

October 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 1 PM Bridge (CR) 1 PM Sunday Matinee	30 10 AM Chair Yoga (FR) 1:30 PM Dominos (DRL)	1	2 10 AM Chair Yoga (FR) 1 PM Bridge (CR) 2 PM Hearts (DR) 2 PM Rockland Tour of Maine Contemporary Art	3 10 AM Floor Yoga 12:50 PM Hannaford	4 9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting or Not (L) 1:30 PM Dominos (DRL)	5 1 PM Bridge (CR)
6 1 PM Bridge (CR) 1 PM Sunday Matinee	7 10 AM Chair Yoga (FR) 11 AM Resident Mtg (DR) 1:30 PM Dominos (DRL)	8	9 10 AM Chair Yoga (FR) 1 PM Bridge (CR) 2 PM Hearts (DR)	10 10 AM Floor Yoga 12:50 PM Hannaford	11 9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting or Not (L) 1:30 PM Dominos (DRL)	12 1 PM Bridge (CR)
13 1 PM Bridge (CR) 1 PM Sunday Matinee "Young Frankenstein"	14 10 AM Chair Yoga (FR) 1:30 PM Dominos (DRL)	15	16 10 AM Chair Yoga (FR) 1 PM Bridge (CR) 2 PM Hearts (DR)	17 9:30 AM Center for Maine Contemporary Art/Open Studio/lesson 10 AM Floor Yoga 12:50 PM Hannaford	18 9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting or Not (L) 1:30 PM Dominos (DRL)	19 1 PM Bridge (CR)
20 1 PM Bridge (CR) 1 PM Sunday Matinee	21 10 AM Chair Yoga (FR) 11 AM Building & G (DR) 1:30 PM Dominos (DRL)	22 10 AM Floor Yoga 10:45 AM Hannaford 1 PM Bridge (CR) 12 - 2 Pop Health (H)	23 10 AM Chair Yoga (FR) 1 PM Bridge (CR) 2 PM Hearts (DR)	24 10 AM Floor Yoga 12:50 PM Hannaford 2-3:30 PM Michael Paul Lund: Broadway Series	25 9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting or Not (L) 1:30 PM Dominos (DRL)	26 1 PM Bridge (CR)
27 1 PM Bridge (CR) 1 PM Sunday Matinee	28 10 AM Chair Yoga (FR) 1:30 PM Dominos (DRL)	29 10 AM Floor Yoga 10:45 AM Hannaford 1 PM Bridge (CR) 12 - 2 Pop Health (H)	30 10 AM Chair Yoga (FR) 1 PM Bridge (CR) 2 PM Hearts (DR) 4 PM Halloween Bingo (DR)	31 10 AM Floor Yoga 12:50 PM Hannaford	1 9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting or Not (L) 1:30 PM Dominos (DRL)	2 1 PM Bridge (CR)
3 1 PM Bridge (CR) 1 PM Sunday Matinee	4 10 AM Chair Yoga (FR) 1:30 PM Dominos (DRL)	Notes Legend: (CR)=Craft Room (FR)=Fitness Room (H)=Health Office 3rd Floor Yellow = Special Event (DR)=Dining Room (DRL)=Dining Room Lounge (CY)=Courtyard (Z)=Zoom Cottage Trash - Tuesdays & Fridays 8:30 AM Cottage Recycling - Thursday 8:30 AM				