

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:00 Chair Exercise with Sharon 10:00 Daily Chronicle Extra 10:30 Wiser Now Wednesday 10:30 1-1 November Newsletter 11:30 Monthly Gazette and November IQ 1:00 Kickball 3:00 Coffee and Conversation 6:00 Movie Time International Games Day	9:00 Stretching for Seniors 10:00 Daily Chronicle Extra 10:30 Craft-Scented Clay-Dough Ornaments 11:30 One and Done Dice Game 1:00 Baking - Pumpkin Pie Cookies 3:00 Bocce Ball 6:00 Movie Time Men Make Dinner Day	9:00 Strength Exercises 10:00 Daily Chronicle Extra 10:30 Baking - Homemade Fig Newtons 11:30 Fascinating Fig Facts 1:00 Bridgton Library 1:00 Early American TV Travel 3:00 Sponge Painting 6:00 Movie Time Go Fig-ure Day	9:00 Music and Movement 10:00 Daily Chronicle Extra 10:30 Baking - Leftover Halloween Candy Cookie Bars 11:30 Candy Fun Facts 1:00 Fun Candy Matching Game 3:00 Candy Bingo 6:00 Movie Time Candy Day
9:00 Pool Noodle workout 10:00 Daily Chronicle Extra 10:30 Church Service Hymn Sing-along 11:30 Fall Time Detective 1:00 Connect Three Card Game 3:00 Craft - Color by Number 6:00 Movie Time Fall Back Day	9:00 Chair Fitness 10:00 Daily Chronicle Extra 10:30 Craft - Milk Jug Turkey 11:30 Food Puns 1:00 Pool Noodle Ball 3:00 Recycling Hangman 4:00 Autumn Forest 6:00 Movie Time National Recycling Week	9:00 Best Way Feel Better Workout 10:00 Daily Chronicle Extra 10:30 Remembering Chores and Allowances 11:30 Name That Tune 1:00 Craft-Thanksgiving Paper Quilt 3:00 One to Ones-Nail Care and Walks 6:00 Movie Time Times We Treasure Tuesday	9:00 Sit and Be Fit with Mary Ann 10:00 Daily Chronicle Extra 10:30 Music with Dan 11:30 Who Am I? 1:00 Patti Page Vintage Videos 2:00 Conversation and Cappuccino 3:00 Craft-Veterans Day Cards 6:00 Movie Time Cappuccino Day	9:00 Walking Workout 10:00 Daily Chronicle Extra 10:30 No Bake-Peanut Butter Pudding Cake 11:30 Peanut Butter Trivia 1:00 Peanut Butter Bird Feeder 3:00 TV Travel-Inside the Factory 6:00 Movie Time Nuts About Peanut Butter Day	9:00 Chair Exercises for Seniors 10:00 Daily Chronicle Extra 10:30 Classic Couples TV Shows 11:30 TV Couples Puzzle Match 1:00 Couples Hangman 3:00 Pinball Baseball 6:00 Movie Time Funny Couple Friday	9:00 Fun and Easy Patriotic Chair Exercises 10:00 Daily Chronicle Extra 10:30 Remembering Courage, Honoring Sacrifice 11:30 Veterans Day Discussion 1:00 Remembrance Day Adult Coloring 3:00 Root Beer Floats and the Best Songs 1940's 6:00 Movie Time Remembrance Day
9:00 Cross Lateral Branin Exercises 9:15 Gospel Chair Aerobics 10:00 Daily Chronicle Extra 10:30 Worship Service: Discovery 11:30 Chicken Soup for the Soul 1:00 No Bake - Whipped Hot Chocolate 2:00 Mocktail Happy Hour 3:00 Music Scavenger Hunt 6:00 Movie Time Mocktail Happy Hour Day	9:00 Gentle Stretching 10:00 Daily Chronicle Extra 10:30 Craft - Kindness Candy 11:30 Geography Bee 1:00 Funniest Babies 3:00 Black Cows and Milking Cows Videos 6:00 Movie Time World Kindness Day	9:00 Fitness Trivia-Food 10:00 Daily Chronicle Extra 10:30 Craft - Legend of the Christmas Pickle 11:30 Pickle Trivia 1:00 No Bake-Peanut Butter and Pickle Sandwich 3:00 Pass the Pickle Game 6:00 Movie Time Pickle Day	9:00 Chair Yoga 10:00 Daily Chronicle Extra 10:30 World Geography Quiz 11:30 Recycling Fun Facts 1:00 Recycle Bingo 3:00 Upcycle Newspaper Owl Craft 6:00 Movie Time America Recycles Day	9:00 Stronger Senior Aerobics 10:00 Daily Chronicle Extra 10:45 Music with Mary 1:00 Oh, Nuts! Acorn Games 3:00 Craft: Autumn Branch 6:00 Movie Time Nuts About Nuts Day	9:00 Gentle Range of Motion 10:00 Daily Chronicle Extra 10:30 Reminiscing with the Senses: Hiking Through the Woodlands 11:30 Hiking A-Z 1:00 Bridgton Library 1:00 Hiking the Appalachian Trail 3:00 Hike-Pondicherry Park 6:00 Movie Time Take A Hike Day	9:00 Zumba in the Chair 10:00 Daily Chronicle Extra 10:30 Name That Tune 11:30 Princess Hangman 1:00 Cooking-Baby Apples on a Stick 3:00 Happy Birthday Mickey Social 6:00 Movie Time Sing a Song Saturday
9:00 Fun and Easy Chair Exercises 10:00 Daily Chronicle Extra 10:30 Bible Study Discussion-Love 11:30 Finish the Line 1:00 Bible Bingo 3:00 Would You Rather? 6:00 Movie Time Bible Study Sunday	9:00 Senior Workout 10:00 Daily Chronicle Extra 10:30 Show and Tell 11:30 Memorabilia Crossword 1:00 Craft-Homemade Silly Putty 2:00 Nostalgic Snacks 3:00 Stately Facts and Trivia 6:00 Movie Time Memorabilia Monday	9:00 Seated Cardio Chair Workout with Paul Eugene 10:00 Daily Chronicle Extra 10:30 Cider, Tea and Gobble Gossip 11:30 Turkey Trivia 1:00 Turkey Toss 3:00 Craft-Turkey Fan Paper Roll 6:00 Movie Time Let's Talk Turkey Tuesday	9:00 Zumba Gold Fitness 10:00 Daily Chronicle Extra 10:30 No Bake-Personal Pumpkin Pies 11:30 Short Story-Unexpected Blessings 1:00 Eye Spy Sensory Box 3:00 Pumpkin Turkey Craft 6:00 Movie Time Pumpkin Pie Day	9:00 Fitness Trivia-Thanksgiving Special 9-12 Macy's Thanksgiving Parade 10:00 Daily Chronicle Extra 10:30 Cornucopia Paper Craft 11:30 Turkey Day Trivia 1:00 Capture the "Turkey Bandit" 3:00 Church Service-Thanksgiving Gratitude 6:00 Movie Time Happy Thanksgiving	9:00 Simple Seated Feel-Good Stretches 10:00 Daily Chronicle Extra 10:30 Hardware Store Shopping Game 11:30 Black Friday Word Search 1:00 The Price Was Right-1960 3:00 TV Travel- Mall of America 6:00 Movie Time Shop 'Til You Drop Day	9:00 Flash Back Chair Exercises 10:00 Daily Chronicle Extra 10:30 Game Board Bingo 11:30 Can You Picture This? 1:00 Craft-Lucky Game Pieces 3:00 Woodland Matchin Memory Game 6:00 Movie Time Board Game Spirit Day
9:00 HasFit Senior Workout 10:00 Daily Chronicle Extra 10:30 Baking-Christ the King Spice Crown Cake 11:30 Family and Friends Feud 1:00 Hymns of Comfort 3:00 Craft-DIY Dessert Plate 6:00 Movie Time Cake Day	9:00 Healthy Life Chair Exercises 10:00 Daily Chronicle Extra 10:30 Cider and A-Z Beverage 11:30 EZ Random Trivia 1:00 Vintage Autumn Music 3:00 Outside Walks 6:00 Movie Time Cider Monday	9:00 Memory Support Noodle Exercises 10:00 Daily Chronicle Extra 10:30 French Toast Craft 11:30 Pass the Bread Detective 1:00 Cooking-Cinnamon Sugar Toast Rolls 3:00 My Favorite Songs Sing-Along 6:00 Movie Time French Toast Day	9:00 Good Morning Feel Good Seated Stretches and Kick Ball 10:00 Daily Chronicle Extra 10:30 Cooking-Vintage Chocolate Fudge versus Gluten Free 11:30 Chocolate Fun Facts 1:00 Chocolate Bingo 2:00 Everything Sweet Social 3:00 Matinee-Adventures at the Chocolate Factory 6:00 Movie Time Chocolates Day	9:00 Low Impact Cardio Workout for Seniors 10:00 Daily Chronicle Extra 10:30 Wiffle Ball Toss 11:30 Corny Biscuit Jokes 1:00 Baking-Biscuit Cinnamon Rolls 3:00 Craft-Cookie Cutter Birdseed Ornaments 6:00 Movie Time Biscuit Cutter Day		

