:00** Refreshments **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!	**14** **Happy Birthday Michael D.** **9:00** Daily Chronicles **10:00** Chair Tai Chi **11:00** Arts/Crafts **1:15** Cardio Drumming **2:00** Refreshments **2:30** Ice Cream Social **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!
15 **9:00** Daily Chronicles **10:00** Exercise Class **11:00** Arts/Crafts **11:15** Worship Services - Virtual **1:15** Cardio Drumming **2:00** Refreshments **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!	**16** **9:00** Daily Chronicles **10:00** Chair Tai Chi **11:00** Arts/Crafts **1:15** Cardio Drumming **2:00** Refreshments **2:30** Memory Care Support Group **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!	**17** **9:00** Daily Chronicles **10:00** Exercise Class **11:00** Arts/Crafts **1:15** Cardio Drumming **2:00** Refreshments **2:00** Bus outing! **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!	**18** **9:00** Daily Chronicles **10:00** Chair Tai Chi **11:00** Arts/Crafts **1:15** Cardio Drumming **2:00** Refreshments **3:00** Bible Study **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!	**19** **9:00** Daily Chronicles **10:00** Fitness Class w/ Bayada **11:00** Arts/Crafts **1:15** Cardio Drumming **2:00** Refreshments **3:00** Hearing Clinic/Screening **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!	**20** **9:00** Daily Chronicles **10:00** Chair Tai Chi **11:00** Arts/Crafts **1:15** Cardio Drumming **2:00** Scenic Ride **2:00** Refreshments **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!	**21** **9:00** Daily Chronicles **10:00** Chair Tai Chi **11:00** Arts/Crafts **1:15** Cardio Drumming **2:00** Refreshments **2:30** Ice Cream Social **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!
22 **9:00** Daily Chronicles **10:00** Exercise Class **11:00** Arts/Crafts **11:15** Worship Services - Virtual **1:15** Cardio Drumming **2:00** Refreshments **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!	**23** **9:00** Daily Chronicles **10:00** Chair Tai Chi **11:00** Arts/Crafts **1:15** Cardio Drumming **2:00** Refreshments **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day! **7:00** Concert - Take Five Jazz	**24** **9:00** Daily Chronicles **10:00** Exercise Class **11:00** Arts/Crafts **1:15** Cardio Drumming **2:00** Refreshments **2:00** Bus outing! **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!	**25** **9:00** Daily Chronicles **10:00** Chair Tai Chi **11:00** Arts/Crafts **1:15** Cardio Drumming **2:00** Refreshments **3:00** Bible Study **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!	**26** **Thanksgiving Day** **9:00** Daily Chronicles **10:00** Exercise Class **11:00** Arts/Crafts **1:15** Cardio Drumming **2:00** Refreshments **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!	**27** **Day after Thanksgiving Day** **9:00** Daily Chronicles **10:00** Chair Tai Chi **11:00** Arts/Crafts **1:15** Cardio Drumming **2:00** Scenic Ride **2:00** Refreshments **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!	**28** **9:00** Daily Chronicles **10:00** Chair Tai Chi **11:00** Arts/Crafts **11:00** Mimosa Social **1:15** Cardio Drumming **2:00** Refreshments **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!
29 **9:00** Daily Chronicles **10:00** Exercise Class **11:00** Arts/Crafts **11:15** Worship Services - Virtual **1:15** Cardio Drumming **2:00** Refreshments **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!	**30** **9:00** Daily Chronicles **10:00** Chair Tai Chi **11:00** Arts/Crafts **1:15** Cardio Drumming **2:00** Refreshments **3:30** Bingo **6:00** Daily Thanks **6:30** Movie of the Day!			**Birthdays** 14th - Michael D.		

Our Engagement program is built upon both our residents' interests and our Five Principles for Vitality:
Continued Learning – Arts & Culture – Physical Fitness – Community Connections – Wellness & Self Care

AN LCB SENIOR LIVING COMMUNITY