














March 2026

photo credit: Betty Johnson



Penobscot Shores
Life with a view

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1 1 PM Bridge (CR) PM Movie Matinee (L)	 2 10am -Chair Yoga (FR/Z) 11am -Resident Meeting (DRL) 1:30pm -Dominoes (DRL)	3 11am -Hannaford 1pm -Bridge (CR) 12pm-2pm -Pop Health (H)	4 10am -Chair Yoga (FR/Z) 11am -American Mahjong (L) 1pm -Bridge (CR) 1:30pm -Hearts (DR)	 5 1pm -Hannaford 1pm -Mahjong (CR) 2pm -"The Great Men of American Comedy" w/ Michael Paul Lund 4pm -Happy Hour (DRL)	6 9am -Coffee Talk (DL) 10am -Chair Yoga (FR/Z) 1pm -Knitting Group (L) 1:30pm -Dominoes (DRL)	7 1 PM Bridge (CR)
 8 1 PM Bridge (CR) 1 PM Movie Matinee (L) Daylight Savings Begins... set your Clocks Ahead 	9 10am -Chair Yoga (FR/Z) 1:30pm -Dominoes (DRL)	10 11am -Hannaford 1pm -Bridge (CR) 12pm-2pm -Pop Health (H)	11 10am -Chair Yoga (FR/Z) 11am -American Mahjong (L) 1pm -Bridge (CR) 1:30pm -Hearts (DR)	 12 9:30am -CMCA Art Lesson (CR) 1pm -Hannaford 1pm -Mahjong (CR) 4pm -Happy Hour (DRL)	13 9am -Coffee Talk (DL) 10am -Chair Yoga (FR/Z) 1pm -Knitting Group (L) 1:30pm -Dominoes (DRL)	14 1 PM Bridge (CR)
 15 1 PM Bridge (CR) 1 PM Movie Matinee (L)	 16 10am -Chair Yoga (FR/Z) 11am -Dining Committee (DRL) 1:30pm -Dominoes (DRL)	 17 11am -Hannaford 1pm -Bridge (CR) 12pm-2pm -Pop Health (H) 2pm -Irish Java & Jigs (DRL) St. Patrick's Day	18 10am -Chair Yoga (FR/Z) 11am -American Mahjong (L) 1pm -Bridge (CR) 1:30pm -Hearts (DR)	19 1pm -Hannaford 1pm -Mahjong (CR) 4pm -Happy Hour (DRL)	20 9am -Coffee Talk (DL) 10am -Chair Yoga (FR/Z) 1pm -Knitting Group (L) 1:30pm -Dominoes (DRL) Spring Equinox	21 1 PM Bridge (CR)
 22 1 PM Bridge (CR) 1 PM Movie Matinee (L)	23 10am -Chair Yoga (FR/Z) 1:30pm -Dominoes (DRL)	24 11am -Hannaford 1pm -Bridge (CR) 12pm-2pm -Pop Health (H)	 25 10am -Chair Yoga (FR/Z) 11am -American Mahjong (L) 1pm -Bridge (CR) 1pm -BBWC Lecture (DRL) 1:30pm -Hearts (DR)	26 1pm -Hannaford 1pm -Mahjong (CR) 4pm -Happy Hour (DRL)	 27 9am -Coffee Talk (DL) 10am -Chair Yoga (FR/Z) 1pm -Knitting Group (L) 1:30pm -Dominoes (DRL) 4pm -Buffet Dinner Party "Name that Tune" (DRL)	28 1 PM Bridge (CR)
 29 1 PM Bridge (CR) 1 PM Movie Matinee (L) Palm Sunday	30 10am -Chair Yoga (FR/Z) 1:30pm -Dominoes (DRL)	31 11am -Hannaford 1pm -Bridge (CR) 12pm-2pm -Pop Health (H)	1 Legend: (CR)=Craft Room (DR)=Dining Room (FR)=Fitness Room (H)=Health Office, 3rd Fl	2 (=Special Event (DR)=Dining Room (DRL)=Dining Room Lounge (CY)=Courtyard	3 Cottages: Trash - Tuesdays & Fridays @ 8:30am Recycling - Thursdays @ 8:30am Apartments:	4