

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>JULY 2023</b></p>	<p><b>THE LANDING AT CAPE ELIZABETH</b></p>	<p><u>LOCATION KEY:</u> TVR-TV ROOM SK-SARA'S KITCHEN PR-PIANO ROOM FP-FIREPLACE ROOM WR-WELLNESS ROOM CK-COUNTRY KITCHEN DR-DINING ROOM</p>	<p>Activities are subject to change</p>	<p>Meet in the lobby 15 minutes before schedule time for all rides</p> <p>Concerts will be held in the Piano Room (unless otherwise specified)</p>	<p>Please sign up for all rides &amp; trips at the Front Desk</p>	<p>1 10:00 Scenic Bus Ride 1:30 Concert with Bess Jacques (PR) 2:45 Ice Cream Social (SK) 6:00 Evening Movie (TVR)</p>	
	<p>2 8:40 Leave for St. Bart's 9:15 Leave for St. Alban's 10:00 Congregational Church on TV (TVR) 1:00 Bingo (CK) 6:00 Evening Movie (TVR)</p>	<p>3 <b>*Salon Open</b> 9:30 Coffee Chat (TVR) 10:30 Zumba (WR) 1:00 Hannaford Trip 3:00 Unscramble the Word (TVR) 6:00 Evening Movie (TVR)</p>	<p>4 <b>Happy 4<sup>th</sup> of July!</b> 9:30 Coffee Chat (TVR) 10:30 Exercise Video (TVR) 1:00 Patriotic Singalong (PR) 2:30 Ice Cream Social (SK) 6:00 Evening Movie (TVR)</p>	<p>5 <b>*Salon Open</b> 9:30 Coffee Chat (TVR) 10:30 Hannaford Trip 1:00-4:00 Portland Wheelers 3:00 Outdoor Walk &amp; Talk 6:00 Evening Movie (TVR)</p>	<p>6 9:30 Communion (FP) 9:30 Coffee Cart 10:45 Cornhole (WR) 1:30 Concert ~ Todd Glacy (PR) 3:00 Bingo (CK) 6:00 Evening Movie (TVR)</p>	<p>7 9:30 Coffee Chat (TVR) 10:30 Exercise Video (TVR) 11:00 Lunch Outing at Tacos and Tequila (meet at 10:45) 2:00 Traveling Library (TVR) 3:00 Scrabble (CK) 6:00 Evening Movie (TVR)</p>	<p>8 10:00 Scenic Bus Ride 1:30 The Memory Lane Show – "Fabulous 40's" (TVR) 2:45 Ice Cream Social (SK) 6:00 Evening Movie (TVR)</p>
	<p>9 8:40 Leave for St. Bart's 9:15 Leave for St. Alban's 10:00 Congregational Church on TV (TVR) 1:00 Bingo (CK) 6:00 Evening Movie (TVR)</p>	<p>10 9:30 Coffee Chat (TVR) 10:30 Exercise Video (TVR) 10:30 Hannaford Trip 1:30 Concert ~Larry "Flash" Allen (PR) 3:00 July Trivia (TVR) 6:00 Evening Movie (TVR)</p> <p><b>National Pina Colada Day</b></p>	<p>11 9:30 Coffee Chat (TVR) 10:30 Virtual Reality Presentation (TVR) 1:30 Price Is Right (TVR) 3:00 Bingo (CK) 6:00 Evening Movie (TVR)</p>	<p>12 <b>*Salon Open</b> 9:30 Coffee Chat (TVR) 10:30 Exercise Video (TVR) 1:00 DSW (Shoe Store) Trip 3:30 One on One Visits 6:00 Evening Movie (TVR)</p>	<p>13 9:30 Communion (FP) 9:30 Coffee Cart 10:45 Exercise with Karen (WR) 1:30 Presentation about "end of Life Services" (TVR) 3:00 Bingo (CK) 6:00 Evening Movie (TVR)</p>	<p>14 9:30 Coffee Chat (TVR) 10:30 Hannaford Trip 1:30 Concert ~ Patrick Freeman (PR) 3:00 Presentation with Kevin Goody (TVR) 6:00 Evening Movie (TVR)</p>	<p>15 10:00 Baking with Karen (CK) 1:00 Scenic Bus Ride 2:45 Ice Cream Social (SK) 6:00 Evening Movie (TVR)</p>
	<p>16 8:40 Leave for St. Bart's 9:15 Leave for St. Alban's 10:00 Congregational Church on TV (TVR) 1:00 Bingo (CK) 6:00 Evening Movie (TVR) <b>National Ice Cream Day</b></p>	<p>17 <b>*Salon Open</b> 9:30 Coffee Chat (TVR) 10:30 Zumba (WR) 1:00 Trader Joe's Trip 3:30 Mad Libs (TVR) 6:00 Evening Movie (TVR)</p>	<p>18 9:30 Coffee Chat (TVR) 10:45 Mini Golf (WR) 1:30 Concert~ Rob Robbins (PR) 2:30 Social Hour (PR) 6:00 Evening Movie (TVR)</p>	<p>19 <b>*Salon Open</b> 9:30 Coffee Chat (TVR) 10:30 Exercise Video (TVR) 1:00-4:00 Portland Wheelers 3:00 Outdoor Walk &amp; Talk 6:00 Evening Movie (TVR)</p>	<p>20 9:30 Communion (FP) 9:30 Coffee Cart 10:30 Exercise Video (TVR) 1:30 Concert ~ Ray Morrow (PR) 3:00 Bingo (CK) 6:00 Evening Movie (TVR)</p>	<p>21 9:30 Coffee Chat (TVR) 10:30 Nail Salon with Cami (CK) 1:00 Hannaford Trip 3:30 UNO (CK) 6:00 Evening Movie (TVR)</p>	<p>22 10:00 Meditative Art (CK) 1:00 Outdoor Walk &amp; Talk 2:30 Ice Cream Social (SK) 6:00 Evening Movie (TVR)</p>
	<p>23 8:40 Leave for St. Bart's 9:15 Leave for St. Alban's 10:00 Congregational Church on TV (TVR) 1:00 Bingo (CK) 6:00 Evening Movie (TVR)</p> <p><b>World Day for Grandparents &amp; Elderly</b></p>	<p>24 9:30 Coffee Chat (TVR) 10:30 Hannaford Trip 10:30 Exercise Video (TVR) 1:30 Concert~ Chris Heard (PR) 3:00 Scrabble (CK) 6:00 Evening Movie (TVR)</p>	<p>25 9:30 Baking with Cami (CK) 10:45 Balloon Badminton (WR) 1:30 One on One Visits 3:00 Bingo (CK) 6:00 Evening Movie (TVR)</p>	<p>26 <b>*Salon Open</b> 9:30 Coffee Chat (TVR) 10:45 Cornhole (WR) 1:00 Dollar Store Trip 3:30 Unscramble the Word (TVR) 6:00 Evening Movie (TVR)</p>	<p>27 9:30 Communion (FP) 9:30 Coffee Cart 10:30 Resident Council Meeting (TVR) 1:00 Hannaford Trip 3:00 Flower Arranging (CK) 6:00 Evening Movie (TVR)</p>	<p>28 9:30 Coffee Chat (TVR) 10:45 Exercise with Karen (WR) 1:00 Bingo (CK) 3:15 Concert ~ Old Time Jazz Band (PR) 6:00 Evening Movie (TVR)</p>	<p>29 10:00 Games with Karen (CK) 1:00 Scenic Bus Ride 2:45 Ice Cream Social (SK) 6:00 Evening Movie (TVR)</p>
	<p>30 8:40 Leave for St. Bart's 9:15 Leave for St. Alban's 10:00 Congregational Church on TV (TVR) 1:00 Bingo (CK) 2:45 Concert~ Masanobu &amp; Friends (PR) 6:00 Evening Movie (TVR)</p>	<p>31 <b>*Salon Open</b> 9:30 Coffee Chat (TVR) 10:30 Exercise Video (TVR) 1:00 Trader Joe's Trip 3:30 UNO (CK) 6:00 Evening Movie (TVR)</p>	<p><i>Stay tuned for details about another SPIRIT WEEK this month!</i></p>				

# HAPPY FOURTH OF JULY