

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00 Pool Noodle Workout 10:00 Daily Chronicle Extra 10:30 List It! Labor Day Edition 11:30 A-Z Occupational Trivia 1:00 Social in the Gazebo ➤ Monthly Gazette ➤ September Newsletter 3:00 Community Helpers Craft 6:00 Movie Time Welcome to September!	9:00 Seated Fitness Workout Made Fun 10:00 Daily Chronicle Extra 10:30 Baking-Brown Sugar Coconut Cookies 11:30 Scoops of Delight Trivia 1:00 Pet Visits with Rex 1:00 No Bake-Ice Cream Sandwich 2:00 Ice Cream Sandwich Social 3:00 Would You Rather? 6:00 Movie Time Ice cream Sandwich Day	9:00 Woodland Walkers 10:00 Daily Chronicle Extra 10:30 Apple Popsicle Stick Craft 11:30 Who Am I? 1:00 No Bake- EZ Apple Snax 2:00 Johnny Appleseed Social 3:00 Whimsical Movies ➤ Apple of my Eye 6:00 Movie Time Apple Appreciation Day	9:00 Ultimate Scarf Workout 10:00 Daily Chronicle Extra 10:30 Cut and Paste Woodland Animals 11:30 Happy Hippo Word Puzzle 1:00 TV Travel- Hotel Safari in Africa 3:00 Forest Bingo 6:00 Movie Time National Wildlife Day	9:00 Fitness Fun with Pat 10:00 Daily Chronicle Extra 10:30 The Power of Advertising Slogans 11:30 Jokes to Share 1:00 Bridgton Library 3:00 Cereals of the 60's 6:00 Movie Time Advertising Day	9:00 Chair Exercises for Seniors 10:00 Daily Chronicle Extra 10:30 Coffee Ice Cream in a Bag 11:30 I Love Coffee Word Match 1:00 Coffee Painting 2:00 Iced Coffee with Ice Cream 3:00 Horseshoe Pitching 6:00 Movie Time Coffee Ice Cream Day
9:00 Fun and Easy Chair Exercises 10:00 Daily Chronicle Extra 10:30 Worship Service- Family 11:30 Grandparents Day Performances 1:00 "Grand" Word Games 2:00 Grandparents Day Ice Cream Social 3:00 Music of the WWII Era 6:00 Movie Time Wear Your Favorite Hat National Grandparents Day	9:00 Get Stronger with Simple Exercise 10:00 Daily Chronicle Extra 10:30 Olympic Rings Craft 11:30 Olympics Fun Facts 1:00 Senior Olympics Outside 1 3:00 Senior Olympics Outside 2 6:00 Movie Time Wear Your Favorite Sports Jersey Woodland Olympics	9:00 Woodland Walkers 10:00 Daily Chronicle Extra 10:30 Memory Lane Show 11:30 Woodstock Fun Facts and Trivia 1:00 Pet Visits with Rex 1:00 Craft- Tye Dye Pillowcase 3:00 Groovy Bingo 6:00 Movie Time Wear Your Psychedelic Prints Woodstock Day	9:00 Fitness Fun with Pat 9:00 Bridge Crossing (Group 1) 10:00 Daily Chronicle Extra 10:30 Music with Terry 10:30 Bridge Crossing (Group 2) 11:00 Picnic & Foliage Ride- Sabatis Island 1:00 Wardrobe Hangman 3:00 Can You Pass This Quiz? 6:00 Movie Time Wear Your Wacky Wardrobe Word Game Wednesday	9:00 Sit and Be Fit 10:00 Daily Chronicle Extra 10:30 Music with Lindsey 11:30 1-1 Nail Care 1:00 Bowling 2:00 Ice Cream Sundae Bar 3:00 Thursday's Special Feature ➤ Beyond the Blackboard 6:00 Movie Time Wear Your Pajamas to Work Day Slumber Party	9:00 Chair Based Exercise for Diabetes 10:00 Daily Chronicle Extra 10:30 Campfire Stories 11:00 Piano with Anne 1:00 Camp Memory Box Craft 3:00 Friday Flick Fest ➤ The Great Outdoors 6:00 Movie Time Wear Your Outdoor Gear Let's Go camping	9:00 Woodland Walkers 10:00 Daily Chronicle Extra 10:30 Roll and Cover Tropical Palm Tree 11:30 Tropical Trivia 1:00 Tropical Fish Mobile Craft 3:00 TV Travel- Bucket List Destinations 6:00 Movie Time Wear Your Tropical Attire Go on Vacation! Day
9:00 Memory Support Noodle Exercise 10:00 Daily Chronicle Extra 10:30 Morning Prayer- The Laughter of Sarah 11:30 Discussion- Things You Never Knew About the Emmys 1:00 TV Show Bingo 3:00 TV Show Hangman 4:00 One to One Nail Care 6:00 Movie Time Emmy Awards	9:00 Move and Shout Workout 10:00 Daily Chronicle Extra 10:30 Unscramble the Portrait ➤ Frida Kahlo 11:30 Finish the Line 1:00 Tinfoil Art 3:00 TV Travel- Wonders of Mexico 4:00 1-1 Nail Care 6:00 Movie Time Hispanic Heritage Day	9:00 Woodland Walkers 10:00 Daily Chronicle Extra 10:30 Paper Boat Craft 11:30 Mental Aerobics 1:00 Pet Visits with Rex 1:00 Boating Board Game 2:00 Music with Dan 3:00 Virtual Tour of the USS Constitution 6:00 Movie Time Save That Ship! Day	9:00 Fitness Fun with Pat 9:00 Bridge Crossing (Group 1) 10:00 Daily Chronicle Extra 10:30 EZ What's That Sound? 10:30 Bridge Crossing (Group 2) 11:30 Pondering Prompts 1:00 Name That Country Artist 3:00 Build a Farm Animal Craft 6:30 Movie Time International Country Music Day	9:00 Full Senior Soul Chair Dance 10:00 Daily Chronicle Extra 10:30 Hummingbird Craft 11:30 Bird Trivia 1:00 A Day in the Life of a Hummingbird 3:00 TV Travel- The Secret Lives of Hummingbirds 6:00 Movie Time Hummerbird Celebration	9:00 Fitness Fun with Pat 10:00 Daily Chronicle Extra 10:30 Musical Trivia 11:00 Piano with Anne 1:00 Bridgton Library 3:00 Spin-to-Win Baseball 6:00 Movie Time A Sporty Day	9:00 Walking Workout 10:00 Daily Chronicle Extra 10:30 Apple Roll and Cover 11:30 Apple Fun and Interesting Facts 1:00 Apple-Picking Detective 2:00 Everything Apple Social 3:00 Paper Plate Apple Craft 6:00 Movie Time Eat an Apple Day
9:00 Music and Movement 10:00 Daily Chronicle Extra 10:30 Worship Service- Compassion 11:30 Mixed-Up Dogs Word Puzzle 1:00 No Bake- Puppy Chow 3:00 Sunday Matinee ➤ 101 Dalmatians 6:00 Movie Time National Dog Day	9:00 Elderfit Full Body Chair Exercises 10:00 Daily Chronicle Extra 10:30 Branching Out Door Decor 11:30 Fall Time Detective 1:00 "Fall"-ing for Sensory Poems 3:00 Fall Foliage Ride 6:00 Movie Time Summer into Fall Day	9:00 Woodland Walkers 10:00 Daily Chronicle Extra 10:30 Music with Mary 11:30 Ticking the Ivories Trivia 1:00 Pet Visits with Rex 1:00 The Cukes 3:00 Sing Along with Susie Q 6:00 Movie Time Tickle the Ivories Tuesday	9:00 Fitness Fun with Pat 9:00 Bridge Crossing (Group 1) 10:00 Daily Chronicle Extra 10:30 Bowling 10:30 Bridge Crossing (Group 2) 11:00 Picnic & Foliage Ride- Woods Pond 1:00 No Bake- Bumps on a Log 3:00 Prescription for Health 6:00 Movie Time National Women's Health and Fitness Day	9:00 Seated Workout to Improve Health 10:00 Daily Chronicle Extra 10:30 '50s One-Hit Wonders 11:30 It's a "Wonder"-ful Quiz 1:00 Bat the Balloon 2:00 Birthday Party 3:00 One Hit, That's it! 6:00 Movie Time One-Hit Wonder Day	9:00 Fitness Friday Exercise 10:00 Daily Chronicle Extra 10:30 Craft-Fall Leaf Printing 11:30 Fall Words A-Z 1:00 Vintage Fall Music 3:00 TV Travel- Enchanting Autumn Nature Scenes 6:00 Movie Time Fall Foliage Friday	9:00 Woodland Walkers 10:00 Daily Chronicle Extra 10:30 Freshwater Fishing Trivia 11:30 Fishy Spelling Bee 1:00 Flying Fish Game 3:00 Forest Bingo 6:00 Movie Time National Hunting and Fishing Day
9:00 Sit, Praise, Workout 10:00 Daily Chronicle Extra 10:30 Worship Service- The Golden Rule 11:30 "Hey Jude" Fun Facts 1:00 Finish the Beatles Song Title 3:00 Sunday Matinee ➤ The Beatles in America 6:00 Movie Time "Hey Jude" Tops the Charts Day	9:00 Seated Power Walk With Paul Eugene 10:00 Daily Chronicle Extra 10:30 No Bake- Gene Autry's Peanut Butter Pie 11:30 Gene Autry Q & A 1:00 Gene Autry Sing-Along 3:00 Movie Magic Monday ➤ Melody Ranch 6:00 Movie Time Singing Cowboy Day	9:00 Exercise Sequence for Coordination, Balance & Cognition 10:00 Daily Chronicle Extra 10:30 Reminiscing- School Lunches Then and Now 11:30 Collage Detective- School Days 1:00 Pet Visits with Rex 1:00 School Days Sensory Group 3:00 School Days Bingo 6:00 Movie Time "Back to School Memories" Day				

