

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>9:00 Boost Your Brain Power 1 10:00 Daily Chronicle Extra 10:30 April Fools' Day Guess a Letter 11:30 History's Biggest Pranks and Pranksters 1:00 Sunny Side Up Sundaes 3:00 Coffee and Conversation, April IQ and Monthly Gazette 6:00 Movie Time</p> <p style="text-align: center;">April Fools' Day</p>	<p>9:00 Best Way Feel Better Workout 2 10:00 Daily Chronicle Extra 10:30 Baking- Peanut Butter and Jelly Cookies 11:30 Peanut Butter and Jelly Word Search 1:00 History of PB & J 1901 2:00 PB & J Social 3:00 Peanut Butter and Jelly Sandwich Craft 6:00 Movie Time</p> <p style="text-align: center;">PB & J Day</p>	<p>9:00 Chair Yoga 3 10:00 Daily Chronicle Extra 10:30 Wisen Now Wednesday 11:30 Build Your Own Ice Cream Sundae Craft 1:00 Sundae Toppings A-Z 2:00 Ice Cream Sundae Social 3:00 Modern Marvels- How Ice Cream is Made 6:00 Movie Time</p> <p style="text-align: center;">Happy Birthday, Ice Cream Sundae</p>	<p>9:00 Walking Workout 4 10:00 Daily Chronicle Extra 10:30 Game of Four 11:30 Four Trivia Puzzle 1:00 Craft- Beaded Garden Stake 3:00 Balloon Ball 6:00 Movie Time</p> <p style="text-align: center;">A Day "Four" Having Fun</p>	<p>9:00 Chair Exercises for Seniors 5 10:00 Daily Chronicle Extra 10:30 Cooking- Classic Caramel Corn 11:30 Pronunciation Stickman 1:00 Bridgton Library 1:00 Funny Fails 3:00 Remembering Spring Gardening 6:00 Movie Time</p> <p style="text-align: center;">Crazy for Caramels Day</p>	<p>9:00 Entertainment Fitness Trivia 6 10:00 Daily Chronicle Extra 10:30 Scotland Bingo 11:30 Great Scot! Wordsearch 1:00 Tunes of the Tartan 3:00 Popcorn and Movie- Brave 6:00 Movie Time</p> <p style="text-align: center;">Tartan Day</p>
<p>9:00 Pool Noodle Workout 7 10:00 Daily Chronicle Extra 10:30 First Presbyterian Church Holy Humor 11:30 Classic Hymns Singalong 1:00 Coffee and Sunday School Humor 3:00 Sunday Puzzle Packet 6:00 Movie Time</p> <p style="text-align: center;">Holy Humor Sunday</p>	<p>9:00 Seated Fitness Workout Made 8 10:00 Daily Chronicle Extra 10:30 Easy No Bake Eclipse Cookies 11:30 Total Eclipse Tunes 1:00 NASA Eclipse- Live Streaming 2:00 Solar Eclipse Social 3:00 Celestial Themed Trivia 6:00 Movie Time</p> <p style="text-align: center;">Total Solar Eclipse</p>	<p>9:00 Chair Exercises with Curtis 9 10:00 Daily Chronicle Extra 10:30 Craft- Paper Kite 11:30 Reminisce- Flying a Kite 1:00 Things That Fly Hangman 2:00 No Bake- Banana Airplane 3:00 TV Travel- Aviation Moments 6:00 Movie Time</p> <p style="text-align: center;">High Flying Fun Day</p>	<p>9:00 Zumba Gold Fitness 10 10:00 Daily Chronicle Extra 10:30 Famous Siblings Trivia 11:30 Famous Sisters Word Match 1:00 Reminiscing- Family Pondering Prompts 2:00 Memory Lane Show 3:00 Popcorn and Movie- Twins 6:00 Movie Time</p> <p style="text-align: center;">National Siblings Day</p>	<p>9:00 Stronger Senior Aerobics 11 10:00 Daily Chronicle Extra 10:30 Craft- Pet Rocks 11:30 Group Chat- Pets are Family Too 1:00 Dodo TV 3:00 Movie Matinee- A Doggone Adventure 6:00 Movie Time</p> <p style="text-align: center;">National Pet Day</p>	<p>9:00 Gentle Range of Motion 12 10:00 Daily Chronicle Extra 10:30 Craft- Pink Carnation 11:30 Coffee & Conversation- Pink Expressions 1:00 No Bake- Scottish Cranachan 3:00 Wear Pink Social 3:00 Pink Songs Singalong 6:00 Movie Time</p> <p style="text-align: center;">Day of Pink</p>	<p>9:00 Zumba in the Chair 13 10:00 Daily Chronicle Extra 10:30 TV Travel- Five and Dime Stores 11:30 Reminiscing- Classic Stores from Yesterday 1:00 The Price is Right- Groceries 3:00 Money Bingo 6:00 Movie Time</p> <p style="text-align: center;">Dime Store Day</p>
<p>9:00 Fun Seated Workout 14 10:00 Daily Chronicle Extra 10:30 Birds of Biblical Proportion 11:30 Dolphin Facts That Will Amaze You 1:00 Dolphin Watercolor 3:00 Dolphin Webcams 6:00 Movie Time</p> <p style="text-align: center;">National Dolphin Day</p>	<p>9:00 Get Fit While You Sit 15 10:00 Daily Chronicle Extra 10:30 Hee-Haw 11:30 Roy Clark Trivia 1:00 Roy Clark Singalong 3:00 Hee-Haw Paper Craft 6:00 Movie Time</p> <p style="text-align: center;">"Hee-Haw", Roy Clarks Birthday</p>	<p>9:00 Full Chair Workout for Seniors 16 10:00 Daily Chronicle Extra 10:30 Mindful Meditation 11:30 Belly Laughs 1:00 Afternoon Spa 2:00 Music with Dan 3:00 Relaxing Music and Stunning Nature 6:00 Movie Time</p> <p style="text-align: center;">Stress Awareness Day</p>	<p>9:00 Low Impact Cardio Seated 17 10:00 Daily Chronicle Extra 10:30 Virtual Tour- Ellis Island 11:30 What Am I? 1:00 Famous Ellis Island Passenger Hangman 3:00 Movie and Popcorn- The Immigrant 6:00 Movie Time</p> <p style="text-align: center;">Ellis Island Family History Day</p>	<p>9:00 Pool Noodle Chair Exercises 18 10:00 Daily Chronicle Extra 10:45 Music with Mary 1:00 Virtual Sightseeing Tours 3:00 Do You Know Your Neighbor Game 6:00 Movie Time</p> <p style="text-align: center;">International Day for Monuments and Sites</p>	<p>9:00 Fitness Friday Exercises 19 10:00 Daily Chronicle Extra 10:30 Coffee and Finish the Line 11:30 Greatest Poems Ever Written 1:00 Poets and Poetry Word Puzzles 1:00 Bridgton Library 3:00 Brain Games for Seniors 6:00 Movie Time</p> <p style="text-align: center;">Poetry and Creative Mind Day</p>	<p>9:00 Healthy Life Chair 20 Exercises 10:00 Daily Chronicle Extra 10:30 Coffee and Belly Laughs 11:30 Funny Coloring Pages 1:00 Funniest Family Friendly Comedians 3:00 Bat the Balloon 6:00 Movie Time</p> <p style="text-align: center;">Humor for your Health's Sake Day</p>
<p>9:00 Fun and Easy Chair Exercises 21 10:00 Daily Chronicle Extra 10:30 Worship Service: Generosity 11:30 Reminiscing- Stamp and Coin Collecting 1:00 Pitching Pennies 3:00 Coffee and Coin Riddles 6:00 Movie Time</p> <p style="text-align: center;">National Coin Week</p>	<p>9:00 Earth Day Chair Yoga 22 10:00 Daily Chronicle Extra 10:30 Baking- April Showers Rainbow Cookies 11:30 Un-Creepy Crawly Scavenger Hunt 1:00 Craft- April Showers Bring May Flowers 3:00 Growing Dandelions 6:00 Movie Time</p> <p style="text-align: center;">April Showers Day</p>	<p>9:00 Gero-Fit Exercise 23 10:00 Daily Chronicle Extra 10:30 Craft- Pink Moon Mirror 11:30 Out-of-this-World Moon Trivia 1:00 No Bake- Strawberry Pie Cups 2:00 Pink Party 3:00 Movie- Pink Panther & Milkshakes 6:00 Movie Time</p> <p style="text-align: center;">Pink Moon Day</p>	<p>9:00 Seated Workout to Improve Health 24 10:00 Daily Chronicle Extra 10:30 Bubbly Cherry Floats and Old Time Tunes 11:30 50's Trivia 1:00 Bat the Balloon 2:00 Birthday Party 3:00 Birthday Bingo 6:00 Movie Time</p> <p style="text-align: center;">Soda Fountain Day</p>	<p>9:00 Low Impact Cardio 25 Workout for Seniors 10:00 Daily Chronicle Extra 10:30 Ella Fitzgerald Music Videos 11:30 Fun Facts about Ella 1:00 First Lady of Song Biography 3:00 Ella Coloring Pages 6:00 Movie Time</p> <p style="text-align: center;">Ella Fitzgerald Day</p>	<p>9:00 Full Brain and Body Workout 26 10:00 Daily Chronicle Extra 10:30 The Write Word Game- Arbor Day 11:30 Birds Trivia 1:00 Recycled Plastic Egg Bird Craft 3:00 Behind the Music- Tree Tunes 6:00 Movie Time</p> <p style="text-align: center;">Audubon Day</p>	<p>9:00 Music and Movement 27 10:00 Daily Chronicle Extra 10:30 Western Maine Dance Group 11:30 Baseball Trivia 1:00 Cooking- Babe Ruth Bars 3:00 Movie and Popcorn- The Rookie 6:00 Movie Time</p> <p style="text-align: center;">Babe Ruth Day</p>
<p>9:00 Chair Yoga Stretch 28 10:00 Daily Chronicle Extra 10:30 Worship Service- Christ the King 11:30 That's "Berry" Punny 1:00 No Bake- Blueberry Dessert 2:00 Everything Blue Social 3:00 Craft- Bluebirds 6:00 Movie Time</p> <p style="text-align: center;">Blueberry Pie Day</p>	<p>9:00 Chair Fit Camp- Get Fit 29 Anywhere 10:00 Daily C Chronicle Extra 10:30 Garden Bingo 11:30 Giggles in the Garden 1:00 Craft- DIY Seed Tape 3:00 Bocce Ball 6:00 Movie Time</p> <p style="text-align: center;">Groundbreaking Day</p>	<p>9:00 YMCA Older Adult Fitness 30 10:00 Daily Chronicle Extra 10:30 Reminiscing- Old Time Toys 11:30 Toys Trivia 1:00 Classic Toys Picture Bingo 2:00 The Cukes 3:00 Vintage Toy Commercials 6:00 Movie Time</p> <p style="text-align: center;">Retro Toys Day</p>				

