

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9:00 Chair Exercises for Seniors 10:00 Daily Chronicle Extra 10:30 Coffee, March IQ and Monthly Gazette 11:00 Piano with Anne 1:00 No Bake- EZ Pistachio Pudding Pie 3:00 TV Travel- Rio de Janeiro Flyover Tour 6:00 Movie Time Welcome to March Day	9:00 Entertainment Fitness Trivia 10:00 Daily Chronicle Extra 10:30 Old Stuff-Show-and-Tell 11:30 Book Club Detective 1:00 National Old Stuff Day with History 3:00 Pool Noodle Ball 6:00 Movie Time Old Stuff Day
9:00 Pool Noodle Workout 10:00 Daily Chronicle Extra 10:30 Baking-Cake Mix Peanut Butter Cookies 11:30 Let Them Eat Cake! Trivia 1:00 Classic Hymns Singalong 3:00 Vintage Cake Mix Commercials 6:00 Movie Time Creative Cake Mix Day	9:00 Sit and Chair March 10:00 Daily C Chronicle Extra 10:30 A Sousa Spectacular 11:30 Pondering Prompts 1:00 March Stickman Puzzle 3:00 Bat the Balloon 6:00 Movie Time March Forth Day	9:00 Best Way Feel Better Workout 10:00 Daily Chronicle Extra 10:30 Baking- Tres Leches Cake 11:30 Finish the Line 1:00 Craft- Mexican Folk Art 2:00 Cinco de Marzo Social 3:00 Fiesta Fun Bingo 6:00 Movie Time Cinco de Marzo	9:00 Chair Yoga 10:00 Daily Chronicle Extra 10:30 Wiser Now Wednesday 11:30 Craft- EZ Umbrella Photo Finish 1:00 Umbrella Bean Bag Toss 3:00 Movie: Singin' in the Rain 6:00 Movie Time Open an Umbrella Indoors Day	9:00 Stronger Senior Aerobics 10:00 Daily Chronicle Extra 10:30 Cooking- Homemade Cereal Bars 11:30 Reminisce- Cereals of the 60's 1:00 Craft- Cereal Art 3:00 Animated Cereal Commercials of the 60's & 70's 6:00 Movie Time National Cereal Day	9:00 Gentle Range of Motion 10:00 Daily Chronicle Extra 10:30 Notable Women Trivia 11:30 Who Am I? 1:00 Women in History Coloring Pages 1:00 Bridgton Library 3:00 Women's Day Bingo 6:00 Movie Time International Women's Day	9:00 Zumba in the Chair 10:00 Daily Chronicle Extra 10:30 Woodland's Band 11:30 Senior Trivia 1:00 Fact or Fiction? 3:00 Old People's Home for 4 Year Olds 6:00 Movie Time Old People Are Cool Day
9:00 Fun Seated Workout 10:00 Daily Chronicle Extra 10:30 Bible Study Discussion- "I am the Resurrection" 11:30 EZ Does it Trivia 1:00 Clover All Over Scavenger Hunt 3:00 Lucky Clover Craft 6:30 Superbowl Kickoff (CBS) Clover All Over Day	9:00 World History Fitness Trivia 10:00 Daily Chronicle Extra 10:30 Baking- Apple Cider Cookies 11:30 Apple Trivia and Fun Facts 1:00 Paper Plate Apple Craft 3:00 Apple Roll and Cover Game 6:00 Movie Time Johnny Appleseed Day	9:00 Chair Exercises with Curtis 10:00 Daily Chronicle Extra 10:30 Planting Flower Seeds 11:30 EZ Category Trivia 1:00 Craft- Flower Garden 3:00 Flower Bingo 6:00 Movie Time Plant a Flower Day	9:00 Zumba Gold Fitness 10:00 Daily Chronicle Extra 10:30 Craft- Snowman Wearing Earmuff Ornament 11:30 Maine Trivia 1:00 No Bake- Edible Snowman Earmuffs 3:00 March Sensory Group 6:00 Movie Time Anniversary of the Earmuffs	9:00 Stronger Senior Aerobics 10:00 Daily Chronicle Extra 10:30 Baking- Potato Chip Cookies 11:30 Crunchy Facts about Potato Chips 1:00 TV Travel- Potato Chips Around the World 2:00 Potato Chip Tasting Social 3:00 Bean Bag Toss 6:00 Movie Time Potato Chip Day	9:00 Fitness Friday Exercises 10:00 Daily Chronicle Extra 10:30 Craft Fair Word Puzzles 11:00 Piano with Anne 1:00 Peaceful Paper Plate Dove Craft 3:00 Woodworking Art 6:00 Movie Time Crazy About Crafts	9:00 Healthy Life Chair Exercises 10:00 Daily Chronicle Extra 10:30 Paper Plate Panda Craft 11:30 Panda Trivia 1:00 Adorable Baby Pandas 3:00 One to One Nail Care 6:00 Movie Time National Panda Day
9:00 Irish Seated Dance 10:00 Daily Chronicle Extra 10:30 Morning Prayer Service for St. Patrick's Day 11:30 Remembering Irish Songs 1:00 Leprechauns on the Loose 2:00 Green with Happiness Social 3:00 Lucky Numbers Game 6:00 Movie Time Green for a Day	9:00 Get Fit While You Sit 10:00 Daily Chronicle Extra 10:30 Coffee and Belly Laughs 11:30 Question Ball 1:00 Happy Scrappy Collage 2:00 Healthy Snack- Ants on a Log 3:00 Outdoor Walks 6:00 Movie Time Wellderly Week Begins	9:00 Spring Cleaning Exercise 10:00 Daily Chronicle Extra 10:30 Craft- Flying Spring Birds 11:30 Spring Poems 1:00 Bat the Balloon 2:00 Spring Slushie Social and Music with Dan 3:00 TV Travel-Spring Around the World 6:00 Movie Time Spring Equinox	9:00 Chair Exercises Using a Ball 10:00 Daily Chronicle Extra 10:30 Hilarious Comedy Acts 11:30 Feel-Good Stories 1:00 Craft- Perennial Ornaments 3:00 Sing and Spin 6:00 Movie Time International Day of Happiness	9:00 Pool Noodle Chair Exercises 10:00 Daily Chronicle Extra 10:30 Sports Trivia 10:45 Music with Mary 1:00 Bocce Ball 3:00 Reminiscing- The Lure of Fishing 6:00 Movie Time Outdoor Sports Day	9:00 Full Brain and Body Workout 10:00 Daily Chronicle Extra 10:30 Soaring Airplane Craft 11:30 Tuskegee Airmen Fun Facts 1:00 Bridgton Library 1:00 Documentary- Tuskegee Airmen at War 3:00 Movie and popcorn- Tuskegee Airmen 6:00 Movie Time Anniversary Tuskegee Airmen Activation	9:00 Music and Movement 10:00 Daily Chronicle Extra 10:30 Food Pair Hangman 11:30 Chips and Dip Word Puzzle 1:00 No Bake- Chip Dips 2:00 Chip and Dip Social 3:00 TV Travel- Unusual Potato Chip Flavors Around the World 6:00 Movie Time Chip and Dip Day
9:00 Fun and Easy Chair Exercises 10:00 Daily Chronicle Extra 10:30 Worship Service: Palm Sunday 11:30 Bunny Funnies 1:00 Palm Leaf Craft 3:00 Outside Walks 6:00 Movie Time Palm Sunday	9:00 Senior Workout 10:00 Daily Chronicle Extra 10:30 Baking- Vanilla Pudding Rainbow Cookies 11:30 Coffee and What Am I? 1:00 Paint Splatter Art 2:00 Spring Festival of Colors 3:00 Holi Festival Puzzles 6:00 Movie Time Holi Festival	9:00 Full Chair Workout for Seniors 10:00 Daily Chronicle Extra 10:30 No Bake- Hawaiian Pie 11:30 Aloha Hawaii Puzzle 1:00 The All-Time Best Hawaiian Music 2:00 Pina Colada Social 3:00 TV Travel- Wild Hawaii 6:00 Movie Time Kuhio Day	9:00 Seated Workout to Improve Health 10:00 Daily Chronicle Extra 10:30 Happy Birthday Bingo 11:30 Birthday Puzzles 1:00 Cupcake Wrapper Flowers 2:00 Birthday Party 3:00 Surprise Birthday Party Detective 6:00 Movie Time Happy Birthday to Everyone Day	9:00 Low Impact Cardio Workout for Seniors 10:00 Daily Chronicle Extra 10:30 Spin-to-Win Baseball 11:30 Baseball Trivia 1:00 Cooking- Homemade Cracker Jacks 3:00 T-Ball Batting Practice 6:00 Movie Time Baseballs Opening Day	9:00 Chair Pilates for Seniors 10:00 Daily Chronicle Extra 10:30 Baking- Quick and Easy Hot Cross Buns 11:30 Good Friday Coloring Pages 1:00 Good Friday Service 3:00 TV Travel- Good Friday Across the World 6:00 Movie Time Good Friday	9:00 Coach McCoy National Parks Workout 10:00 Daily Chronicle Extra 10:30 Baking- Raspberry Ribbons 11:30 Geography Trivia 1:00 Virtual Vacations Around the World 3:00 Spring Roll and Find Game 6:00 Movie Time Virtual Vacation Day
9:00 Chair Yoga Stretch 10:00 Daily Chronicle Extra 10:30 Worship Service- Easter Sunday 11:30 Easter Egg Critters 1:00 Easter Egg Hunt 3:00 Easter Bingo 6:00 Movie Time Easter						

