Annual Food Drive

The Residence At Selleck's Woods will be partnering with Darien's local nonprofit, Person to Person, for our annual food drive from October 1 to November 19. Person to Person, established in 1968 in response to the assassination of Martin Luther King Jr.;dedicated to ensuring everyone has access to the help they need when they need it.

Your support and contributions can make a significant difference in our community.

MOST NEEDED P2P PANTRY ITEMS

Hearty Soups, Cereal & Oatmeal, Pancake Mix, Peanut Butter & Jelly
Canned Fruits & Veggies, Dried & Canned Beans, Pasta & Sauce
Protein/Granola Bars, Shelf-stable Milk and Fresh Produce .
Let's join hands and make a positive impact together.

November Book Club

Bestselling author John Grisham delivers a gripping, suspenseful page-turner about a Paris honeymoon gone horribly wrong—and the nightmare that follows. After Paul and Chelsea Tanner's fairytale wedding, their future is full of promise. But their honeymoon to Paris takes a dark, shocking turn when they are kidnapped while on a day trip to the French countryside. Who would target them, and why?



It turns out this is not the first crime of its kind. The search for clues soon stretches across borders, with the FBI, CIA, and French Intelligence trying to work together to put the pieces of the puzzle together. Struggling to find answers, a young lawyer is recruited to be the bait in an elaborate CIA operation.

Propulsive and surprising, The French Illusion is an unmistakable Grisham thrill ride—gripping and impossible to put down.

THE RESIDENCE at Selleck's Woods

The Residence at Selleck's Woods

The Leadership Team

Kristin Jackson
Executive Director

Sheryl Bilyard
Sr. Resident Care Director

Dawn Clark
Director of Reflections

Mavel Jones
Resident Engagement Director

Julia Loda
Marketing & Sales Director

Danielle Marques
Sr. Business Office Director

TBA
Maintenance Director

Dane Shouder
Director of Culinary Operations



Veterans Day Ceremony



You are cordially invited to our Veterans Luncheon, an event of great significance as we gather to honor the courage, dedication, and sacrifice of the valiant individuals who have served in the US Armed Forces.

Together, we will pay tribute to the veterans within our community and extend a warm welcome to those near and far, inviting them to join us in showing gratitude for their service. A delectable lunch, artfully prepared by our culinary team, will be served with the utmost appreciation for all those who have fearlessly served our nation. The event is scheduled for Wednesday, November 11, from 12:00 PM to 1:30 PM. Should you have any queries or wish to secure your reservations, please do so by Monday, November 9th. Reservations can be made by contacting us at 475-328- 1218. Thank You.

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. Join others who understand the challenges, emotions, and questions that come with caring for someone living with dementia. Our group is led by Dawn, our Reflections Director and Certified Dementia Practitioner. Attend in person or virtually. If you plan to join virtually, please contact us to receive the meeting link at dclark@residencesellecksswoods.com

Good Times, Good Friends, Great Care!

NOVEMBER 2026

THE RESIDENCE at Selleck's Woods

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 **9:30** Sport Highlights **10:15** Sunday Morning Praise **11:00** Dance and Movement **11:30** Music Knowledge **1:30** Discussion: World News **2:00** Intellectual Puzzles **2:30** Yoga Flow **3:00** High Tea Social **6:30** Easy Listening	**02** **9:30** News Currents **10:30** Tai Chi for Arthritis **11:00** Card Players Group **1:00** World Travels **2:00** Core Endurance Class **2:30** Intellectual Puzzles **3:00** Mocktail Monday **4:00** Karaoke Performer's Pick **6:30** Healthy Habits Club	**03** **9:30** Good News of Today **10:30** Zumba Dance **11:00** Music and Memories **1:30** Card Writing Club **2:00** Guided Meditation **2:30** Poetry Corner **3:00** Charcuterie Social **4:00** World Discussions **6:00** Remember When- Top Movies	**04** **9:30** News Highlights **10:30** Tai Chi for Arthritis **11:00** Great Poets of America **1:00** Pastry Hour- Baking **2:00** Board & Brain Games **3:00** Pub Hour **4:00** Scrabbles Group **6:30** Broadway Musical!	**05** **9:30** Current Event Discussion **10:30** Barre and Balance **11:00** Word Extraction **11:30** Brain Busters- Instruments **2:30** Yoga Flow **3:00** Charcuterie Social **6:30** Evening Movie **6:30** Movement Meditation	**06** **10:30** Yoga Flow **11:00** Short Stories & Poems **11:30** Dominos **1:00** Art Studio- Water Colors **2:00** Core Endurance Class **2:30** World Travels **3:00** Pub Hour **3:30** Words in Words **4:00** Sports Highlights	**07** **9:30** Weekly News Recap **10:30** Barre and Balance **11:00** Morning Reflection **1:00** Jeopardy **2:00** Scrabble Group **3:00** Happy Hour **3:00** Weekly Digest **5:30** NY Times Wordle **6:30** Expressive Composition
08 **9:30** Sport Highlights **10:15** Sunday Morning Praise **11:00** Dance and Movement **11:30** Music Knowledge **1:30** Discussion: World News **2:00** Intellectual Puzzles **2:30** Yoga Flow **3:00** High Tea Social **6:30** Easy Listening	**09** **9:30** News Currents **10:30** Tai Chi for Arthritis **11:00** Card Players Group **1:00** World Travels **2:00** Core Endurance Class **2:30** Intellectual Puzzles **3:00** Mocktail Monday **4:00** Karaoke Performer's Pick **6:30** Healthy Habits Club	**10** **9:30** Good News of Today **10:30** Zumba Dance **11:00** Music and Memories **1:30** Card Writing Club **2:00** Guided Meditation **2:30** Poetry Corner **3:00** Charcuterie Social **4:00** World Discussions **6:00** Remember When- Top Movies	**11** **Veterans Day** **9:30** News Highlights **10:30** Tai Chi for Arthritis **11:00** Great Poets of America **1:00** Pastry Hour- Baking **2:00** Board & Brain Games **3:00** Pub Hour **4:00** Scrabbles Group **6:30** Broadway Musical!	**12** **9:30** Current Event Discussion **10:30** Barre and Balance **11:00** Word Extraction **11:30** Brain Busters- Instruments **2:30** Yoga Flow **3:00** Charcuterie Social **6:30** Evening Movie **6:30** Movement Meditation	**13** **10:30** Yoga Flow **11:00** Short Stories & Poems **11:30** Dominos **1:00** Art Studio- Water Colors **2:00** Core Endurance Class **2:30** World Travels **3:00** Pub Hour **3:30** Words in Words **4:00** Sports Highlights	**14** **9:30** Weekly News Recap **10:30** Barre and Balance **11:00** Morning Reflection **1:00** Jeopardy **2:00** Scrabble Group **3:00** Happy Hour **3:00** Weekly Digest **5:30** NY Times Wordle **6:30** Expressive Composition
15 **9:30** Sport Highlights **10:15** Sunday Morning Praise **11:00** Dance and Movement **11:30** Music Knowledge **1:30** Discussion: World News **2:00** Intellectual Puzzles **2:30** Yoga Flow **3:00** High Tea Social **6:30** Easy Listening	**16** **9:30** News Currents **10:30** Tai Chi for Arthritis **11:00** Card Players Group **1:00** World Travels **2:00** Core Endurance Class **2:30** Intellectual Puzzles **3:00** Mocktail Monday **4:00** Karaoke Performer's Pick **6:30** Healthy Habits Club	**17** **9:30** Good News of Today **10:30** Zumba Dance **11:00** Music and Memories **1:30** Card Writing Club **2:00** Guided Meditation **2:30** Poetry Corner **3:00** Charcuterie Social **4:00** World Discussions **6:00** Remember When- Top Movies	**18** **9:30** News Highlights **10:30** Tai Chi for Arthritis **11:00** Great Poets of America **1:00** Activity Committee **1:00** Pastry Hour- Baking **2:00** Board & Brain Games **3:00** Pub Hour **4:00** Scrabbles Group **6:30** Broadway Musical!	**19** **9:30** Current Event Discussion **10:30** Barre and Balance **11:00** Word Extraction **11:30** Brain Busters- Instruments **2:30** Yoga Flow **3:00** Charcuterie Social **6:30** Evening Movie **6:30** Movement Meditation	**20** **10:30** Yoga Flow **11:00** Short Stories & Poems **11:30** Dominos **1:00** Art Studio- Water Colors **2:00** Core Endurance Class **2:30** World Travels **3:00** Pub Hour **3:30** Words in Words **4:00** Sports Highlights	**21** **9:30** Weekly News Recap **10:30** Barre and Balance **11:00** Morning Reflection **1:00** Jeopardy **2:00** Scrabble Group **3:00** Happy Hour **3:00** Weekly Digest **5:30** NY Times Wordle **6:30** Expressive Composition
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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