

October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 1 PM - Jack & Marion Buss 80th Birthday Party	2 10 AM Chair Yoga (FR) 11 AM Resident Mtg (DR) 1:30 PM Dominos (DR)	3 10 AM Chair Yoga (FR) 11:15 AM Qigong 10:45 AM Hannaford 2 PM Bocce Ball	4 10 AM Chair Yoga (FR) 1 PM Bridge (CR) 2 PM Hearts ♥	5 10 AM Chair Yoga 11:15 AM Qigong(FR) 12:50 PM Hannaford 1 PM Flu Shot Clinic	6 9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting Group (L) 1:30 PM Dominos (DR)	7 1 PM Bridge (CR)
8 1 PM Bridge (CR)	9 10 AM Chair Yoga (FR) 1:30 PM Dominos (DR)	10 10 AM Chair Yoga (FR) 11:15 AM Qigong 10:45 AM Hannaford 12-2 Pop Health(H) 2 PM Bocce Ball	11 10 AM Chair Yoga (FR) 1 PM Sr College Poetry (L) 1 PM Bridge (CR) 2 PM Hearts ♥	12 10 AM Chair Yoga (FR) 11:15 AM Qigong 12:50 PM Hannaford	13 9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting Group (L) 1:30 PM Dominos (DR)	14 1 PM Bridge (CR)
15 1 PM Bridge (CR) 1 PM Movies with Ellen (L)	16 10 AM Chair Yoga (FR) 11 AM Build & Grounds (L) 1:30 PM Dominos (DR)	17 10 AM Chair Yoga (FR) 11:15 AM Qigong 10:45 AM Hannaford 12-2 Pop Health(H) 4 PM Masanobu on Piano	18 10 AM Chair Yoga (FR) 1 PM Bridge (CR) 2 PM Hearts ♥	19 10 AM Chair Yoga (FR) 11:15 AM Qigong 12:50 PM Hannaford 4:30 PM Midcoast Ukes	20 9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting Group (L) 1:30 PM Dominos (DR)	21 1 PM Bridge (CR)
22 1 PM Bridge (CR) 1 PM Movies with Ellen (L) Trunk & Treat @ The Y	23 10 AM Chair Yoga (FR) 11 AM Dining Cmt (DRL) 1:30 PM Dominos (DR)	24 10 AM Chair Yoga (FR) 10:45 AM Hannaford 12-2 Pop Health(H) 2 PM PS Book Club	25 10 AM Chair Yoga (FR) 1 PM Bridge (CR) 2 PM Michael Paul Lund Tony Bennett Special 2 PM Hearts ♥	26 10 AM Chair Yoga (FR) 11:15 AM Qigong 12:50 PM Hannaford	27 9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting Group (L) 1:30 PM Dominos (DR)	28 1 PM Bridge (CR)
29 1 PM Bridge (CR) 1 PM Movies with Ellen (L)	30 10 AM Chair Yoga (FR) 1:30 PM Dominos (DR)	31 10 AM Chair Yoga (FR) 11:15 AM Qigong 10:45 AM Hannaford 12-2 Pop Health(H) 4 PM Halloween Bingo 	Legend: (CR)=Craft Room (FR)=Fitness Room (H)=Health Office 3rd Floor (L)=Library (DR)=Dining Room (DRL)=Dining Room Lounge	2 Cottage Trash--Tuesday & Friday 8:30 AM Cottage Recycling--Thursday 8:30 AM Apartment Trash & Recycling--Monday-Friday	3	4