

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:00 Parachute Toss 9:00 Bridge Crossing (Group 1) 10:00 Daily Chronicle Extra 10:30 Bridge Crossing (Group 2) 11:30 October IQ 1:00 Cider and Conversation ➤ Monthly Gazette ➤ October Newsletter 3:00 Patriotic Sing-Along 6:00 Movie Time  <b>Welcome to October!</b>	9:00 Chair Exercises for Seniors 10:00 Daily Chronicle Extra 10:30 Sweet, Sweet Music 11:30 Types of Dance Word Puzzles 1:00 Who Sang it? 3:00 Fall Foliage Ride 3:00 You're a Good Man, Charlie Brown- Musical 6:00 Movie Time  <b>Music Memories Day</b>	9:00 Get Stronger with Simple Exercises 10:00 Daily Chronicle Extra 10:30 Documentary- "Shot Heard Round the World" 11:00 Piano with Anne 1:00 Bridgton Library 3:00 "Bat" the Balloon 6:00 Movie Time  <b>World Smile Day</b>	9:00 Exercises 10:00 Daily Chronicle Extra 10:30 Ten-Four Trivia 11:30 Piano with Anne 1:00 Perfect "10" Game 3:00 Movie- Smokey and the Bandit 6:00 Movie Time  <b>Scarecrow Saturday</b>
9:00 Get Stronger with Simple Exercises 10:00 Daily Chronicle Extra 10:30 Craft- Homemade Halloween Cards 11:30 October Can You Picture This? 1:00 Reminiscing with the Senses- ➤ Halloween Costumes 3:00 Oktoberfest Bingo 6:00 Movie Time <b>Oktoberfest</b>	9:00 Pool Noodle Workout 10:00 Daily Chronicle Extra 10:30 Worship Service- God Our Provider 11:30 Bible Trivia 1:00 Cooking-Brown Butter Cinnamon Sugar Dessert Noodles 3:00 Craft- Falling Leaves Suncatcher 6:00 Movie Time	9:00 Get Fit While You Sit 10:00 Daily Chronicle Extra 10:30 Craft- Corky Pumpkin 11:30 Reminiscing with the Senses ➤ Pumpkin Patch 1:00 Pet Visits with Rex 2:00 Pumpkin Pie Frosty Social 3:00 TV Travel- Autumn in Small Town America 6:00 Movie Time  <b>Frost on the Punkin Day</b>	9:00 Full Chair Workout for Seniors 9:00 Bridge Crossing (Group 1) 10:00 Daily Chronicle Extra 10:30 Bridge Crossing (Group 2) 10:30 Music with Terry 11:30 Finish the Song Lyrics 1:00 Bopping at the Ball Game 3:00 Name That Tune 3:00 Fall Foliage Ride 6:00 Movie Time	9:00 Zumba Gold Fitness 10:00 Daily Chronicle Extra 10:30 Music with Lindsey 11:30 Wiser Now Wednesday 1:00 Cooking- Apple Popcorn Brittle 2:00 Memory Lane Show 3:00 Exercise Your Brain 6:00 Movie Time	9:00 Pajama Yoga 10:00 Daily Chronicle Extra 10:30 Craft- Pillowcase Decorating 11:30 Goodnight, Sleep Matching Puzzle 1:00 Pillow Basketball 3:00 Popcorn Bingo 6:00 Movie Time  <b>Popcorn Poppin' Day</b>	9:00 Music and Movement 10:00 Daily Chronicle Extra 10:30 Build a Scarecrow 11:30 Scarecrow Word Search 1:00 Baking- Scarecrow Bars 3:00 Game- Roll a Scarecrow 6:00 Movie Time
9:00 Gentle Range of Motion 10:00 Daily Chronicle Extra 10:30 Cooking- Stuffed Eggs 11:30 Egg Riddles and Puns 1:00 Fall Quilt Show- Bridgton 3:00 Movie- The Egg and I 6:00 Movie Time  <b>Bob Hope Day</b>	9:00 Boost Your Brain Power, Seated Exercises 10:00 Daily Chronicle Extra 10:30 No Bake- Werewolf Kibble 11:30 History of Classic Monster Movies 1:00 Ghoulishly Funny Riddles 3:00 Movie- Scooby-Doo! Curse of the Lake Monster 6:00 Movie Time  <b>Movie Monsters Monday</b>	9:00 Fun and Easy Chair Exercises 10:00 Daily Chronicle Extra 10:30 Memory Lane Show 11:30 Funny Quotes and Silly Sayings 1:00 Pet Visits with Rex 3:00 Bat the Balloon 4:00 One to One Nail Care 6:00 Movie Time	9:00 I Spy Orange Scavenger Hunt 9:00 Bridge Crossing (Group 1) 10:00 Daily Chronicle Extra 10:30 No Bake- Dirt Pudding Cups 10:30 Bridge Crossing (Group 2) 11:30 Jokes for Seniors 1:00 Oscar the Grouch Paper Plate 2:00 Music with Dan 3:00 Movie- Grumpy Old Men 6:30 Movie Time <b>"Orange" You Glad it's October Day</b>	9:00 Be Balanced- Posture & Balance 10:00 Daily Chronicle Extra 10:30 Baking- Spiced Pumpkin Apple Bread 11:30 10 Clues What is it? 1:00 Cider Social & October Pondering Prompts 3:00 Fall Foliage Ride 3:00 Movie- A Harvest Homecoming 6:00 Movie Time <b>Fall Harvest Day</b>	9:00 Fun Seated Workout 10:00 Daily Chronicle Extra 10:30 Gaudy Fashion Style Personality Quiz 11:00 Piano with Anne 1:00 Bridgton Library 3:00 Classic TV- Three's Company 6:00 Movie Time	9:00 Fitness Friday Exercise 10:00 Daily Chronicle Extra 10:30 Baking- Pink Velvet Cupcakes 11:30 Piano with Anne 1:00 Think Pink Game 2:00 Everything Pink Social 3:00 Craft- Pink Flamingo 6:00 Movie Time
9:00 Music and Movement 10:00 Daily Chronicle Extra 10:30 "Sense"-ational Caramel Apples 11:30 Sweet Food A-Z 1:00 No Bake- Spooky Mix 2:00 Sweet Social 3:00 Movie- "Chocolat" 6:00 Movie Time	9:00 Elderfit Full Body Chair Exercises 10:00 Daily Chronicle Extra 10:30 Worship Service- Creation 11:30 The Monster Match 1:00 Baking- Monster Bread Sticks 3:00 Movie- Spooky Buddies 6:00 Movie Time  <b>"Monster Mash" Day</b>	9:00 Seated Exercises for the Brain 10:00 Daily Chronicle Extra 10:30 Halloween Pumpkin Bowling 11:30 Bowling Word Puzzles 1:00 Pet Visits with Rex 2:00 Music with Dan 3:00 Apple Cider Social ➤ Reminiscing: Falling leaves 6:00 Movie Time <b>Learn to Bowl Day</b>	9:00 YMCA Older Adult Fitness 9:00 Bridge Crossing (Group 1) 10:00 Daily Chronicle Extra 10:30 Bridge Crossing (Group 2) 10:30 No Bake- Puppy Chow 11:30 Dog Trivia 1:00 Craft- Build a Dog 3:00 Fall Foliage Ride 3:00 Movie- Marley and Me 6:00 Movie Time	9:00 Seated Workout to Improve Health 10:00 Daily Chronicle Extra 10:30 Ghostbusters Game 11:30 Spooky Trivia 1:00 Ghost Bingo 2:00 Creepy Crusty Pretzel Bark 3:00 Movie- Casper 6:00 Movie Time	9:00 Stretching for Seniors 10:00 Daily Chronicle Extra 10:30 Craft- Batty Treat Holders 11:30 Believable or Batty? 1:00 Bat the Balloon 3:00 Movie- Batman 6:00 Movie Time	9:00 Move & Shout Workout 10:00 Daily Chronicle Extra 10:30 Cooking- Frankenstein Rice Krispie Treats 11:30 Frankenstein Puzzle Packet 1:00 Craft- Build a Frankenstein 3:00 Movie- The Munsters 6:00 Movie Time
9:00 Seated Halloween Dance Workout 10:00 Daily Chronicle Extra 10:30 Cooking- Pumpkin Heads 11:30 Halloween Jokes and Punchline 1:00 Pentagonal Paper Pumpkins 3:00 Pumpkin Carving 6:00 Movie Time  <b>National Pumpkin Day</b>	9:00 Fun and Easy Halloween Class for Seniors 10:00 Daily Chronicle Extra 10:30 Worship Service- The Golden Rule 11:30 Who Are We? 1:00 Hitchcock Scavenger Hunt 3:00 Craft- Spooky Snow Globe with Spooky and Fun Halloween Tunes 6:00 Movie Time <b>All Ghosts Are Not Scary Day</b>	9:00 Halloween Chair Yoga 10:00 Daily Chronicle Extra 10:30 Music with Mary 11:30 What Am I? 1:00 Pet Visits with Rex 3:00 American Landmarks and Monuments Game 6:00 Movie Time	9:00 Silver Sneakers Halloween Balance 9:00 Bridge Crossing (Group 1) 10:00 Daily Chronicle Extra 10:30 Bridge Crossing (Group 2) 10:30 Baseball Bingo 11:30 Bases Loaded with Laughs 1:00 Baking- Home Run Peanut 2:00 Birthday Party 3:00 Take Me Out to the Ballgame Sensory Group 6:00 Movie Time	9:00 Halloween Chair One Fitness 10:00 Daily Chronicle Extra 10:30 Witch Bingo 11:30 Witch Trivia 1:00 Craft Stick Witch 3:00 Foliage Ride 6:00 Movie Time	9:00 Halloween Fitness Trivia 10:00 Daily Chronicle Extra 10:30 Halloween Walker Decorating 11:30 Candy Corn Ring Toss 1:00 Bridgton Library 2:00 Halloween Party 3:00 Halloween Bingo 6:00 Movie Time  <b>Happy Halloween!</b>	

