

February 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
				12:50 AM Hannaford	9 AM Coffee Talk (DL) 10 AM Chair Yoga (FR/Z) 1 PM Knitting Group (L) 1:30 PM Dominos (DRL)	1 PM Bridge (CR)
2	3	4	5	6	7	8
1 PM Bridge (CR) 1 PM Movie Matinee "Erin Brockovich" (L) Ground Hog Day	10 AM Chair Yoga (FR/Z) 11 AM Resident Mtg (DL) & Safe Use & Disposal of Medications 1:30 PM Dominos (DRL)	10:45 AM Hannaford 12 - 2 Pop Health (H) 2 PM Magical Mystery Tour of the British Isles Pt 1 (DL)	10 AM Chair Yoga (FR/Z) 11 AM American Mahjong (L) 1 PM Bridge (CR) 2 PM Hearts (DR)	9:30 AM Open Art Studio (CR) 12:50 AM Hannaford	9 AM Coffee Talk (DL) 10 AM Chair Yoga (FR/Z) 1 PM Knitting Group (L) 1:30 PM Dominos (DL) National Wear Red Day	1 PM Bridge (CR)
9	10	11	12	13	14	15
1 PM Bridge (CR) 1 PM Movie Matinee "The Parent Trap" (L) 4 PM Pre-Super Bowl Party (L)	10 AM Chair Yoga (FR/Z) 11 AM Bldg & Grounds (DL) 1:30 PM Dominos (DRL)	10:45 AM Hannaford 12 - 2 Pop Health (H) 2 PM Magical Mystery Tour of the British Isles Pt 2 (DL)	10 AM Chair Yoga (FR/Z) 11 AM American Mahjong (L) 1 PM Bridge (CR) 2 PM Hearts (DR)	11 AM Midcoast Maine Green Burial (DL) 12:50 AM Hannaford	9 AM Coffee Talk (DL) 10 AM Chair Yoga (FR/Z) 1 PM Knitting Group (L) 1:30 PM Dominos (DRL) 4:30 PM Valetines Cocktail Party (DR)	1 PM Bridge (CR)
16	17	18	19	20	21	22
1 PM Bridge (CR) 1 PM Movie Matinee "Apollo 13" (L)	President's Day 10 AM Chair Yoga (FR/Z) 1:30 PM Dominos (DRL)	10:45 AM Hannaford 11 AM Chaga Farming (DL) 12 - 2 Pop Health (H) 4 PM Masanobu on Piano	10 AM Chair Yoga (FR/Z) 11 AM American Mahjong (L) 1 PM Bridge (CR) 2 PM Hearts (DR)	9:30 AM CMCA Workshop (CR) 12:50 AM Hannaford	9 AM Coffee Talk (DL) 10 AM Chair Yoga (FR/Z) 1 PM Knitting Group (L) 1:30 PM Dominos (DRL)	1 PM Bridge (CR)
23	24	25	26	27	28	1
1 PM Bridge (CR) 1 PM Movie Matinee "9 to 5" (L)	10 AM Chair Yoga (FR/Z) 11 AM Budget Meeting 1:30 PM Dominos (DRL)	10:45 AM Hannaford 12 - 2 Pop Health (H) 4 PM The Jack for Bocce Ball	10 AM Chair Yoga (FR/Z) 11 AM American Mahjong (L) 1 PM Bridge (CR) 2 PM Hearts (DR)	9 AM Linda Buckmaster Writing Workshop (DL) 12:50 AM Hannaford	9 AM Coffee Talk (DL) 10 AM Chair Yoga (FR/Z) 1 PM Knitting Group (L) 1:30 PM Dominos (DRL)	1 PM Bridge (CR)
2	3	Notes	Legend: (CR)=Craft Room (FR)=Fitness Room (H)=Health Office 3rd Floor	(DR)=Dining Room (DL)=Dining Room Lounge (CY)=Courtyard (Z)=Zoom	Cottage Trash - Tuesdays & Fridays 8:30 AM Cottage Recyclig - Thursday 8:30 AM	
1 PM Bridge (CR) 1 PM Movie Matinee "Mama Mia!" (L)	10 AM Chair Yoga (FR/Z) 11 AM Resident Mtg (DR/Z) 1:30 PM Dominos (DRL)					