

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:00 Chair Exercises with Curtis 10:00 Daily Chronicle Extra 10:30 Bible Study- Psalm 71 11:30 Bible Trivia 1:00 Social in the Gazebo ➤ Monthly Gazette ➤ September Newsletter 3:00 Game- ABC, Easy as 1,2,3 6:00 Movie Time</p> <p>Welcome to September!</p>	<p>9:00 Seated Fitness Workout Made Fun 10:00 Daily Chronicle Extra 10:30 Reminiscing- TV Classrooms and Back to School Trivia 11:30 TV School Match Up 1:00 School Supply Hangman 3:00 Movie- "Our Miss Brooks" 6:00 Movie Time</p> <p>Go Back to School on TV Day</p>	<p>9:00 Pool Noodle Workout 10:00 Daily Chronicle Extra 10:30 American Flag Craft 11:30 U.S.A. Flag Trivia 1:00 Ride Out for Ice-Cream 1:00 Cornhole 3:00 Patriotic Sing-Along 6:00 Movie Time</p> <p>American Flag Flown in Battle Day</p>	<p>9:00 Chair Yoga 10:00 Daily Chronicle Extra 10:30 Wildlife Bingo 11:30 Wiser Now Wednesday 1:00 TV Travel- Hotel Safari in Africa 2:00 Perfect Pina Colada Party 3:00 TV Travel- Hawaiian Culture & Traditions 6:00 Movie Time</p> <p>National Wildlife Day</p>	<p>9:00 Exercise in the Gazebo 10:00 Daily Chronicle Extra 10:30 Craft- Three-Dimensional Daisy 11:30 Flower Trivia 1:00 TV Travel- Yellow Daisy Festival (Texas) 3:00 Flower Bingo 6:00 Movie Time</p> <p>Yellow Daisy Day</p>	<p>9:00 Chair Exercises for Seniors 10:00 Daily Chronicle Extra 10:30 Baking- Cinnamon Sugar Popcorn 1:00 Hooked on Books Detective 1:00 Bridgton Library 1:00 Popcorn Puzzle Packet 3:00 Craft- Popcorn Sheep 6:00 Movie Time</p> <p>Popcorn Day</p>	<p>9:00 Get Stronger with Simple Exercise 10:00 Daily Chronicle Extra 10:30 Frisbee Tic-Tac-Oh No! 11:30 Pondering Prompts 1:00 Frisbee Bocce 3:00 Kickball in the Gazebo 6:00 Movie Time</p> <p>Play Outside Day</p>
<p>9:00 Fun and Easy Chair Exercises 10:00 Daily Chronicle Extra 10:30 Worship Service- Family 11:30 Music Class- Grandparents Day Songs 1:00 Short Stories and Puzzle Packets 2:00 Grandparents Day Ice Cream Social 3:00 Lawrence Welk- Swinging 30's 6:00 Movie Time</p> <p>National Grandparents Day</p>	<p>9:00 Get Fit While You Sit 10:00 Daily Chronicle Extra 10:30 No Bake- Pudding in a Cloud 11:30 On Cloud Nine Word Puzzle 1:00 B-9 Free Bingo 2:00 In the Clouds Social 3:00 Bat the Balloon 6:00 Movie Time</p> <p>"We're on Cloud Nine" Day</p>	<p>9:00 Full Chair Workout for Seniors 10:00 Daily Chronicle Extra 10:30 Coffee and Conversation ➤ Happy News 11:00 Picnic & Foliage Ride- Sabatis Island 1:00 Things That Make You Smile 3:00 Kickball 6:00 Movie Time</p> <p>Good News Day</p>	<p>9:00 Zumba Gold Fitness 10:00 Daily Chronicle Extra 10:30 Music with Terry 11:30 Google it Game 1:00 Finish the Phrase 2:00 Memory Lane Show 3:00 Movie- The Jackpot 6:00 Movie Time</p> <p>Word Game Wednesday</p>	<p>9:00 Stronger Senior Aerobics 10:00 Daily Chronicle Extra 10:30 Sweet Treat Roll and Cover 11:30 Discussion- Chocolate Fun Facts 1:00 1950's Guess the Song 2:00 Chocolate Milkshake Social 3:00 Movie- "Chocolat" 6:00 Movie Time</p> <p>Chocolate Milkshakes Day</p>	<p>9:00 Gentle Range of Motion 10:00 Daily Chronicle Extra 10:30 No Bake- Lucky Charms Cereal Bars 11:30 Good Luck, Bad Luck Superstitions 1:00 Craft- Chinese Good Luck Ornament 3:00 Movie- Luck 6:00 Movie Time</p> <p>Friday the 13th</p>	<p>9:00 Zumba in the Chair 10:00 Daily Chronicle Extra 10:30 Who's Slogan, is it? 11:30 Famous Slogans Crossword Puzzle 1:00 Craft-Slogan Collage 3:00 Famous Brand Hangman 6:00 Movie Time</p> <p>Slogan Saturday</p>
<p>9:00 Memory Support Noodle Exercise 10:00 Daily Chronicle Extra 10:30 Bible Study- Psalm 23 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</p> <p>Emmy Awards</p>	<p>9:00 Boost Your Brain Power Seated Exercises 10:00 Daily Chronicle Extra 10:30 Game- Blues Jeopardy 11:30 BB King Trivia 1:00 Craft- Jazz Sheet Music Decoupage 3:00 BB King Music Videos 6:00 Movie Time</p> <p>B.B. King's Birth Anniversary</p>	<p>9:00 Gerofit Exercises 10:00 Daily Chronicle Extra 10:30 Painting- Harvest Moon 11:30 Harvest Moon Trivia 1:00 Moon Tunes 2:00 Music with Dan 3:00 Movie- From the Earth to the Moon 6:30 Movie Time</p> <p>Harvest Moon</p>	<p>9:00 Be Balanced- Posture & Balance 10:00 Daily Chronicle Extra 10:30 Beach Blanket Bingo Musical Game 11:30 Frankie Avalon Trivia 1:00 Frankie Avalon Music Videos 2:00 PurpleCat Ukulele Concert and Sing-along 3:00 Movie- Beach Blanket Bingo 6:00 Movie Time</p> <p>Happy Birthday, Frankie Avalon</p>	<p>9:00 Fun Seated Workout 10:00 Daily Chronicle Extra 10:30 Guess the Bird Quiz 10:45 Music with Mary 1:00 Hummingbird Craft 3:00 Hike in Lovell 3:00 September Themed Busy Packet 6:00 Movie Time</p> <p>Hummingbird Day</p>	<p>9:00 Fitness Friday Exercise 10:00 Daily Chronicle Extra 10:30 Reminiscing- School Lunches Then and Now 11:30 Who, What, Where, When 1:00 Bridgton Library 1:00 School Days Sensory Group 2:00 School Daze Social 3:00 School Days Bingo 6:00 Movie Time</p> <p>"Back to School" Memories Day</p>	<p>9:00 Music and Movement 10:00 Daily Chronicle Extra 10:30 Reminiscing with the Senses- Spices 11:30 Baking Puzzle Packet 1:00 Baking- Little Apple Biscuit Pies 3:00 Movie- Apple Dumpling Gang 6:00 Movie Time</p> <p>Bake your Best Biscuits Day</p>
<p>9:00 Elderfit Full Body Chair Exercises 10:00 Daily Chronicle Extra 10:30 Worship Service- Generosity 11:30 Fall Time Detective 1:00 "Fall"-ing for Sensory Poems 3:00 Autumn Busy Packet 6:00 Movie Time</p> <p>Summer into Fall Day</p>	<p>9:00 Seated Exercises for the Brain 10:00 Daily Chronicle Extra 10:30 Baking- Chewy Oatmeal Cranberry Cookies 11:30 Everything "Cran" Hangman 1:00 Fall Roll & Cover 3:00 Game- Cranberry Bounce 6:00 Movie Time</p> <p>Crazy about Cranberries Day</p>	<p>9:00 YMCA Older Adult Fitness 10:00 Daily Chronicle Extra 10:30 Wiener Dog Dice Race 11:00 Picnic & Foliage Ride- Woods Pond 1:00 Keg Bowling 3:00 TV Travel- Germany 6:00 Movie Time</p> <p>German Heritage</p>	<p>9:00 Seated Workout to Improve Health 10:00 Daily Chronicle Extra 10:30 Narwhal Paper Craft 11:30 Under the Sea Trivia 1:00 Ocean Mixed Up Match Game 2:00 Birthday Party 3:00 Documentary- Wild Pacific 6:00 Movie Time</p> <p>Pacific Ocean Discovered</p>	<p>9:00 Stretching for Seniors 10:00 Daily Chronicle Extra 10:30 Debate- Funny Topics 11:30 Book Ends 1:00 Bat the Balloon 3:00 Movie- The Great Outdoors 6:00 Movie Time</p> <p>Debate about it Day</p>	<p>9:00 Move & Shout Workout 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</p> <p>Fall Foliage Friday</p>	<p>9:00 Exercise to Improve Mood and Movement 10:00 Daily Chronicle Extra 10:30 Gone Fishing 11:30 Fishy Spelling Bee 1:00 Flying Fish 3:00 Woodland Bingo 6:00 Movie Time</p> <p>National Hunting and Fishing Day</p>
<p>9:00 Exercise in the Gazebo 10:00 Daily Chronicle Extra 10:30 Reflection on Answered Prayer 11:30 Jerry Lee Lewis Trivia 1:00 Jerry Lee Lewis Sing-along 3:00 Documentary- Jerry Lee Lewis 6:00 Movie Time</p> <p>Jerry Lee Lewis Day</p>	<p>9:00 Walking Workout 10:00 Daily Chronicle Extra 10:30 Apple Roll and Cover 11:30 Apple Fun and Interesting Facts 1:00 EZ Apple Snax 2:00 Everything Apple Social 3:00 Paper Plate Apple Craft 6:00 Movie Time</p> <p>Apple Appreciation Day</p>					

