

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:00 Seated Fitness Workout Made Fun 1 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 Happy Birthday, Julie Andrews	9:00 Chair Exercises for Seniors 2 10:00 Daily Chronicle Extra 10:30 Baking- Charlie Brown Great Pumpkin Cookies 11:30 Peanuts Trivia 1:00 Watercolor Charlie Brown Craft 3:00 Fall Foliage Ride 3:00 You're a Good Man, Charlie Brown- Musical 6:00 Movie Time Peanuts Day	9:00 Get Stronger with Simple Exercises 3 10:00 Daily Chronicle Extra 10:30 Documentary- "Shot Heard Round the World" 11:30 Bases Loaded with Laughs 1:00 Going Batty- Bats and Baseball Trivia 3:00 "Bat" the Balloon 6:00 Movie Time "Shot Heard Around the World" Day	9:00 Exercises with Pat 4 10:00 Daily Chronicle Extra 10:30 Ten-Four Trivia 11:00 Piano with Anne 1:00 Bridgton Library 1:00 Perfect "10" Game 3:00 Movie- Smokey and the Bandit 6:00 Movie Time "Ten-Four" Day	9:00 Get Stronger with Simple Exercise 5 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 TV Travel- Halloween Yard Displays 6:00 Movie Time World Card Making Day 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 Pool Noodle Workout 6 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 National Noodle Day	9:00 Get Fit While You Sit 7 10:00 Daily Chronicle Extra 10:30 Craft- Corky Pumpkin 11:30 Reminiscing with the Senses ➤ Pumpkin Patch 1:00 Baking- Pumpkin Pudding Cookies 2:00 Pumpkin Pie Frosty Social 3:00 TV Travel- Autumn in Small Town America 6:00 Movie Time Frost on the Punkin Day	9:00 Full Chair Workout for Seniors 8 10:00 Daily Chronicle Extra 10:30 Musical Baseball 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 Tunes Tuesday	9:00 Zumba Gold Fitness 9 10:00 Daily Chronicle Extra 10:30 Music with Terry 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 Pop, Pop, Pop Day	9:00 Pajama Yoga 10 10:00 Daily Chronicle Extra 10:30 Craft- Pillowcase Decorating 11:30 Goodnight, Sleep Matching Puzzle 1:00 Pillow Basketball 3:00 Sleepy Slumber Spa ➤ Face Mask ➤ Nail Art 5:00 PJ's, Pizza and Movie 6:00 Movie Time Pajama and Slipper Day	9:00 Gentle Range of Motion 11 10:00 Daily Chronicle Extra 10:30 Cooking- Stuffed Eggs 11:30 Egg Riddles and Puns 1:00 Egg Puzzle Packet 3:00 Movie- The Egg and I 6:00 Movie Time World Egg Day	9:00 Music and Movement 12 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 Scarecrow Saturday
9:00 Fun and Easy Chair Exercises 13 10:00 Daily Chronicle Extra 10:30 Worship Service- Laughter 11:30 Funny Quotes and Silly Sayings 1:00 Funny Town Names Hangman 3:00 Bat the Balloon 4:00 One to One Nail Care 6:00 Movie Time Silly Sayings Day	9:00 Boost Your Brain Power, Seated Exercises 14 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 Movie Monsters Monday	9:00 Gerofit Exercises 15 10:00 Daily Chronicle Extra 10:30 No Bake- Dirt Pudding Cups 11:30 Jokes for Seniors 1:00 Oscar the Grouch Paper Plate Craft 2:00 Music with Dan 3:00 Movie- Grumpy Old Men 6:30 Movie Time Grouch Day	9:00 Be Balanced- Posture & Balance 16 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 Fall Harvest Day	9:00 Fun Seated Workout 17 10:00 Daily Chronicle Extra 10:30 Gaudy Fashion Style Personality Quiz 10:45 Music with Mary 1:00 Wacky Tacky Craft 3:00 Classic TV- Three's Company 6:00 Movie Time Wear Something Gaudy Day	9:00 Fitness Friday Exercise 18 10:00 Daily Chronicle Extra 10:30 Baking- Pink Velvet Cupcakes 11:00 Piano with Anne 1:00 Bridgton Library 1:00 Think Pink Game 2:00 Everything Pink Social 3:00 Craft- Pink Flamingo 6:00 Movie Time Wear it Pink Day	9:00 Music and Movement 19 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 Sweetest Day
9:00 Elderfit Full Body Chair Exercises 20 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 "Monster Mash" Day	9:00 Seated Exercises for the Brain 21 10:00 Daily Chronicle Extra 10:30 Halloween Pumpkin Bowling 11:30 Bowling Word Puzzles 1:00 Bowling Party Detective 3:00 Apple Cider Social ➤ Reminiscing: Falling leaves 6:00 Movie Time Learn to Bowl Day	9:00 YMCA Older Adult Fitness 22 10:00 Daily Chronicle Extra 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 Make a Dog's Day	9:00 Seated Workout to Improve Health 23 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 A Boo-tiful Day	9:00 Stretching for Seniors 24 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 Batty Day	9:00 Move & Shout Workout 25 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 Frankenstein Friday	9:00 Seated Halloween Dance Workout 26 10:00 Daily Chronicle Extra 10:30 Cooking- Pumpkin Heads 11:30 Halloween Jokes and Punchline 1:00 Spooky Pumpkin Roll and Cover 3:00 Pumpkin Carving 6:00 Movie Time National Pumpkin Day
9:00 Fun and Easy Halloween Class for Seniors 27 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 Spooky Sunday	9:00 Halloween Chair Yoga 28 10:00 Daily Chronicle Extra 10:30 Popsicle Stick Statue of Liberty Craft 11:30 What am I? 1:00 TV Travel- Statue of Liberty Tour 3:00 American Landmarks and Monuments Game 6:00 Movie Time Statue of Liberty's Anniversary	9:00 Silver Sneakers Halloween Balance 29 10:00 Daily Chronicle Extra 10:30 Baseball Bingo 11:30 Bases Loaded with Laughs 1:00 Baking- Home Run Peanut Snack and Reminiscing ➤ Cracker Jacks 3:00 Take Me Out to the Ballgame Sensory Group 6:00 Movie Time Bases Loaded Day	9:00 Halloween Chair One Fitness 30 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 A Wicked Day	9:00 Halloween Fitness Trivia 31 10:00 Daily Chronicle Extra 10:30 Halloween Walker Decorating 11:30 Candy Corn Ring Toss 1:00 Halloween Art 2:00 Halloween Party 3:00 Halloween Bingo 6:00 Movie Time Staff and Family Trick or Treaters Happy Halloween!		

