

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:00 Chair Fitness 9:30 Chronicle/Gram 10:30 Outdoor Water Blaster Game 1:00 Corn Hole Game 3:00 Who said it? Who am I? 6:00 Bonanza	9:00 Music and Movement 9:30 Chronicle/Gram 10:30 Beach Walk & Picnic 1:00 Bingo 3:00 Hungry Hungry Hippo Game 6:00 Little House on the Paraie	9:00 Pool Noodle Exercise 9:30 Chronicle/Gram 11:00 Music with Anne Shortcakes 3:00 July What am I? 3:15 Outdoor Games 6:00 Lets Make a deal show	9:00 Coordination Exercise 9:30 Chronicle 10:30 July 4 th Parade 1:00 July 4 th Trivia/WS 2:00 July 4 th Party Social 3:15 Name That Patriotic Tune 6:00 Independence Day Movie
9:00 Music and Dance 9:30 Chronicle/Gram 10:30 Worship Services 1:00 Outdoor Kickball 3:00 Nail Care/1on1 7:00 Larry Williams Band	9:00 Get Stronger 9:30 Chronicle/Gram 10:30 Outdoor Coloring 1:00 "What's that smell" Game 3:00 Woodland Walkers 3:15 EZ Does It Trivia 6:00 Carol Burnett Show	9:00 Low Impact Cardio 9:30 Chronicle/Gram 10:30 Outdoor Croquet 1:00 Visit with" Rex" 1:45 Music with Dan 3:15 Croquet 6:00 Golden Girls	9:00 Disco Chair Workout 9:30 Chronicle/Gram 10:30 Trivia Through the Ages Top Gun puzzle 1:00 Bat the balloon Game/When am I? 3:00 Woodland Walkers 3:15 Loving Elvis Tubi 6:00 The Waltons	9:00 Exercise-Paul Eugene 9:30 Chronicle/Gram 10:30 Music with Lindsey 1:00 Bingo 3:00 July "What Am I?" 3:15 July Wordsearch 6:00 Columbo Tubi	9:00 Chair Zumba 9:30 Chronicle/Gram 10:30 Granny Pants Yard Game 1:00 Grey Animal Farm 3:00 Outdoor S'mores Making 6:00 Little Big Shots	9:00 Low impact cardio 9:30 Chronicle/Gram 10:30 Outdoor game - Lollipop & Soap 1:00 Making Lemon Crinkle cookies. 3:00 Woodland Walkers 6:00 Little Rascals Tubi
9:00 Chair Fitness 9:30 Chronicle/Gram 10:30 Worship Services 1:00 Water balloon Hot Potato Outdoors 3:00 Nail Care/ 1on1 6:30 The Cobblestones Band	9:00 Outdoor Yoga 9:30 Chronicle/Gram 10:30 Searching for July WS 1:00 Cup Game 3:00 Woodland Walkers 3:15 Random Trivia 6:00 The American West Tubi	9:00 Full Body Workout 9:30 Chronicle/Gram 10:30 Memory Lane with Eric 1:00 Visit with" Rex" 3:00 Causeway Minigolf 6:00 Western Movie	9:00 Music & Fun Workout 9:30 Chronicle/Gram 10:30 Find fakes game. 1:00 Water Cup Darts 3:00 Woodland Walkers 3:15 Pondicherry Walk 6:00 Charlie's Angles Tubi	9:00 Paul Eugene Stretch 9:30 Chronicle/Gram 10:30 Outdoor Ball Conversation starter 1:00 Bingo 3:00 Poland Spring Museum 6:00 In the Heat of the Night Tubi	9:00 Pool Noodle exercise 9:30 Chronicle/Gram 10:30 What am I? 1:00 "What's The Cost" Trivia 3:00 Outdoor S'mores Making 6:00 Golden Girls Tubi	9:00 Balance Exercise 9:30 Chronicle/Gram 10:30 Picnic in the park 1:00 Outdoor Pool noodle Frisby race 3:00 Dirt Pudding Cups 6:00 Sanford and Son Tubi
9:00 Chair Zumba 9:30 Chronicle/Gram 10:30 Worship Services 1:00 Outdoor Water paint 3:00 Nail Care/ 1on1 6:00 Carol Burnett Show	9:00 Music and Dance Exercise 9:30 Chronicle/Gram 10:30 Outdoor games 1:00 Campfire cuisine Hang Man 3:00 Woodland Walkers 3:15 The 50 States Triva 6:00 Miami Vice Tubi	9:00 Exercise-Paul Eugene 9:30 Chronicle/Gram 10:30 Mixed up Ice cream flavors game 1:00 Visit with" Rex" 1:45 Music with Dan 3:15 July IQ Game 6:00 Bonanza	9:00 Leg Exercise 9:30 Chronicle/Gram 10:30 Music with Terry 1:00 Balloon Tic-Tac-Toe 3:00 Woodland Walkers 3:15 Ice cream social 6:00 The Waltons	9:00 Full Body Workout 9:30 Chronicle/Gram 10:30 Fishing Trip 1:00 Songo River Queen 3:00 Bingo 6:00 Columbo Tubi	9:00 Oldies Music Workout 9:30 Chronicle/Gram 10:30 Sticker Puzzle Activity 1:00 Saco Valley Bowling 3:00 Woodland walkers 6:00 Charlie's Angels Tubi	9:00 Chair Pilates 9:30 Chronicle/Gram 10:30 Water balloon Hot Potato Outdoors 1:00 Making Fruit Ice Cream 3:00 Famous Canadians? 6:00 The American West Tubi
9:00 Low Impact Cardio 9:30 Chronicle/Gram 10:30 Worship Services 1:00 Family Reunion WS 3:00 Nail Care /1on1 3:15 Famous July Birthdays Game 6:00 Net Gio "Secrets of Bees. YT	9:00 Chair Yoga 9:30 Chronicle/Gram 10:30 Outdoor Crochet 1:00 Finish the Lyric 3:00 Woodland Walkers 3:15 Remembering Motown Trivia 6:30 The Seagrass Band	9:00 Pool Noodle Exercise 9:30 Chronicle/Gram 10:30 Music with Mary 1:00 Visit with" Rex" 3:00 Kick Ball 6:00 Aquatic Life YT	9:00 Low Impact Cardio 9:30 Chronicle/Gram 10:30 Minigolf 1:00 Saco River Queen 3:15 Bingo 6:00 Miami Vice Tubi	9:00 Chair Zumba 9:30 Chronicle/Gram 10:30 Baking Birthday Cake 1:00 Outdoor Croquet 2:00 Monthly Birthday Celebration 3:00 Music Trivia YT 6:00 Birthday Bloopers YT	9:00 Chair Pilates 9:30 Chronicle/Gram 10:30 Water Balloon Hot Potato Outdoors 1:00 Making Fruit Ice Cream 3:00 Famous Canadians? 6:00 The American West Tubi	

