

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:00 Christmas in July Fun Seated Workout 1 10:00 Daily Chronicle Extra 10:30 Back & Forth Art 11:30 July IQ 1:00 Pet Visits with Rex 1:00 Social in the Gazebo <ul style="list-style-type: none"> Monthly Gazette July Newsletter 2:00 Mistletoe Mocktail Mixer 3:00 Christmas in July Bingo 6:00 Movie Time Festival of Christmas	9:00 Pool Noodle Workout 2 10:00 Daily Chronicle Extra 10:15 Grandma's Pies Detective 11:00 Picnic- Highland Lake 1:00 Pool Noodle Javelin 3:00 Pool Noodle Art 6:00 Movie Time Pool Noodle Day	9:00 Stay Balanced Fun Workout 3 10:00 Daily Chronicle Extra 10:30 Strawberry Button Collage 11:30 Finish the Song Lyrics 1:00 "Dog Days of Summer" Game 2:00 Strawberry Shortcake Social 3:00 TV Travel- Strawberry Festival 6:00 Movie Time Cultivated Strawberries Day	9:00 Fun and Easy Patriotic Chair Exercises 4 10:00 Daily Chronicle Extra 10:00 Social with Bridge Crossing 11:30 Finish the Line 1:00 Aim for the Stars Game 2:00 Red, White and Blue Social 3:00 TV Travel- Fireworks Around the World 6:00 Movie Time Knee High By the Fourth (Wear Your Knee-High Socks) Independence Day	9:00 Woodland Walkers 5 10:00 Daily Chronicle Extra 10:30 Baking- Cracker Jack Cookies 11:30 Cracker Jack Trivia 1:00 Bat the Balloon 3:00 Adventure Ride 6:00 Movie Time Crackerjack Day
9:00 Gospel Chair Aerobics 6 10:00 Daily Chronicle Extra 10:30 Worship Service <ul style="list-style-type: none"> Peace 11:30 Rubber Duck Jokes 1:00 Duck Race 3:00 Duck Hunt 6:00 Movie Time Ducktona 500	9:00 Senior Seated Hawaiian Dance 7 10:00 Daily Chronicle Extra 10:30 Baking- Coconut Candy Bar Cookies 11:30 Hawaii Trivia 1:00 TV Travel- Hawaii's Hidden Places You Won't Believe Exist 3:00 Hawaii Bingo 6:00 Movie Time Hawaiian Day	9:00 Get Fit While You Sit 8 10:00 Daily Chronicle Extra 10:30 Memory Lane Show 11:30 What Am I? 1:00 Pet Visits with Rex 1:00 Woodland Walkers 2:00 Coca-Cola Floats 3:00 Kickball and Music in the Gazebo 6:00 Movie Time Drink a Coca-Cola Day	9:00 Woodland Walkers 9 10:00 Daily Chronicle Extra 10:30 Music with Terry 11:30 Summer Cookout Detective 1:00 Jukebox Hits 3:00 Rock 'n' Roll Bingo 6:00 Movie Time "Rock Around the Clock" Rocks to the Top of the Charts	9:00 Ultimate Scarf Workout 10 10:00 Daily Chronicle Extra 10:30 Music with Lindsey 11:30 Trivia of Many Colors 1:00 Color Idioms Hangman 3:00 Water Gun Art 6:00 Movie Time Color Your World Day	9:00 Fitness Fun with Pat 11 10:00 Daily Chronicle Extra 10:15 What's the Scoop? 11:00 Piano with Anne 1:00 Bridgton Library 2:00 Make Your Own Sundae Bar 3:00 Funniest Pet Videos 6:00 Movie Time Make Your Own Sundae	9:00 Chair Yoga Dance with Sherry 12 10:00 Daily Chronicle Extra 10:30 Oldies Songs of Summer in the Gazebo 11:30 Songs of Summer Word Match 1:00 Summer Songs Trivia 2:00 Beat the Heat Social in the Gazebo 3:00 Songs of Summer Hangman 6:00 Movie Time Summer Songs Day
9:00 Best 25-minute Exercises for Seniors 13 10:00 Daily Chronicle Extra 10:30 Worship Service <ul style="list-style-type: none"> Mercy 11:30 Awesome Animals Word Puzzles 1:00 Animal Scramble Game 3:00 Wildlife Bingo 6:00 Movie Time Wild About Wildlife Day	9:00 Fitness Fun with Pat 14 10:00 Daily Chronicle Extra 10:30 Submarine Safari 11:30 Orca Word Puzzles 1:00 Under the Sea Hangman 2:00 Blue Lagoon Mocktails and Under the Sea Trivia 3:00 Sea Animals Coffee Filter Suncatchers 6:00 Movie Time World Orca Day	9:00 Boost Your Brain Power! Seated Exercises 15 10:00 Daily Chronicle Extra 10:30 No Bake- Mud Grub Pudding Cups 11:30 Brain Fitness 1:00 Pet Visits with Rex 1:00 Woodland Walkers 2:00 Music with Dan 3:00 Gummy Worm Challenges 6:00 Movie Time Gummy Worm Day	9:00 Woodland Walkers 16 10:00 Daily Chronicle Extra 10:30 Hoop Targets 11:00 Picnic- Crystal Lake 1:00 Classic Toy Bingo 3:00 Mad About Math and Classic Toy Trivia in the Gazebo 6:00 Movie Time Hula Hoop Day	9:00 Sit, Punch, Sweat! 17 10:00 Daily Chronicle Extra 10:30 Backyard Balloon Shoot 11:30 Old-Fashioned Backyard Games Word Puzzles 1:00 Reminiscing- Classic Backyard Games 3:00 Kickball in the Gazebo 6:00 Movie Time Old-Fashioned Backyard Games	9:00 Fitness Friday Exercises 18 10:00 Daily Chronicle Extra 10:00 Social with Bridge Crossing 11:30 Compound Your Memory 1:00 Boost Your Brain Boredom Busters 3:00 Bat the Balloon 6:00 Movie Time Beat the Humdrums Day	9:00 Woodland Walkers 19 10:00 Daily Chronicle Extra 10:30 Reminiscing- The Scoop on Ice Cream 11:30 Ice Cream Party Word Match 1:00 Science of Ice Cream 2:00 Ice Cream Party 3:00 Ice Cream Dice Game 6:00 Movie Time Breyer's Ice Cream Day
9:00 Gospel Chair Workout 20 10:00 Daily Chronicle Extra 10:30 Worship Service <ul style="list-style-type: none"> Hospitality 11:30 Bible Trivia 1:00 The Gift of a Generous Spirit 3:00 Cross Charm Beaded Bracelet Craft 6:00 Movie Time Bible Circle Sunday	9:00 Fun and Easy Chair Exercises 21 10:00 Daily Chronicle Extra 10:30 Junk food Hangman 11:30 Junk Food Word Puzzles 1:00 Guess the Snack and Junk Food by Emoji 2:00 Junk Food Social 3:00 Junk Food Versus Healthy Food Collage 6:00 Movie Time Junk Food Day	9:00 Seated Exercises for the Brain 22 10:00 Daily Chronicle Extra 10:30 Music with Mary 11:30 Fruit Trivia 1:00 Pet Visits with Rex 1:00 Woodland Walkers 2:00 Mango Lassi Smoothie 3:00 TV Travel- Mango Harvesting 6:00 Movie Time Mango Day	9:00 Woodland Walkers 23 10:00 Daily Chronicle Extra 10:30 Food Craft <ul style="list-style-type: none"> Edible Lighthouse 11:30 Ice Cream Facts from Around the World 1:00 Ice Cream Cone Garland Craft 3:00 Kickball in the Gazebo 6:30 Movie Time Ice-cream Cone Anniversary	9:00 Seated Workout to Improve Health 24 10:00 Daily Chronicle Extra 10:30 Sebago Music Festival 11:30 Healthy Habits Puzzle Packet 1:00 Hike at Pondicherry Park 3:00 Craft- Cut and Collage Salad 6:00 Movie Time Take Care of Yourself Day	9:00 Fitness Fun with Pat 25 10:00 Daily Chronicle Extra 11:00 Piano with Anne 1:00 Bridgton Library 2:00 Hot Fudge Sundae Social 3:00 TV Travel <ul style="list-style-type: none"> Old Time Ice Cream Shops 6:00 Movie Time Hot Fudge Sundae Day	9:00 Fun Senior Gold Chair Dance Fitness 26 10:00 Daily Chronicle Extra 10:30 White Crayon Resist Art 11:30 Rock Songs Word Match 1:00 The Swinging 60's <ul style="list-style-type: none"> The Rolling Stones 3:00 Guess the Classic Rock Song 6:00 Movie Time It's Only Rock 'N' Roll Day
9:00 Sit, Praise, Workout 27 10:00 Daily Chronicle Extra 10:30 Worship Service <ul style="list-style-type: none"> Blessings 11:30 Cooking- Peach Sweet Tea 1:00 Peach Tree Craft 2:00 Peachy Keen Social in the Gazebo 3:00 TV Travel- Georgia 6:00 Movie Time Peachy Keen Day	9:00 Fitness Fun with Pat 28 10:00 Daily Chronicle Extra 10:30 Baking- Blueberry Pie 11:30 All Things Blue Trivia 1:00 Blue Expressions Hangman 2:00 Everything Blue Social 3:00 Color Blue Crafts 6:00 Movie Time Blue Monday	9:00 Tuesday Tune Up 29 10:00 Daily Chronicle Extra 10:30 No Bake- Ice Cream Lasagna 11:30 Italian Trivia 1:00 Pet Visits with Rex 1:00 Woodland Walkers 3:00 TV Travel- Italy 6:00 Movie Time Lasagna Day	9:00 Woodland Walkers 30 10:00 Daily Chronicle Extra 10:30 Through the Decades Trivia 11:00 Picnic- Woods Pond 1:00 Paul Anka Documentary 2:00 Birthday Party 3:00 Paul Anka Sing-Along 6:00 Movie Time Happy Birthday, Paul Anka	9:00 Coach McCoy National Park Workout 31 10:00 Daily Chronicle Extra 10:30 Travel Poster Puzzle 11:30 National Park Trivia 1:00 Forest Bingo 3:00 Coffee Filter Bald Eagle Craft 6:00 Movie Time World Ranger Day		

