

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9:00 Exercise in the Gazebo 10:00 Daily Chronicle Extra 10:30 Colorado State Flag Craft 11:30 Colorado Trivia 1:00 Bat the Balloon 3:00 TV Travel- Rocky Mountain National Park 6:00 Movie Time Colorado Statehood Anniversary	9:00 Walking Workout 10:00 Daily Chronicle Extra 10:30 Adult Coloring 11:00 Piano with Anne 1:00 August Pondering Prompts 3:00 Who Sang It- Gene Kelly or Louis Armstrong? 6:00 Movie Time National Coloring Book Day	9:00 Get Stronger with Simple Exercise 10:00 Daily Chronicle Extra 10:30 Social in the Gazebo- • Monthly Gazette • August Newsletter 11:30 August IQ 1:00 Craft- Paper plate Watermelon 2:00 Watermelon Social 3:00 Kickball in the Gazebo 6:00 Movie Time Watermelon Day
9:00 Chair Exercises with Curtis 10:00 Daily Chronicle Extra 10:30 Worship Service- Beauty 11:30 Classic Hymns Sing-Along 1:00 Baking- Chocolate Chip Cookies 3:00 Sunday Drive 6:00 Movie Time Chocolate Chip Cookie Day	9:00 Seated Fitness Workout Middle Fun 10:00 Daily Chronicle Extra 10:30 American Bandstand 11:30 '50s Trivia 1:00 Craft- Paper Plate Milkshake 2:00 Milkshakes and Music Social 3:00 The Fabulous 50's- The Fun & the Feel of America's Dream Decade 6:00 Movie Time American Bandstand Day	9:00 Pool Noodle Workout 10:00 Daily Chronicle Extra 10:30 I Love Lucy Jeopardy Game 11:30 I Love Lucy Word Puzzles 1:00 Kick "Ball" in the Gazebo 3:00 Movie with Lucy- The Long, Long Trailer 6:00 Movie Time Happy Birthday Lucy	9:00 Chair Yoga 10:00 Daily Chronicle Extra 10:30 Hawaiian Shirt Craft 11:30 Wiser Now Wednesday 1:00 Baking- Coconut Candy Bar Cookies 2:00 Perfect Pina Colada Party 3:00 TV Travel- Hawaiian Culture & Traditions 6:00 Movie Time Celebrate Native Hawaiian Culture Day	9:00 Stronger Senior Aerobics 10:00 Daily Chronicle Extra 10:30 FAIRS Bingo 11:30 Fun at the Fair Crossword 1:00 Reminiscing- Remembering the Fair 3:00 Movie & Popcorn- State Fair 6:00 Movie Time Fair Day	9:00 Chair Exercises for Seniors 10:00 Daily Chronicle Extra 10:30 Forest Bingo 11:30 Smokey the Bear Busy Packet 1:00 Bridgton Library 1:00 Black Bear Documentary 3:00 Craft- Bear Fork Painting 6:00 Movie Time Smokey Bear's Birthday	9:00 Zumba in the Chair 10:00 Daily Chronicle Extra 10:30 S'mores Craft 11:30 Summertime Trivia 1:00 Baking- S' more Brownies 3:00 Movie- RV 6:00 Movie Time S'more Day
9:00 Fun and Easy Chair Exercises 10:00 Daily Chronicle Extra 10:30 Worship Service- Hospitality 11:30 Bible Trivia 1:00 Modern Marvels- How Coffee is Made 3:00 Movie- Breakfast at Tiffany's 6:00 Movie Time Instant Coffee Day	9:00 Get Fit While You Sit 10:00 Daily Chronicle Extra 10:30 Elephant Color by Number 11:30 Trunk Trivia 1:00 No Bake- Elephant Snack Mix 3:00 Movie & Popcorn- Dumbo 6:00 Movie Time World Elephant Day	9:00 Full Chair Workout for Seniors 10:00 Daily Chronicle Extra 10:30 Summer Song Sing-Along 11:00 Picnic- Sabatis Island 1:00 Summer Songs Trivia 3:00 Summertime Tunes and Outdoor Games 6:00 Movie Time Summer Song Day	9:00 Zumba Gold Fitness 10:00 Daily Chronicle Extra 10:30 Music with Terry 11:30 No Bake- Orange Creamsicle Bars 1:00 How it's Made- Frozen Treats 2:00 Memory Lane Show 3:00 Fruity Craft Project 6:00 Movie Time Creamsicle Day	9:00 Chair Based Exercise for Diabetes 10:00 Daily Chronicle Extra 10:30 "Relaxing in Nature" Video and Hand Massages 10:45 Music with Mary 1:00 Adult Coloring 3:00 Lemonade and Trivia in the Gazebo 6:00 Movie Time National Relaxation Day	9:00 Gentle Range of Motion 10:00 Daily Chronicle Extra 10:30 Elvis Trivia 11:00 Piano with Anne 1:00 Baking- Elvis' Birthday Cookies 3:00 Elvis Bingo 6:00 Movie Time Remembering Elvis Day	9:00 Music and Movement 10:00 Daily Chronicle Extra 10:30 Craft- Kool Aid Tie Dye 11:30 1960's Trivia 1:00 Woodstock 1969 2:00 60's Social 3:00 Groovy Bingo 6:00 Movie Time Hippie Day
9:00 Memory Support Noodle Exercise 10:00 Daily Chronicle Extra 10:30 Worship Service- Wisdom 11:30 Gospel Songs Sing-Along 1:00 Giving Women Their Place in History Game 3:00 Iced Coffee & Conversation- Women Trailblazers 6:00 Movie Time Anniversary of Women's Right to Vote	9:00 Boost Your Brain Power Seated Exercises 10:00 Daily Chronicle Extra 10:30 Baking- Lamington Cupcakes 11:30 Cupcake Wordsearch 1:00 Australian Busy Packet 3:00 TV Travel- Australia Nature Video 6:00 Movie Time Cupcake Day in Australia	9:00 Gerofit Exercises 10:00 Daily Chronicle Extra 10:30 Snow White and the Seven Dwarfs Toilet Paper Roll Craft 11:30 Sweet Tooth Detective 1:00 Snow White Bingo 2:00 Snow White Beverage and Music with Dan 3:00 Trip to the Beach Sensory Group 6:30 Movie Time Snow White Day	9:00 Be Balanced- Posture & Balance 10:00 Daily Chronicle Extra 10:30 Hawaii Bingo 11:30 Where am I? 1:00 Hawaiian Flora and Fauna Scavenger Hunt 2:00 Blue Hawaiian Drink Social 3:00 Movie- Gidget Goes Hawaiian 6:00 Movie Time Hawaii Becomes a State Day	9:00 Fun Seated Workout 10:00 Daily Chronicle Extra 10:30 Craft- Paper Loops Sunflower 11:30 Veggie Garden Detective 1:00 Roll, Count & Cover Sunflower 3:00 Movie & Popcorn- Sunflower 6:00 Movie Time Sunflower Day	9:00 Fitness Friday Exercise 10:00 Daily Chronicle Extra 10:30 Craft- Colorful Corn Ledge Decor 11:30 Sorry, No Corn Do! Trivia 1:00 Bridgton Library 1:00 Left, Right, Left Game 3:00 Movie & Buttered Popcorn- Field of Dreams 6:00 Movie Time Buttered Corn Day	9:00 Exercise to Improve Movement and Mood 10:00 Daily Chronicle Extra 10:30 Weird Potato Chip Flavors 11:30 45 Crunchy Facts About Potato Chips 1:00 Baking- Potato Chip Cookies 3:00 How it's Made- Potato Chips 6:00 Movie Time Happy Birthday, Potato Chips
9:00 Chair Yoga Stretch 10:00 Daily Chronicle Extra 10:30 Worship Service- Laughter 11:30 Wizard of Oz Jeopardy Game 1:00 No Bake- Over the Rainbow Parfaits 3:00 Movie & Popcorn- Wizard of Oz 6:00 Movie Time Wizard of Oz Day	9:00 Seated Exercises for the Brain 10:00 Daily Chronicle Extra 10:30 Toilet Paper Roll Birdfeeder 11:30 1-1 Nail Care & Hand Massages 1:00 Toilet Paper Roll Bowling 3:00 Reminiscing in the Gazebo- Riding a Bike 6:00 Movie Time Toilet Paper Day	9:00 YMCA Older Adult Fitness 10:00 Daily Chronicle Extra 10:30 No Bake- Perfect Party Banana Split 11:00 Picnic- Woods Pond 1:00 Craft- Banana Mosaic Art 2:00 Going Bananas Social 3:00 Feed the Monkey Game 6:00 Movie Time Banana Lovers Day	9:00 Seated Workout to Improve Health 10:00 Daily Chronicle Extra 10:30 Reminiscing with the Senses- Lemonade Stands 11:30 Cooking- Orange Lemonade 1:00 Easy Mixed Media Lemon Craft 2:00 Birthday Party 3:00 Orange Lemonade and Summer Tunes 6:00 Movie Time Lemonade Lucy's Day	9:00 Stretching for Seniors 10:00 Daily Chronicle Extra 10:30 Baking- Texas Cowboy Cookies 11:30 American Wild West Quiz 1:00 Western Games in the Gazebo 3:00 Horseraces 6:00 Movie Time Chuckwagon Races	9:00 Move & Shout Workout 10:00 Daily Chronicle Extra 10:30 Crayon Resist Whale Shark 11:30 Oceanic IQ 1:00 Real Wild- Whale Sharks 3:00 Shark Roll and Cover 6:00 Movie Time International Whale Shark Day	9:00 Exercise Sequences for Coordination, Balance & Cognition 10:00 Daily Chronicle Extra 10:30 Cooking- Trailhead Cereal Bars 11:30 Hiking Hangman 1:00 Craft- Pine Tree Art 3:00 TV Travel- Great Smoky Mountains 6:00 Movie Time Trail Mix Day

