

| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  |
|---|--|---|--|--|--|---|
|   | 9:00 Seated Fitness Workout Made Fun <b>1</b><br>10:00 Daily Chronical Extra<br>10:30 Coffee and Conversation-<br><ul style="list-style-type: none"> <li>Monthly Gazette</li> <li>July Newsletter</li> </ul> 11:30 July IQ<br>1:00 Would You Rather?<br>3:00 Movie Matinee- Sandlot<br>6:00 Movie Time<br><br><b>Welcome to July Day</b> | 9:00 Pool Noodle Workout <b>2</b><br>10:00 Daily Chronical Extra<br>10:30 Summer Days- Five Clue<br>What is it?<br>11:00 Picnic- Highland Lake<br>1:00 1-1 Craft: Pool Noodle<br>Popsicle Door Greeting<br>3:00 Summer Bingo<br>6:00 Movie Time<br><br><b>Pool Noodle Day</b>                         | 9:00 Chair Yoga <b>3</b><br>10:00 Daily Chronical Extra<br>10:30 Wisen Now Wednesday<br>11:30 Beat the Heat Word Search<br>1:00 "Dog Days of Summer"<br>Stickman Game<br>2:00 Beat the Heat Social in the<br>Gazebo<br>3:00 Movie Matinee- The Dog<br>Who Saved Summer<br>6:00 Movie Time<br><br><b>Hot Under the Collar Day</b> | 9:00 Fun and Easy Patriotic<br>Chair Exercises <b>4</b><br>10:00 Daily Chronical Extra<br>10:30 4 <sup>th</sup> of July Bingo<br>11:30 Patriotic Parade Sticker Art<br>1:00 Patriotic Sand Art<br>2:00 Red, White and Blue Social<br>3:00 TV Travel- Fireworks Around<br>the World<br>6:00 Movie Time<br><br><b>Independence Day</b>                 | 9:00 Walking Workout <b>5</b><br>10:00 Daily Chronical Extra<br>10:30 Colorful Suncatchers<br>11:00 Piano with Anne<br>1:00 Water Gun Art<br>2:00 Summer Social in the Gazebo<br>3:00 Bat the Balloon<br>6:00 Movie Time<br><br><b>Fun in the Sun on the Fifth Day</b>   | 9:00 Fuzion Fitness with Alexis <b>6</b><br>10:00 Daily Chronical Extra<br>10:30 The Very Best of Bill Haley &<br>His Comets<br>11:30 Music 1950's Puzzle Packet<br>1:00 Reminiscing- 40's & 50's<br>American Radio<br>3:00 Finish the Song Lyric<br>6:00 Movie Time<br><br><b>Happy Birth Anniversary Bill Haley</b> |
| 9:00 Chair Exercises with Curtis <b>7</b><br>10:00 Daily Chronical Extra<br>10:30 Worship Service-<br>Citizenship<br>11:30 Spiritual Adult Coloring<br>1:00 List it or Leave it Game<br>2:00 Strawberry Sundae Bar<br>3:00 Strawberry Paper Craft<br>6:00 Movie Time<br><br><b>Strawberry Sundae Day</b>                                | 9:00 Get Fit While You Sit <b>8</b><br>10:00 Daily Chronical Extra<br>10:30 Pom-Pom Ice Pop Craft<br>11:30 Summer Treats Around the<br>World<br>1:00 Summer Detective<br>2:00 Freezer Pops in the Gazebo<br>3:00 Movie Matinee- Gigi<br>6:00 Movie Time<br><br><b>Freezer Pop Day</b>  | 9:00 Full Chair Workout for<br>Seniors <b>9</b><br>10:00 Daily Chronical Extra<br>10:30 Craft- Cow Parade Painting<br>11:30 Facts About Cows<br>1:00 No Bake- Black and White<br>Treats<br>3:00 Cow Bells- Relaxing Animals<br>and Nature Video<br>6:00 Movie Time<br><br><b>Cow Appreciation Day</b> | 9:00 Zumba Gold Fitness <b>10</b><br>10:00 Daily Chronical Extra<br>10:30 Music with Terry<br>11:30 Fruity Sunny Day Lemonade<br>1:00 Shared Treasures<br>2:00 Memory Lane Show<br>3:00 Social in the Gazebo<br>6:00 Movie Time<br><br><b>Teddy Bear Picnic Day</b>  | 9:00 Stronger Senior Aerobics <b>11</b><br>10:00 Daily Chronical Extra<br>10:30 Pet Photo Display<br>11:30 Animal Trivia<br>1:00 Adopt a Pet Stuff Animal<br>2:00 Bring Your Favorite Stuff Pet<br>Social<br>3:00 Funniest Pet Videos<br>6:00 Movie Time<br><br><b>All American Pet Photo Day</b>  | 9:00 Chair Exercises for<br>Seniors <b>12</b><br>10:00 Daily Chronical Extra<br>10:30 Oldies Songs of Summer in<br>the Gazebo<br>11:30 Songs of Summer Word<br>Match<br>1:00 Bridgton Library<br>1:00 Summer Songs Trivia<br>3:00 Movie- Summer Dreams- The<br>Story of the Beach Boys<br>6:00 Movie Time<br><b>Summer Songs Day</b> | 9:00 Zumba in the Chair <b>13</b><br>10:00 Daily Chronical Extra<br>10:30 Paris Bingo<br>11:30 France Trivia<br>1:00 Notre Dame-Stained Glass<br>Craft<br>2:00 French Cafe<br>3:00 TV Travel- France<br>6:00 Movie Time<br><br><b>Quartier D' Ete Festival</b>  |
| 9:00 Memory Support Noodle<br>Exercise <b>14</b><br>10:00 Daily Chronical Extra<br>10:30 Bible Study- Grace<br>(Ephesians 2:4-10)<br>11:30 Shark Jokes<br>1:00 Shark Bingo<br>3:00 Movie Matinee- Jaws<br>6:00 Movie Time<br><br><b>Shark Awareness Day</b>   | 9:00 Boost Your Brain Power<br>Seated Exercises <b>15</b><br>10:00 Daily Chronical Extra<br>10:30 Make Your Own Barnyard<br>Horse<br>11:30 Best Horse Trivia<br>1:00 Horse Races<br>3:00 Funniest Horses<br>6:00 Movie Time<br><br><b>National I Love Horses Day</b>   | 9:00 GeroFit Exercises <b>16</b><br>10:00 Daily Chronical Extra<br>10:30 Hoop Targets<br>11:00 Picnic- Sabatis Island<br>1:00 Hula Hoop Art<br>2:00 Music with Dan<br>3:00 Mad About Math and Classic<br>Toy Trivia in the Gazebo<br>6:00 Movie Time<br><br><b>Hula Hoop Day</b>                      | 9:00 Be Balanced-Posture &<br>Balance <b>17</b><br>10:00 Daily Chronical Extra<br>10:30 Name That Disney Tune<br>11:30 Disney Trivia<br>1:00 No Bake- Mickey Mouse<br>Munch Mix<br>3:00 TV Travel- Disneyland<br>6:00 Movie Time<br><br><b>Disneyland's Birthday</b>   | 9:00 Chair Based Exercise for<br>Diabetes <b>18</b><br>10:00 Daily Chronical Extra<br>10:30 Baking- Lemon Bars<br>10:45 Music with Mary<br>1:00 Things That Make You Pucker<br>Hangman<br>2:00 Lemon Social in the Gazebo<br>3:00 Lemon and Watercolors Craft<br>6:00 Movie Time<br><br><b>Pucker Up Day</b>   | 9:00 Gentle Range of Motion<br>Exercises <b>19</b><br>10:00 Daily Chronical Extra<br>10:30 Reminiscing- The Scoop on<br>Ice Cream<br>11:00 Piano with Anne<br>1:00 Food Craft- Edible Lighthouse<br>3:00 Ice Cream Dice Game<br>6:00 Movie Time<br><br><b>Breyer's Ice Cream Day</b>   | 9:00 Music and Movement <b>20</b><br>10:00 Daily Chronical Extra<br>10:30 No Bake- Moon Balls<br>11:30 Space and Astronomy Trivia<br>1:00 Space Roll and Cover<br>3:00 Pompom Printed Moon Craft<br>6:00 Movie Time<br><br><b>Man on the Moon Day</b>   |
| 9:00 Fun and Easy Chair<br>Exercises <b>21</b><br>10:00 Daily Chronical Extra<br>10:30 Worship Service- Laughter<br>11:30 Hymn Sing-Along<br>1:00 Ice Cream Bookmarks Paper<br>Craft<br>2:00 Novelty Ice Cream Social<br>3:00 Modern Marvels- How Ice<br>Cream is Made<br>6:00 Movie Time<br><br><b>We All Scream for Ice Cream Day</b> | 9:00 Seated Exercises for the<br>Brain <b>22</b><br>10:00 Daily Chronical Extra<br>10:30 Blue Expressions Hangman<br>11:30 Laundry Day Detective<br>1:00 Blue Marbled Ornaments<br>3:00 Movie Matinee- Blue Hawaii<br>6:00 Movie Time<br><br><b>Blue Monday</b>  | 9:00 Exercises Outside in the<br>Gazebo <b>23</b><br>10:00 Daily Chronical Extra<br>10:30 The Great Outdoorsmen<br>11:30 Time to Get Outdoors<br>Crossword<br>1:00 Kickball in the Gazebo<br>3:00 Forest American Relaxation<br>Film<br>6:30 Movie Time<br><br><b>Get Outside Day</b>                 | 9:00 Seated Workout to<br>Improve Health <b>24</b><br>10:00 Daily Chronical Extra<br>10:30 Healthy Habit Hangman<br>11:30 Healthy Habits Puzzle<br>Packet<br>1:00 Group Walks Outside<br>3:00 Craft- Cut and Collage Salad<br>6:00 Movie Time<br><br><b>Take Care of Yourself Day</b>  | 9:00 Fun Seated Workout <b>25</b><br>10:00 Daily Chronical Extra<br>10:30 Coffee and Conversation-<br>Can You Picture This<br>11:30 Ice Cream Party Word<br>Match<br>1:00 Build Your Own Ice Cream<br>Paper Craft<br>2:00 Hot Fudge Sundae Social<br>3:00 Modern Marvels- How Ice<br>Cream is Made<br>6:00 Movie Time<br><b>Hot Fudge Sundae Day</b> | 9:00 Fitness Friday Exercise <b>26</b><br>10:00 Daily Chronical Extra<br>10:30 White Crayon Resist Art<br>11:30 Rock 'N' Roll Hall of Fame<br>Puzzle<br>1:00 Bridgton Library<br>1:00 The Rolling Stones- Rock<br>Royalty<br>3:00 Guess the Rock Song<br>6:00 Movie Time<br><br><b>It's Only Rock 'N' Roll Day</b>                   | 9:00 Exercise to Improve<br>Movement and Mood <b>27</b><br>10:00 Daily Chronical Extra<br>10:30 baking- Carrot Cake<br>11:30 Looney Tunes Trivia<br>1:00 Sebago Music Festival<br>3:00 Carrots in the Garden Craft<br>6:00 Movie Time<br><br><b>Bugs Bunny's Birthday</b>   |
| 9:00 Chair Yoga Stretch <b>28</b><br>10:00 Daily Chronical Extra<br>10:30 Bible Study- Mark 5<br>11:30 Sing-Along Gospel Songs<br>1:00 Bean Bag Toss<br>3:00 Walks Outside<br>6:00 Movie Time<br><br><b>Bean Bag Day</b>  | 9:00 Exercise Sequences for<br>Coordination, Balance and<br>Cognition <b>29</b><br>10:00 Daily Chronical Extra<br>10:30 French Trivia<br>11:30 Who, What, Where, When?<br>1:00 Food for Thought- The<br>French Croissant<br>3:00 Discovering Paris Dice Game<br>6:00 Movie Time<br><br><b>Arc de Triomphe at Etoile Day</b>              | 9:00 YMCA Older Adult<br>Fitness <b>30</b><br>10:00 Daily Chronical Extra<br>10:30 Elvis Paper Craft<br>11:00 Picnic- Woods Pond<br>1:00 Elvis Bingo<br>2:00 The Elvis Milkshake Social<br>3:00 Elvis Sing-Along<br>6:00 Movie Time<br><br><b>Elvis has Entered the Building Day</b>                  | 9:00 Stretching for Seniors <b>31</b><br>10:00 Daily Chronical Extra<br>10:30 Reminiscing- Dogs and Cats<br>11:30 Dog Trivia<br>1:00 Paper Plate Pups Craft<br>2:00 Birthday Party<br>3:00 Dog Bingo<br>6:00 Movie Time<br><br><b>National Mutt Day</b>  |  |  |   |

