

September 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 1 PM Bridge (CR)	1 Labor Day Office Closed 10 AM Chair Yoga (FR) 1:30 PM Dominos (DRL)	2 10 AM Floor Yoga (FR) 10:45 AM Hannaford 11 AM Resident Meeting 1 PM Bridge (CR)	3 10 AM Chair Yoga (FR) 11 AM Mahjong (CR) 1 PM Bridge (CR) 2 PM Hearts (DR)	4 9:30AM 1st Thursday Art Studio 10 AM Floor Yoga (FR) 12:50 PM Hannaford 4:30 Gazebo Happy Hour	5 9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting or Not (L) 1:30 PM Dominos (DRL) 2:30 PM CMCA Tour	6 1 PM Bridge (CR)
7 1 PM Bridge (CR)	8 10 AM Chair Yoga (FR) 1:30 PM Dominos (DRL)	9 10 AM Floor Yoga (FR) 10:45 AM Hannaford 1 PM Bridge (CR) 12 - 2 Pop Health (H)	10 10 AM Chair Yoga (FR) 11 AM Mahjong (CR) 1 PM Bridge (CR) 2 PM Hearts (DR)	11 10 AM Floor Yoga (FR) 11:30 AM The Majestic Monarch Lecture 12:50 PM Hannaford 4:30 Gazebo Happy Hour	12 9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting or Not (L) 1:30 PM Dominos (DRL)	13 1 PM Bridge (CR)
14 1 PM Bridge (CR)	15 10 AM Chair Yoga (FR) 11 AM - Activities Meeting 1:30 PM Dominos (DRL)	16 10 AM Floor Yoga (FR) 10:45 AM Hannaford 1 PM Bridge (CR) 12 - 2 Pop Health (H)	17 10 AM Chair Yoga (FR) 11 AM Mahjong (CR) 1 PM Bridge (CR) 2 PM Hearts (DR)	18 9:30 AM CMCA Studio Lesson (CR) 10 AM Floor Yoga (FR) 12:50 PM Hannaford 4:30 Gazebo Happy Hour	19 9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting or Not (L) 1:30 PM Dominos (DRL)	20 1 PM Bridge (CR)
21 1 PM Bridge (CR)	22 10 AM Chair Yoga (FR) 1:30 PM Dominos (DRL)	23 10 AM Floor Yoga (FR) 10:45 AM Hannaford 1 PM Bridge (CR) 12 - 2 Pop Health (H)	24 10 AM Chair Yoga (FR) 11 AM Mahjong (CR) 1 PM Bridge (CR) 2 PM Hearts (DR)	25 10 AM Floor Yoga (FR) 11:00 AM Author Event: "Lincoln's Quiet Fire" 12:50 PM Hannaford 4:30 Gazebo Happy Hour	26 9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting or Not (L) 1:30 PM Dominos (DRL)	27 1 PM Bridge (CR)
28 1 PM Bridge (CR)	29 10 AM Chair Yoga (FR) 1:30 PM Dominos (DRL)	30 10 AM Floor Yoga (FR) 10:45 AM Hannaford 1 PM Bridge (CR) 12 - 2 Pop Health (H)	1 10 AM Chair Yoga (FR) 11 AM Mahjong (CR) 1 PM Bridge (CR) 2 PM Hearts (DR)	2 10 AM Floor Yoga (FR) 12:50 PM Hannaford 4:30 Gazebo Happy Hour	3 9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting or Not (L) 1:30 PM Dominos (DRL)	4 1 PM Bridge (CR)
5 1 PM Bridge (CR)	6 10 AM Chair Yoga (FR) 11 AM Resident Meeting 1:30 PM Dominos (DRL)	<div>Notes</div> <div>Legend: (CR)=Craft Room (FR)=Fitness Room (H)=Health Office 3rd Floor</div> <div>Yellow = Special Event (DR)=Dining Room (DRL)=Dining Room Lounge (CY)=Courtyard (Z)=Zoom</div> <div>Cottage Trash - Tuesdays & Fridays 8:30 AM Cottage Recycling - Thursday 8:30 AM</div>				