



SEPTEMBER 2026

Activities Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:30 YMCA 10:00 Chair Yoga 10:30 Group Crossword Puzzle 1:15 Corn Hole 2:45 Open Activities	2 9:30 Technology Help 10:00 Strength Training 10:30 DIY Coloring Window Clings 10:45 Church 1:00 Foot Doctor 1:15 BINGO 2:45 Auction 5:30 Movie Night	3 9:30 YMCA 10:00 Chair Yoga 10:30 Make This Look Like This 1:15 Miniature Builds 3:15 Giant Jenga and Yardzee on the Lawn	4 10:00 Tai Chi 10:30 Rebus Puzzles 10:45 Golf Cart Rides 1:15 Goodwill 3:30 Happy Hour on the Deck	5 9:30 Yard Sales 10:00 Strength Training 10:30 Bells 1:15 BINGO 2:45 Group Tapestry Coloring 5:30 Movie Night NATIONAL HUMMINGBIRD DAY
6 10:00 Tai Chi 10:30 Mug Club With Special Guest Miss Teen Bath Neela! 1:15 Craft Hour 3:00 DIY Wooden Bookmarks NATIONAL READ A BOOK DAY	7 10:00 Flexibility 10:30 Finish the Phrase 11:00 Daily Delights 1:15 BINGO 2:45 DIY Bird House 4:00 Walking Group LABOR DAY	8 9:30 YMCA 10:00 Chair Yoga 10:30 Trivia 11:00 Telephone 1:15 The Loot Company 3:00 Cottage Meeting	9 9:30 Technology Help 10:00 Strength Training 10:30 Balloon Noodle 11:00 Diamond Art 10:45 Church 1:15 BINGO 2:45 Ice Cream Social 5:30 Movie Night	10 9:30 YMCA 10:00 Chair Yoga 10:30 DIY Sticker Making 1:15 DIY Fall Gnomes 2:45 Knitting and Crochet Group	11 10:00 Tai Chi 10:30 Needle Punch 1:15 Baking Club 1:15 Manicures 3:30 Happy Hour on the Deck	12 10:00 Strength Training 10:30 Bells 1:15 BINGO 2:45 DIY Fall Trinket Trays 5:30 Movie Night
13 10:00 Tai Chi 10:30 Mug Club 11:00 Word Search 1:15 Craft Hour 2:00 DIY Christmas Village Group Project ASSISTED LIVING WEEK SALON OPEN	14 10:00 Flexibility 10:30 Annie Visit 11:00 Daily Delights 10:30 Adult Coloring 1:15 BINGO 3:00 Presentation by Joy 4:00 Walking Group	15  9:30 YMCA 10:00 Chair Yoga 10:30 Ken Talks 1:15 ROCKY RIDGE ORCHARD 3:30 Open Activities	16 9:30 Technology Help 10:00 Tim Caver with Allagash Tails Presentation 10:45 Church 1:15 BINGO 2:45 Play Doh Blooms 5:30 Movie Night NATIONAL PLAY DOH DAY	17 9:30 YMCA 10:00 Chair Yoga 10:30 Scattergories 11:00 Pemaquid Beach Trip and Picnic 3:00 S'mores	18 10:00 Tai Chi 10:30 Jeopardy 11:00 Toss across 1:15 Mardens Trip 3:30 Happy Hour on the Deck	19 10:00 Strength Training 10:30 Bells 1:15 BINGO 2:45 DIY Basket Weaving 5:30 Movie Night
20 10:00 Tai Chi 10:30 Mug Club 11:00 What am I Riddles 1:15 Craft Hour 2:45 Crochet Coasters/ Sunflower coasters	21 10:00 Flexibility 10:30 Daily Delights 10:30 Maine Book Club 1:15 BINGO 2:45 DIY Hair Clips 4:00 Walking Group	22 9:30 YMCA 10:00 Chair Yoga 10:30 DIY Beadable Pens 10:30 Cribbage 1:00 Resident Meeting 2:00 Pie Tasting 3:00 DIY Ribbon Key Chains FIRST DAY OF FALL 	23 9:30 Technology Help 10:00 Strength Training 10:30 DIY Fuse Bead Paintings 10:45 Church 1:15 BINGO 2:45 Welcome Mixer 5:30 Movie Night	24  9:30 YMCA 10:00 Chair Yoga 10:30 Leaf Printing 1:30 HARVEST CELEBRATION 3:30 Open Activities	25 10:00 Tai Chi 10:30 Sea Glass Lobster Art 1:15 Dollar Tree Trip 3:30 Happy Hour on the Deck NATIONAL LOBSTER DAY	26 10:00 Strength Training 10:30 Bells 1:15 BINGO 2:45 DIY Pressed Flower Bookmarks 5:30 Movie Night
27 10:00 Tai Chi 10:30 Mug Club 10:30 Trivia 1:00 Watch Party: Patriots Vs. Jaguars 1:15 Craft Hour NATIONAL SCARF DAY SALON OPEN	28 10:00 Flexibility 10:30 Daily Delights 10:30 Annie Visit 10:30 Book Club 1:15 BINGO 2:45 DIY Coloring Blankets 4:00 Walking Group	29 9:30 YMCA 10:00 Chair Yoga 10:30 Build an Emoji 1:00 Chris Heard Music 2:00 Glamour Shots NATIONAL COFFEE DAY 	30 9:30 Copper Kettle for Breakfast 10:00 Strength Training 10:45 Church 1:15 BINGO 2:45 DIY Kinsuiga 5:30 Movie Night			

ACTIVITIES ARE SUBJECT TO CHANGE.

♥ Thank you for being part of our community! ♥