Craft Fair & Soup Bar



Friday, November 20th
11:00 AM – 4:00 PM
West Great Room

Come spend a cozy fall day with us!
Shop our Craft Fair and discover unique handmade treasures.
Enjoy our delicious Soup Bar and warm up with a comforting bowl of soup.

Vendors Wanted!

There is still space available for vendors to set up and showcase their crafts. If you're interested in becoming a vendor, we'd love to have you join us! Bring a friend, come hungry, and enjoy a wonderful fall day of shopping, good food, and community!
Contact: Lori Leclair

Charitable Drive

Donation of Hats, Mittens and Socks

This winter we will once again be accepting donations of new hats, mittens and warm socks to donate to COTS - Committee on Temporary Shelter. Donations may be added to the basket located in the West Mail Room or Sunroom adjacent to the East Dining Room.



THE RESIDENCE at Shelburne Bay

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Katy Munzir
Executive Director

Cassondra Landies
Business Office Director

Shannon Sunderland
Sales & Marketing

Yangchen Kelly
Sales Associate

Heather Lambert
Resident Care Director

Aaron LaFountain
Maintenance Director

Martha Halon
Reflections Director

Jason Williams
Restaurant Operations

Lori Leclair
Engagement Director



West November Music

11/6 – Guitarist Mike Chapman
11/7 – Dissipated Eight
Middlebury College A Cappella
11/15 – She Was Right
Four-Person Band
11/17 – Syrinx: Choral Group
11/23 – Take Five Jazz
11/24 – Happy Hour
with Guitarist Bart





Veteran's Day



Honoring Those Who Served

Veteran's Day Luncheon
Wednesday, November 11th
11:30 am - 1:00 pm

Join Us in the West Dining Room

Join us as we come together to honor the courage, dedication, and sacrifice of the men and women who have served in the U.S. Armed Forces.
We are proud to recognize the veterans in our community and welcome veterans and guests from near and far for an afternoon of gratitude, fellowship, and appreciation.
Enjoy a special lunch prepared and served by our culinary team.
We invite you to join us in saying: Thank you for your service!

Good Times, Good Friends, Great Care!

NOVEMBER 2026

THE RESIDENCE at Shelburne Bay

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 **10:00** Charlotte Cong Church Svc **10:00** Stretch and Flex Class **11:00** Wordscapes Challenge **11:15** Catholic Mass **1:00** Afternoon Tea & Pastries **1:30** Gentle Yoga Class **2:30** Music with Andre Rieu **7:00** Andre Rieu Repeat	**02** **10:00** Lengthen & Strengthen **11:00** Aqua Aerobics **11:15** NY Times Spelling Bee **11:45** Outing: Charlotte Senior Ctr **1:30** Barre and Balance Class **3:30** Open Art Studio **3:30** Wine & Cheese Social **6:00** Poker Texas Holdem **7:00** Bridge Club Meet Up	**03** **Happy Birthday Rachel G.** **9:45** Low Intensity Exercise **10:30** Exercise Class with John **11:15** America's Founding Fathers **1:30** Mindful Meditation **1:30** Mahjongg Club **2:00** Chef's Hour with Jason **2:30** Knitting Club Meet Up **4:00** Happy Hour	**04** **10:00** Tai Chi for Arthritis **11:00** NY Times Spelling Bee **11:30** Shopping - Hannaford **12:30** Praying the Rosary **1:30** Line Dancing Class **3:30** Wine With an Art Curator **3:30** Bistro Happy Hour **7:00** Series: Heartland	**05** **9:30** Guided Imagery Session **10:00** Lengthen & Strengthen **11:00** Resident Meeting **1:00** Tech Support with Gabby **1:00** Bridge Club **1:30** Aqua Aerobics **2:30** Pressed Flower Workshop **2:30** Movie: Les Miserables **3:45** Knitting for Charity **7:00** Rummikub Meet Up	**06** **9:45** Low Intensity Exercise **10:30** Exercise Class with John **11:00** Poetry Writing with Gabby **11:30** Event Planning Mtg **2:00** Catholic Mass **3:00** Floral Arranging **3:00** Guitarist - Mike Chapman **4:00** Wine & Cheese Social	**07** **10:00** Lengthen & Strengthen **11:00** NY Times Spelling Bee **11:00** Mimosa Social **12:00** Mindful Meditation **1:30** Cribbage Meet Up **1:30** Parkinson's Power Moves **2:00** Rummikub Meet - Up **3:00** Dissipated Eight Middlebury College A Cappella Group **7:00** Movie Matinee -Gigi
08 **10:00** Charlotte Cong Church Svc **10:00** Stretch and Flex Class **11:00** Wordscapes Challenge **11:15** Catholic Mass **1:00** Afternoon Tea & Pastries **1:30** Gentle Yoga Class **2:30** Handel's Water Music **7:00** Handel's Water Music Repeat	**09** **10:00** Lengthen & Strengthen **11:00** Aqua Aerobics **11:15** NY Times Spelling Bee **11:45** Outing: Charlotte Senior Ctr **1:30** Barre and Balance Class **2:00** Navigating Through Loss **3:30** Open Art Studio **3:30** Wine & Cheese Social **6:00** Poker Texas Holdem **7:00** Bridge Club Meet Up	**10** **9:45** Low Intensity Exercise **10:30** Exercise Class with John **11:15** America's Founding Fathers **1:30** Mindful Meditation **1:30** Mahjongg Club **2:00** Bayada - Healthy Through the Holidays w/Lauren Weaver **2:30** Knitting Club Meet Up **4:00** Happy Hour	**11** **Veterans Day** **10:00** Tai Chi for Arthritis **11:00** NY Times Spelling Bee **11:30** Shopping - Hannaford **11:30** Veteran's Day Luncheon **12:30** Praying the Rosary **1:30** Line Dancing Class **2:30** TED Talks & Discussion **4:00** Wine & Cheese Social **7:00** Series: Heartland	**12** **9:30** Guided Imagery Session **10:00** Lengthen & Strengthen **11:00** Aqua Aerobics **1:00** Bridge Club **1:30** Barre and Balance Class **2:00** Guest Speaker - Spa Day Your Way **3:45** Knitting for Charity **7:00** Rummikub Meet Up	**13** **Happy Birthday Stanley S.** **9:45** Low Intensity Exercise **10:30** Exercise Class with John **11:15** Trivia Challenge **2:00** Catholic Communion **2:30** Secrets of Great British Castles **3:00** Floral Arranging **4:00** Wine & Cheese Social	**14** **9:30** Exercise Class with John **10:00** Lengthen & Strengthen **11:00** NY Times Spelling Bee **12:00** Mindful Meditation **1:30** Cribbage Meet Up **1:30** Parkinson's Power Moves **2:00** Rummikub Meet - Up **2:30** Ice Cream Social **7:00** Movie - The Great Debaters
15 **10:00** Charlotte Cong Church Svc **10:00** Stretch and Flex Class **11:00** Wordscapes Challenge **11:15** Catholic Mass **1:00** Afternoon Tea & Pastries **1:30** Gentle Yoga Class **3:00** Concert - She Was Right	**16** **10:00** Lengthen & Strengthen **11:00** Aqua Aerobics **11:15** NY Times Spelling Bee **11:45** Outing: Charlotte Senior Ctr **1:30** Resident Book Club **1:30** Barre and Balance Class **3:00** Memory Care Support Group **3:30** Wine & Cheese Social **6:00** Poker Texas Holdem **7:00** Bridge Club Meet Up	**17** **9:45** Low Intensity Exercise **10:30** Shopping - Dollar Tree **10:30** Exercise Class with John **11:15** America's Founding Fathers **1:30** Mahjongg Club **2:30** Knitting Club Meet Up **3:00** Veteran's Group **4:00** Happy Hour **7:00** Syrinx - Choral Group	**18** **10:00** Tai Chi for Arthritis **11:00** NY Times Spelling Bee **11:30** Shopping - Hannaford **12:30** Praying the Rosary **1:30** Line Dancing Class **2:00** SHIELD and You Discussion **3:30** Wine With an Art Curator **7:00** Series: Heartland	**19** **10:00** Lengthen & Strengthen **11:00** Open Aqua Aerobics **1:00** Cardio Drumming Class **1:00** Tech Support with Gabby **1:00** Bridge Club **2:30** Beaded Jewelry Workshop **3:00** Hearing Clinic/Screening **3:00** Resident and Associate Appreciation Gathering **7:00** Rummikub Meet Up	**20** **Craft Fair & Soup Bar 11am - 4pm** **9:45** Low Intensity Exercise **10:30** Exercise Class with John **11:00** Poetry Writing with Gabby **11:15** Trivia Challenge **2:00** Catholic Communion **3:00** Floral Arranging **4:00** Wine & Cheese Social	**21** **10:00** Lengthen & Strengthen **11:00** NY Times Spelling Bee **12:00** Mindful Meditation **1:30** Cribbage Meet Up **1:30** Parkinson's Power Moves **2:00** Rummikub Meet - Up **2:00** Innermost Art with Ashley **2:30** Ice Cream Social **7:00** Movie - Good Morning Vietnam
22 **10:00** Charlotte Cong Church Svc **10:00** Stretch and Flex Class **11:00** Wordscapes Challenge **11:15** Catholic Mass **1:00** Afternoon Tea & Pastries **1:30** Gentle Yoga Class **2:30** Opera - The Magic Flute	**23** **10:00** Lengthen & Strengthen **11:00** Aqua Aerobics **11:15** NY Times Spelling Bee **11:45** Outing: Charlotte Senior Ctr **1:30** Barre and Balance Class **2:30** Paint and Sip Studio Class **3:30** Wine & Cheese Social **6:00** Poker Texas Holdem **7:00** Bridge Club Meet Up **7:00** Concert - Take Five Jazz	**24** **9:45** Low Intensity Exercise **10:30** Exercise Class with John **11:15** America's Founding Fathers **1:30** Mindful Meditation **1:30** Mahjongg Club **2:30** Knitting Club Meet Up **4:00** Happy Hour w/Guitarist Bart	**25** **Happy Birthday Karin D.** **10:00** Lengthen & Strengthen **11:00** NY Times Spelling Bee **11:30** Shopping - Hannaford **12:30** Praying the Rosary **2:30** TED Talks & Discussion **2:30** Pastel Workshop **4:00** Wine & Cheese Social **7:00** Series: Heartland	**26** **Happy Birthday Charles L.** **Thanksgiving Day** **8:30** Thanksgiving Day Parade **10:00** Lengthen & Strengthen **11:00** Open Aqua Aerobics **1:00** Bridge Club **1:30** Parkinson Power Moves **2:30** Pumpkin Pie & Coffee Bar **3:00** Musical - Holiday Inn **7:00** Rummikub Meet Up	**27** **Day after Thanksgiving Day** **9:45** Low Intensity Exercise **10:30** Exercise Class with John **11:15** Trivia Challenge **2:00** Catholic Communion **2:30** Secrets of Great British Castles **3:00** Floral Arranging **4:00** Happy Hour Pizza Style	**28** **9:30** Exercise Class with John **10:00** Lengthen & Strengthen **11:00** Mimosa Social **12:00** Mindful Meditation **1:30** Cribbage Meet Up **1:30** Parkinson's Power Moves **2:00** Rummikub Meet - Up **2:30** NY Times Spelling Bee **7:00** Movie: Christmas on the Square
29 **Happy Birthday Judy S.** **10:00** Charlotte Cong Church Svc **10:00** Stretch and Flex Class **11:00** Wordscapes Challenge **11:15** Catholic Mass **1:00** Afternoon Tea & Pastries **1:30** Gentle Yoga Class **2:30** Exploring Art w/Dawn Schmidt	**30** **Happy Birthday Gillian S.** **10:00** Lengthen & Strengthen **11:00** Aqua Aerobics **11:15** NY Times Spelling Bee **11:45** Outing: Charlotte Senior Ctr **1:30** Barre and Balance Class **3:30** Open Art Studio **3:30** Wine & Cheese Social **6:00** Poker Texas Holdem **7:00** Bridge Club Meet Up				**West Programs** **Dial 5555** **East Programs** **Dial 5556**	**West Community**

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