

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:00 Low Impact Cardio ¹ 9:30 Chronicle/Gram 10:30 Woodlands Walkers/Would you rather game 1:00 Visit with "Rex" 1:45 Music with Dan 3:00 Outdoor lawn darts 6:00 Golden Girls	9:00 Chair Zumba ² 9:30 Chronicle/Gram 10:30 5 Clues "JOB" 1:00 Nice Job Crossword 2:30 Star of the Month/Sept Birthdays/John T. W/S 3:00 Look who's Talking (T)	9:00 Oldies R/R Ex ³ 9:30 Chronicle/Gram 10:30 Virtual Reality w/Andwell 1:00 Bingo 3:00 S'mores 6:00 Trivia Night Tv	9:00 Seated Cardio ⁴ 9:30 Chronicle/Gram 11:00 Music with Anne 1:00 Songo River Queen 3:00 Make our own movie theater w/ snacks – gifted movie 6:00 Wind-down Yoga	9:00 Paul Eugene Ex ⁵ 9:30 Chronicle Sept W/S 10:30 Construction "Site"/Sept IQ game 1:00 Making Milkshakes 3:00 Something's Gotta Give (T) 6:00 River Monsters Show
9:00 Full Body Chair Ex ⁶ 9:30 Chronicle/Disco songs w/s 10:30 Worship Services 1:00 Long way "Game" 3:00 The Art of Dotting 6:00 Candid camera (YT)	9:00 Aerobics Cardio ⁷ 9:30 Chronicle/Gram 11:00 Music with Anne 1:00 Visit with "Bella" 3:00 S'mores 6:00 I Love Lucy	9:00 Pool Noodle Ex ⁸ 9:30 Chronicle/Gram 10:30 Memory Lane with Eric 1:00 Visit with "Rex" /Golden Age Game 3:00 Spanglish (T) 6:00 Dean Martin	9:00 Gentle Seated Ex ⁹ 9:30 Chronicle/Gram 10:30 Music with Terry 1:00 What am I Game/Color Sheets 3:00 Create Grandparents Wall 6:00 Bonanza	9:00 Beginner Chair Ex ¹⁰ 9:30 Chronicle/Gram 10:30 Music with Lindsey 1:00 Bingo 3:00 Colonial Mass Swimming 6:00 Discovery Channel	9:00 Music and Movement ¹¹ 9:30 Chronicle/Gram 10:30 History of Grandparents Day 1:00 70's Guess-who/Advertising Slogans game 3:00 name the Product Trivia (YT)	9:00 Turbo Chair Ex ¹² 9:30 Chronicle/Grandparents W/S 10:30 Don't Touch the color Game 1:00 Making Apple Crisp 3:00 Outdoor Nature Walk 6:00 How Its Made Show
9:00 Abs Workout ¹³ 9:30 Chronicle/70's C/W Puzzle 10:30 Worship Services 1:00 Generations United Puzzle 3:00 Mini Target Golf 6:00 Godzilla Movie	9:00 Chair Zumba ¹⁴ 9:30 Chronicle/Gram 10:30 Right/Left Game 1:00 Visit with "Bella" /Hispanic Crossword 3:00 La Bamba (T) 6:00 Funny Kid Videos	9:00 Full Body work out ¹⁵ 9:30 Chronicle/Gram 10:30 302 Art Gallery 1:00 Visit with "Rex" 1:45 Music with Dan 3:00 Outdoor lawn darts 6:00 Fall Travel videos	9:00 Pool Noodle Ex ¹⁶ 9:30 Chronicle/Gram 10:30 What am I game 70's Slang Game 1:00 Wacky wordies 3:00 Maine light house travel (Yt) 6:00 Table puzzles	9:00 R/R Chair Ex ¹⁷ 9:30 Chronicle/Gram 10:30 fact or fiction 1:00 Poland Spring Museum 3:00 Bingo 6:00 Little Big Shots	9:00 Hit Chair Ex ¹⁸ 9:30 Chronicle/Gram 10:30 Woodlands Walkers/trivia 1:00 Don't touch the color 3:00 Live Concert music (YT) 6:00 End of day Meditation	9:00 Dance Fitness ¹⁹ 9:30 Chronicle/Pirates wordsearch 10:30 Popular 70's toy Game/ 1970's Trivia 1:00 Pumpkin Oatmeal Muffins 3:00 left Right Center Game 6:00 Cake Boss TV
9:00 Paul Eugene Ex ²⁰ 9:30 Chronicle/Puzzle "Can you dig it" 10:30 Worship Services 1:00 a whole lot of "Hoop-la" Game 3:00 Sticker Puzzles 6:00 Fall Foliage (YT)	9:00 Tone your core Ex ²¹ 9:30 Chronicle/Gram 10:30 Hot Potato water balloon 1:00 Visit with "Bella" 1:00 Pondichéry Walk 3:00 Fall Door decoration & contest 6:00 Live Music - TV	9:00 Chair Zumba ²² 9:30 Chronicle/Gram 10:30 Modern Jeopardy 1:00 Visit with "Rex" 1:45 Karaoke with John 3:00 Woodland walkers 6:00 Karaoke	9:00 Full body chair Ex ²³ 9:30 Chronicle/Gram 10:30 Hilarious Job History 1:00 Foliage Ride 3:00 Apple Tasting 6:00 Apple orchards Travel (YT)	9:00 Power Chair Ex ²⁴ 9:30 Chronicle/Gram 10:30 Who am I game 1:00 Bingo 3:00 S'mores 6:00 The Honeymooners	9:00 Seated Cardio ²⁵ 9:30 Chronicle/Gram 10:30 Not so modern trivia Game 1:00 Hangman 3:30 S'mores 6:00 Storm Hunters Show	9:00 Soul Dance Party Ex ²⁶ 9:30 Chronicle 10:30 Apple Pie Making 1:00 Fall color pages/ Button your over Coat Puzzle 3:00 Guess the object 6:00 Western Shows
9:00 Chair Yoga ²⁷ 9:30 Chronicle/Puzzle 10:30 Worship Services 1:00 Fall Wreath Making 3:00 Saco Valley Bowling 6:00 Wizard of Oz movie	9:00 Sit and Get Fit ²⁸ 9:30 Chronicle/Gram 10:30 Steven King Code Game/Sweater Weather Game 1:00 Visit with "Bella" 3:00 Random Trivia 6:00 Funny animal Videos	9:00 Seated cardio Ex ²⁹ 9:30 Chronicle/Gram 10:30 Music with Mary 1:00 Visit with "Rex" 3:00 Fall Hat Making 6:00 Scrabble	9:00 Paul Eugene Ex ³⁰ 9:30 Chronicle/Gram 10:30 70's Hangman 1:00 Mini Pumpkin Painting 3:00 Community Mix-up Game 6:00 All in the family			

