

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30am Exercise 11:00am Walking Club 2:00pm Sing A Long 4:00pm Crafters Station 6:00pm Exercise 7:00pm Movie	2 9:30am Exercise 11:00am Wellness Clinic 2:00pm Music w/Julie M. 4:00pm Flower painting 6:00pm Exercise 7:00pm Movie	3 9:30am Exercise 11:00am Sing A Long 2:00pm Waterfront Walk 4:00pm Color Your Stress Away 6:00pm Exercise 7:00pm Movie	4 9:30am Exercise 11:00am Crosswords & Coffee 2:00pm Movie Matinee 4:00pm Bowling 6:00pm Exercise 7:00pm Movie
5 9:00am Exercise 11:00am Coffee & News 2:00pm Movie & Snacks 4:00pm Hand Soaks 6:00pm Exercise 7:00pm Movie	6 9:30am Exercise 10:00am Catholic Service 10:30am Music w/ Fred & Deb 2:00pm Trip to Cascade Park 4:00pm Bingo 6:00pm Exercise 7:00pm Movie	7 9:30am Zumba 11:00am Wellness Clinic 2:00pm Cooks Corner 4:00pm Hand Massage and Soaks 6:00pm Exercise 7:00pm Movie	8 9:30am Exercise 11:00am Coloring Corner 2:00pm Music w/ Ken Griffith 4:00pm Flower Craft with Cupcake Liner 6:00pm Exercise	9 9:30am Exercise 11:00am Stroll through the Garden 2:00pm Ring Toss 4:00pm Puzzles 6:00pm Exercise 7:00pm Movie	10 9:30am Exercise 10:00am Mothers Day Brunch 2:00pm Connect Four 4:00pm Crosswords 6:00pm Exercise 7:00pm Movie	11 9:30am Exercise 11:00am Scrabble 2:00pm Movie Mania 4:00pm Color Away stress 6:00pm Exercise 7:00pm Movie
12 9:30am Exercise 11:00am Paint & Sip 2:00pm Movie Matinee 4:00pm Crafters Station 6:00pm Exercise 7:00pm Movie	13 9:30am Exercise 10:30am Catholic Service 2:00pm Tulip Painting 4:00pm Puzzles 6:00pm Exercise 7:00pm Movie	14 9:30am Zumba 11:00am Giant Bowling 2:00pm Basketball 4:00pm Harp with Judy 6:00pm Exercise 7:00pm Movie	15 9:30am Exercise 11:15am Music w/Duane 2:00pm Cooks Corner-Choc. Chip Cookies 4:00pm Trivia 6:00pm Exercise 7:00pm Movie	16 9:30am Exercise 11:00am Rainbow Craft 2:00pm Parachute 4:00pm Manicures 6:00pm Exercise 7:00pm Movie	17 9:30am Exercise 11:00am Manicures 2:00pm Walk on the Brewer Waterfront 3:00pm Pizza Party 6:00 pm Exercise 7:00pm Movie	18 9:30am Exercise 11:00am Indoor Walking 2:00pm Movie Matinee 4:00pm Card Games 6:00pm Exercise 7:00pm Movie
19 9:30am Exercise 11:00am Coffee & News 2:00pm Movie Matinee 4:00pm Puzzles 6:00pm Exercise 7:00pm Movie	20 9:30am Exercise 10:30am Catholic Service 11:00am Puzzles 2:00pm Drive w/ a Treat 4:00pm Bowling 6:00pm Exercise 7:00pm Movie	21 9:30am Zumba 11:00am Cooks Corner Strawberry & Cream 2:00pm Puzzles 4:00pm Ring Toss 6:00pm Exercise 7:00pm Movie	22 9:30am Exercise 11:00am Bingo 2:00pm Music with Ken Griffith's 4:00pm Flower Craft 6:00pm Exercise 7:00pm Movie	23 9:30am Exercise 11:00a Toss and Talk 2:00pm Mandala coloring 4:00pm Chair soccer 6:00pm Exercise 7:00pm Movie	24 9:30am Exercise 11:00am Basketball 2:00pm Scenic Drive 4:00pm Arts & Crafts 6:00pm Exercise 7:00pm Movie	25 9:30am Exercise 11:00am Word Searches 2:00pm Movie Mania 4:00pm Manicures 6:00pm Exercise 7:00pm Movie
26 9:00am Exercise 11:00am Coffee & News 2:00pm Movie & Snacks 4:00pm Crafters Station 6:00pm Exercise 7:00pm Movie	27 9:00am Exercise 10:30am Catholic Service 11:00am Ring Toss 2:00pm Walk on the Bangor Waterfront 4:00pm Bowling 6:00pm Exercise 7:00pm Movie	28 9:30am Zumba 11:00am Exercise 2:00pm Toss & Talk 4:00pm Popsicle Stick Craft 6:00pm Exercise 7:00pm Movie	29 9:30am Exercise 11:00am Health & Fitness Day- Stretching in Court Yard 2:00pm Rainbow craft 4:00pm Trivia 6:00pm Exercise 7:00pm Movie	30 9:30am Exercise 11:00am Bingo 2:00pm Stroll through the Garden 4:00pm Puzzles 6:00pm Exercise 7:00pm Movie	31 9:30am Exercise 11:00am Sing A Long 2:00pm Paul Bunyan Trip 4:00pm Balloon Toss 6:00pm Exercise 7:00pm Movie	

