

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>8:40 Leave for St. Bart's Church 9:15 Leave for St. Alban's Church 10:00 Congregational Church TVR 1:00 Bingo CK 3:00 UNO Card Game CK 6:00 Evening Movie TVR</p>	<p>2 <i>Labor Day</i></p> <p>9:30 Coffee Chat TVR 10:45 Stretching with Ellen WR 1:00 Hannaford Trip 3:00 Unscramble the Word TVR 6:00 Evening Movie TVR</p>	<p>3</p> <p>9:30 Coffee Chat TVR 10:45 Bocce Ball 1:30 Concert ~ Bess Jacques PR 3:00 Bingo CK 6:00 Evening Movie TVR</p>	<p>4</p> <p>9:30 Coffee Chat TVR 10:45 Corn Hole WR 1:30 Root Beer Floats SK 3:00 September Trivia TVR 6:00 Evening Movie TVR</p>	<p>5</p> <p>9:30 Coffee Chat TVR 9:30 Communion FP 10:45 Balloon Badminton WR 1:00 Bingo CK 2:30 Happy Hour PR 3:30 Outdoor Walk &amp; Talk 6:00 Evening Movie TVR</p>	<p>6</p> <p>9:30 Coffee Chat TVR 10:45 Exercise with Karen WR 1:00 Trader Joe's Trip 3:00 Bake Cookies CK 6:00 Evening Movie TVR</p>	<p>7</p> <p>9:30 Coffee Chat TVR 10:30 Presentation ~ Michael Perry TVR 1:30 Scenic Bus Ride TVR 2:45 Ice Cream Social SK 3:30 Outdoor Walk &amp; Talk 6:00 Evening Movie TVR</p>
<p>8 <i>Grandparents Day</i></p> <p>8:40 Leave for St. Bart's Church 9:15 Leave for St. Alban's Church 10:00 Congregational Church TVR 1:00 Lawn Games/Refreshments 3:00 Bingo CK 6:00 Evening Movie TVR</p>	<p>9 <i>National Assisted Living Week 9/8-9/14</i></p> <p>9:00 Coffee Social TVR 10:30 Hannaford Trip 10:30 Exercise Video TVR 2:00 Concert ~ Surprise Guest 2:30 Light Refreshments 6:00 Evening Movie TVR</p>	<p>10</p> <p>9:00 Start of "Movie Mania" TVR 10:45 Zumba ~ Sara Googins WR 1:30 Concert ~ Glen Bryant PR 3:00 Bingo CK</p>	<p>11 <i>Patriots Day</i></p> <p>9:30 Coffee Chat TVR 10:45 Stretching with Ellen WR 1:00-4:00 Portland Wheelers 2:00 Lawn Games 3:30 Scrabble CK 6:00 Evening Movie TVR</p>	<p>12</p> <p>9:30 Coffee Chat TVR 9:30 Communion FP 10:45 Exercise with Karen WR 1:30 Concert ~ Todd Glacy PR 2:30 Mimosa Social PR 6:00 Evening Movie TVR</p>	<p>13 <i>National Chocolate Day</i></p> <p>9:30 Coffee Chat TVR 10:30 Scenic Bus Ride 1:30 Chocolate Buffet SK 3:00 Pictionary TVR 6:00 Evening Movie TVR</p>	<p>14</p> <p>9:30 Coffee Chat TVR 10:30 Hannaford Trip 1:30 Meditative Art CK 2:45 Ice Cream Social SK 3:30 Outdoor Walk &amp; Talk 6:00 Evening Movie TVR</p>
<p>15 <i>Green Peace Day</i></p> <p>8:40 Leave for St. Bart's Church 9:15 Leave for St. Alban's Church 10:00 Congregational Church TVR 1:00 Bingo CK 3:00 UNO Card Game CK 6:00 Evening Movie TVR</p>	<p>16</p> <p>9:30 Coffee Chat TVR 10:30 Exercise Video TVR 11:30 Picnic Lunch at Fort Williams 2:30 Hannaford Trip 3:00 Unscramble the Word TVR 6:00 Evening Movie TVR</p>	<p>17</p> <p>9:30 Coffee Chat TVR 10:30 Bake with Cami CK 1:30 Concert ~ Rob Robbins FP 3:00 Traveling Library TVR 6:00 Evening Movie TVR</p>	<p>18</p> <p>9:30 Coffee Chat TVR 10:30 Dietary Meeting DR 1:30 Dollar Store Trip 3:00 Vanilla Milkshakes SK 6:00 Evening Movie TVR</p>	<p>19</p> <p>9:30 Coffee Chat TVR 9:30 Communion FP 10:45 Corn Hole WR 1:30 Concert ~ Ray Morrow PR 3:00 Bingo CK 6:00 Evening Movie TVR</p>	<p>20</p> <p>9:30 Coffee Chat TVR 10:30 Hannaford Trip 1:30 Price Is Right TVR 3:00 Scrabble CK 6:00 Evening Movie TVR</p>	<p>21</p> <p>9:30 Coffee Chat TVR 10:45 Concert ~ Ty &amp; Nat PR 1:30 Scenic Bus Ride 2:45 Ice Cream Social SK 3:30 Outdoor Walk &amp; Talk 6:00 Evening Movie TVR</p>
<p>22 <i>First Day of Autumn</i></p> <p>8:40 Leave for St. Bart's Church 9:15 Leave for St. Alban's Church 10:00 Congregational Church TVR 1:00 Bingo CK 3:00 UNO Card Game CK 6:00 Evening Movie TVR</p>	<p>23</p> <p>9:30 Coffee Chat TVR 10:45 Exercise with Karen WR 1:00 Hannaford Trip 3:00 Variety Show ~ Jim &amp; Anna TVR 6:00 Evening Movie TVR</p>	<p>24</p> <p>9:30 Coffee Chat TVR 10:45 Golf WR 1:30 Bingo CK 3:00 Presentation ~ Kevin Goody TVR 6:00 Evening Movie TVR</p>	<p>25</p> <p>9:30 Coffee Chat TVR 10:45 Stretching with Ellen WR 12:45 Senior Social Hour at Thomas Memorial Library 1:00-4:00 Portland Wheelers 3:30 Outdoor Walk &amp; Talk 6:00 Evening Movie TVR</p>	<p>26</p> <p>9:30 Coffee Chat TVR 9:30 Communion FP 10:30 Exercise Video TVR 11:30 Taco Luncheon CK 1:30 Concert ~ Jim Gallant PR 3:00 Bingo CK 6:00 Evening Movie TVR</p>	<p>27</p> <p>9:30 Coffee Chat TVR 10:30 Resident Council Meeting TVR 1:30 Marshalls/Home Goods Trip 1:30 Travelogue "Hidden Hawaii" TVR 6:00 Evening Movie TVR</p>	<p>28</p> <p>9:30 Coffee Chat TVR 10:30 Hannaford Trip 1:30 Scenic Bus Ride 2:45 Ice Cream Social SK 3:30 Outdoor Walk &amp; Talk 6:00 Evening Movie TVR</p>
<p>29</p> <p>8:40 Leave for St. Bart's Church 9:15 Leave for St. Alban's Church 10:00 Congregational Church TVR 1:00 Bingo CK 3:00 UNO Card Game CK 6:00 Evening Movie TVR</p>	<p>30</p> <p>9:30 Coffee Chat TVR 10:30 Hannaford Trip 1:30 Concert ~ Carolyn Currie PR 3:00 Guess the Phrase TVR 6:00 Evening Movie TVR</p>	<p>Please sign up for all rides/trips At the Front Desk</p> <p>Meet in the lobby 15 minutes before the scheduled time for all rides.</p> <p>ACTIVITIES ARE SUBJECT TO CHANGE</p>	<p><u>Location Key:</u></p> <p>TVR-TV Room SK- Sara's Kitchen PR-Piano Room FP-Fireplace Room WR-Wellness Room CK-Country Kitchen DR-Dining Room</p>	<p><u>Salon Open:</u></p> <p>Every Tuesday and Wednesday</p> <p>Please sign up on sheet on the salon door</p>	<p>National Assisted Living Week 9/8-9/14</p> <p>Stay tuned for some exciting events we have planned!</p>	<p><b>SEPTEMBER</b></p> <p><b>2024</b></p> <p>The Landing at Cape Elizabeth</p>