

| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY   |
|---|---|---|---|---|--|--|
|   |   |   |   | 9:00 Pool Noodle Workout <b>1</b><br>10:00 Daily Chronicle Extra<br>10:30 Craft- May Day Crown<br>11:30 Guess a Letter<br>1:00 May Day Bingo<br>3:00 Coffee and Conversation<br>> Monthly Gazette<br>> May Newsletter<br>6:00 Movie Time<br><br><b>May Day</b>  | 9:00 Coach McCoy's Sights <b>2</b><br>Around the World Workout<br>10:00 Daily Chronicle Extra<br>10:30 Where am I?<br>11:00 Piano with Anne<br>1:00 Bridgton Library<br>3:00 Crafts- Sights Around the World<br>6:00 Movie Time<br><br><b>Landmarks Day</b>  | 9:00 Chair Exercises for Seniors <b>3</b><br>10:00 Daily Chronicle Extra<br>10:30 Craft- Colorful Suncatchers<br>11:30 No Bake- Fruity Sunny Day Lemonade<br>1:00 Words That Begin with Sun<br>3:00 Stories from the Screen<br>> Walking on Sunshine<br>6:00 Movie Time<br><br><b>Sun Day</b>                      |
| 9:00 Get Fit While You Sit <b>4</b><br>10:00 Daily Chronicle Extra<br>10:30 Worship Service<br>> Baptism and Water<br>11:30 Category Trivia<br>1:00 Wildflower Seed Bomb<br>3:00 TV Travel- Relaxing Music and Wildflowers<br>6:00 Movie Time<br><br><b>Wildflower Week</b>                 | 9:00 Fitness Fun with Pat <b>5</b><br>10:00 Daily Chronicle Extra<br>10:30 Planting- Herb Garden<br>11:30 Herbal Trivia<br>1:00 Herbal Tea Tasting<br>3:00 Movie Magic Monday<br>> Grown Ups<br>6:00 Movie Time<br><br><b>Herb Day</b>  | 9:00 Music and Movement <b>6</b><br>10:00 Daily Chronicle Extra<br>10:30 Rock Around the Clock<br>11:30 Traveling Trivia<br>1:00 Pet Visits with Rex<br>1:00 Root beer Floats and Vintage Road Trip Tunes<br>3:00 Route 66 Road Trip<br>6:00 Movie Time<br><br><b>Travelin' Tunes Tuesday</b>                             | 9:00 Woodland Walkers <b>7</b><br>10:00 Daily Chronicle Extra<br>10:30 Noodle Wack the Alien<br>11:30 Out of this World Trivia<br>1:00 Milky Way Milkshake and Music<br>3:00 Craft- Milky Way Galaxy Art Project<br>6:00 Movie Time<br><br><b>Milky Way Day</b>                                     | 9:00 Seated Fun Fitness <b>8</b><br>10:00 Daily Chronicle Extra<br>10:30 Strawberry Craft<br>11:30 Fruits A-Z<br>1:00 Slicing into Strawberries<br>2:00 Strawberry Shortcake Social<br>3:00 Thursday Special Feature<br>> Don't Knock the Twist<br>6:00 Movie Time<br><br><b>Strawberry Day</b>                       | 9:00 Fitness Friday Exercise <b>9</b><br>10:00 Daily Chronicle Extra<br>10:30 European Crafts<br>11:30 What Country is it?<br>1:00 Virtual European Adventure<br>3:00 Friday Flick Fest<br>> Baby Geniuses and the Mystery of the Crown Jewel<br>6:00 Movie Time<br><br><b>Europe Day</b>                                  | 9:00 Woodland Walkers <b>10</b><br>10:00 Daily Chronicle Extra<br>10:30 Craft- Flying Spring Bird<br>11:30 Birds of a Feather Word Puzzle<br>1:00 Migration- Frequent Flyers<br>3:00 Birds ID Trivia<br>6:00 Movie Time<br><br><b>World Migratory Bird Day</b>   |
| 9:00 Ultimate Scarf Workout <b>11</b><br>10:00 Daily Chronicle Extra<br>10:30 Worship Service<br>> Mother's Day<br>11:30 Bring Up Baby<br>1:00 Mother's Day Tea Party Shopping Game<br>2:00 Mother's Day Tea Party<br>3:00 Mother's Day Bingo<br>6:00 Movie Time<br><br><b>Mother's Day</b> | 9:00 Chair Fitness on the Beach With Paul Eugene <b>12</b><br>10:00 Daily Chronicle Extra<br>10:30 Words that Start with Moon<br>11:30 Out of this World Moon Trivia<br>1:00 Craft- Flower Moon Art<br>3:00 Movie Magic Monday<br>> The Secret of Moonacre<br>6:00 Movie Time<br><br><b>Flower Moon Day</b> | 9:00 Fitness Trivia <b>13</b><br>> Fashion<br>10:00 Daily Chronicle Extra<br>10:30 Memory Lane Show<br>11:30 Fashion Icons Trivia<br>1:00 Pet Visits with Rex<br>1:00 Craft- Petite Paper Purses<br>3:00 Mom's Purse Detective<br>6:00 Movie Time<br><br><b>Purses and Handbag Day</b>                                    | 9:00 Woodland Walkers <b>14</b><br>10:00 Daily Chronicle Extra<br>10:30 Music with Terry<br>11:30 The B List<br>1:00 Craft- Decoupage Dessert Plate<br>3:00 Knock the Cup<br>6:00 Movie Time<br><br><b>Mod Podge Day</b>  | 9:00 Seated Workout to Improve Health <b>15</b><br>10:00 Daily Chronicle Extra<br>10:30 Baking - Chocolate Chip Cookies<br>11:30 Chocolate Chip Fun Facts<br>1:00 Smart Cookie Craft<br>3:00 Kick Ball in the Gazebo<br>6:00 Movie Time<br><br><b>Chocolate Chip Day</b>  | 9:00 Fitness Fun with Pat <b>16</b><br>10:00 Daily Chronicle Extra<br>10:30 Jaw Dropping Shark Trivia<br>11:00 Piano with Anne<br>1:00 Bridgton Library<br>3:00 Friday Flick Fest<br>> Jaws<br>6:00 Movie Time<br><br><b>Fintastic Friday</b>  | 9:00 Priority One Low <b>17</b><br>Intensity Exercise<br>10:00 Daily Chronicle Extra<br>10:30 Woodlands Down Horse Races<br>11:30 Preakness Fact or Fiction<br>1:00 Off to the Races in May Word Puzzles<br>3:00 Nose-to-Nose<br>6:00 Movie Time<br><br><b>Second Jewel in the Triple Crown Day</b>                |
| 9:00 Senior Shape Fitness <b>18</b><br>10:00 Daily Chronicle Extra<br>10:30 Worship Service<br>> Blessings<br>11:30 Clean-a-thon Detective<br>1:00 Perry Como Sing Along<br>3:00 Forgotten Movie Music<br>> 1929-1958<br>6:00 Movie Time<br><br><b>Perry Como Day</b>                       | 9:00 Fitness Fun with Pat <b>19</b><br>10:00 Daily Chronicle Extra<br>10:30 Victorian Humor<br>11:30 Victorian Slang Trivia<br>1:00 Victorian Bingo<br>3:00 Craft- Victorian Fan<br>6:00 Movie Time<br><br><b>Victoria Day</b>  | 9:00 Be Fit and Factual - Spring Edition <b>20</b><br>10:00 Daily Chronicle Extra<br>10:30<br>11:30 Who am I?<br>1:00 Pet Visits with Rex<br>1:00 One to One Nail Care<br>2:00 Music with Dan<br>3:00 Jimmy Stewart Film Festival<br>> Made for Each Other<br>6:00 Movie Time<br><b>Jimmy Stewart's Birth Anniversary</b> | 9:00 Carestream Exercises <b>21</b><br>10:00 Daily Chronicle Extra<br>10:30 Baking-Monkey Bread<br>11:30 Amazing Apes Word Puzzles<br>1:00 Ape Paper Plate Craft<br>3:00 Documentary- Going Ape<br>6:00 Movie Time<br><br><b>Going Ape Day</b>  | 9:00 Low Impact Cardio Workout for Seniors <b>22</b><br>10:00 Daily Chronicle Extra<br>10:30 Teatime Lacing Cups<br>11:30 Spelling Bee<br>1:00 One to One Strolls in Courtyard<br>2:00 BIG Time Tea Party<br>3:00 Paddles, Picnics and Pastimes<br>6:00 Movie Time<br><br><b>BIG Tea Party Day</b>                    | 9:00 Seniors of 60 Exercise Workout For Seniors <b>23</b><br>10:00 Daily Chronicle Extra<br>10:30 No Bake- Turtle Dream Bar<br>11:30 Fun with Turtles Crossword<br>1:00 Craft- Paper Plate Turtle<br>3:00 National Geographic- Sea Turtles<br>4:00 Turtle Roll and Cover<br>6:00 Movie Time<br><br><b>World Turtle Day</b> | 9:00 Woodland Walkers <b>24</b><br>10:00 Daily Chronicle Extra<br>10:30 Make your Own Tiara<br>11:30 Royal Family Trivia<br>1:00 Iced Tea Social in the Gazebo<br>3:00 Royal Photos<br>6:00 Movie Time<br><br><b>International Tiara Day</b>   |
| 9:00 Morning Stretch and Kickball <b>25</b><br>10:00 Daily Chronicle Extra<br>10:30 Worship Service<br>> Generosity<br>11:30 Car Emblem Match<br>1:00 Matchbox 500 Race<br>3:00 Build a Car Craft<br>6:00 Movie Time<br><br><b>Off to the Races Day</b>                                     | 9:00 Memory Care Noodle Exercises <b>26</b><br>10:00 Daily Chronicle Extra<br>10:30 Memorial Day Ceremony<br>11:30 Which War was it? Trivia<br>1:00 Memorial Day Bingo<br>3:00 Patriotic Playlist<br>6:00 Movie Time<br><br><b>Memorial Day</b>   | 9:00 Tuesday Tune Up <b>27</b><br>10:00 Daily Chronicle Extra<br>10:30 Music with Mary<br>11:30 Collage Detective<br>1:00 Pet Visits with Rex<br>1:00 Craft- Bubble Collage<br>3:00 Timeless Tales<br>> Just for Kicks<br>6:00 Movie Time<br><br><b>Collage Day</b>   | 9:00 The Great Lakes Workout <b>28</b><br>10:00 Daily Chronicle Extra<br>10:30 Smiling our Way to Health<br>11:30 Fun Wellness Trivia<br>1:00 Pardon My Blooper<br>2:00 Birthday Party<br>3:00 Trail Walk- Pondicherry Park<br>6:30 Movie Time<br><br><b>National Senior Health and Fitness Day</b> | 9:00 Heart and Soul Fitness <b>29</b><br>10:00 Daily Chronicle Extra<br>10:30 Beach Boys Music Videos<br>11:30 Fun Beach Boy Trivia<br>1:00 Lemonade and Summertime Tunes in the Gazebo<br>3:00 Summer Dreams<br>> The Story of the Beach Boys<br>6:00 Movie Time<br><br><b>"Help Me, Rhonda" Tops the Charts Day</b> | 9:00 Fitness Fun with Pat <b>30</b><br>10:00 Daily Chronicle Extra<br>10:30 Best of Benny Goodman<br>11:30 Take the Jazz Quiz Train<br>1:00 Name that Tune<br>3:00 All That Jazz<br>> From New Orleans to New York<br>6:00 Movie Time<br><br><b>Swingin' to the Oldies Day</b>   | 9:00 Seated Disco Music Workout <b>31</b><br>10:00 Daily Chronicle Extra<br>10:30 No Bake- Trail Mix Chocolate Bite<br>11:30 Pondering Prompts<br>1:00 Frisbee Tic-Tac-On No!<br>2:00 Popsicles and Trivia in the Gazebo<br>3:00 Backyard Balloon Shoot<br>6:00 Movie Time<br><br><b>Outdoor Fun and Games Day</b> |

