| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|---|--|--|
| 1 7:00 Chair Yoga 9:00 Devotional 10:30 Exercise Group 1:00 Central Church Service 3:00 Documentary 6:00 Movie | 2 7:00 Chair Yoga 10:15 Exercise Group 11:00 Daily Chronicle 12:00 Labor Day Picnic 1:00 Live Stream 2:00 Karaoke 3:00 Documentary 6:00 Movie | 3 7:00 Chair Yoga 10:15 Exercise Group 11:00 Daily Chronicle 1:00 Live Stream 1:30 Walking Club 2:00 Outdoor Club: Scavenger Hunt 3:00 Documentary 6:00 Movie | 4 7:00 Chair Yoga 10:00 Chris Heard Guitarist 11:00 Daily Chronicle 1:30 Walking Club 2:00 BINGO 3:00 Documentary 6:00 Movie | 5 7:00 Chair Yoga 10:15 Exercise Group 11:00 Daily Chronicle 2:00 Outdoor Games 3:00 Documentary 6:00 Movie | 6 7:00 Chair Yoga 10:15 Exercise Group 11:00 Daily Chronicle 1:00 Live Stream 1:30 Walking Club 2:00 Pictionary with Prizes 3:00 Documentary 6:00 Movie with popcorn | 7 7:00 Chair Yoga 10:30 Exercise Group 11:00 Daily Chronicle 1:00 Concert Series 3:00 Documentary 6:00 Movie and Snack |
| 7:00 Chair Yoga 9:00 Devotional 10:30 Exercise Group 1:00 Central Church Service 3:00 Documentary 6:00 Movie | 7:00 Chair Yoga 10:15 Exercise Group 11:00 Daily Chronicle 1:00 Live Stream 2:00 Karaoke 3:00 Documentary 6:00 Movie | 7:00 Chair Yoga 10:15 Exercise Group 11:00 Daily Chronicle 1:00 Live Stream 1:30 Walking Club 2:00 Outdoor Club: Ring Toss 3:00 Documentary 6:00 Movie | 7:00 Chair Yoga 10:15 Exercise Group 11:00 Daily Chronicle 1:30 Walking Club 2:00 BINGO 3:00 Documentary 6:00 Movie | 7:00 Chair Yoga 10:15 Exercise Group 11:00 Daily Chronicle 2:00 Outdoor Club: Bird Trivia 3:00 Documentary 6:00 Movie | 7:00 Chair Yoga 10:15 Exercise Group 11:00 Daily Chronicle 1:00 Live Stream 1:30 Walking Club 2:00 Hangman with Prizes 3:00 Documentary 6:00 Movie with popcorn | 7:00 Chair Yoga 10:30 Exercise Group 11:00 Daily Chronicle 1:00 Concert Series 3:00 Documentary 6:00 Movie and Snack |
| 7:00 Chair Yoga 9:00 Devotional 10:30 Exercise Group 1:00 Central Church Service 3:00 Documentary 6:00 Movie | 7:00 Chair Yoga 10:15 Exercise Group 11:00 Daily Chronicle 1:00 Live Stream 2:00 Fall Craft 3:00 Documentary 6:00 Movie | 7:00 Chair Yoga 10:15 Exercise Group 11:00 Daily Chronicle 1:00 Live Stream 1:30 Walking Club 2:00 Ice Cream Social 3:00 Documentary 6:00 Movie | 7:00 Chair Yoga 10:15 Exercise Group 11:00 Daily Chronicle 12:00 Wacky Outfit Wednesday 1:30 Walking Club 2:00 BINGO 3:00 Documentary 6:00 Movie | 7:00 Chair Yoga 10:15 Exercise Group 11:00 Daily Chronicle 2:00 Outdoor Club: I Spy 3:00 Documentary 6:00 Movie | 7:00 Chair Yoga 10:15 Exercise Group 11:00 Daily Chronicle 1:00 Live Stream 1:30 Walking Club 2:00 Cards with Snacks and Prizes 3:00 Documentary 6:00 Movie with popcorn | 7:00 Chair Yoga 10:30 Exercise Group 11:00 Daily Chronicle 1:00 Concert Series 3:00 Documentary 6:00 Movie and Snack |
| 7:00 Chair Yoga 9:00 Devotional 10:30 Exercise Group 1:00 Central Church Service 3:00 Documentary 6:00 Movie | 7:00 Chair Yoga 10:15 Exercise Group 11:00 Daily Chronicle 1:00 Live Stream 2:00 Karaoke 3:00 Documentary 6:00 Movie | 7:00 Chair Yoga 10:15 Exercise Group 11:00 Daily Chronicle 1:00 Live Stream 1:30 Walking Club 2:00 Outdoor Club: Ring Toss 3:00 Documentary 6:00 Movie | 7:00 Chair Yoga 10:15 Exercise Group 11:00 Daily Chronicle 1:30 Walking Club 2:00 BINGO 3:00 Documentary 6:00 Movie | 7:00 Chair Yoga 10:15 Exercise Group 11:00 Daily Chronicle 2:00 Outdoor: Club Maine Wildlife Trivia 3:00 Documentary 6:00 Movie | 7:00 Chair Yoga 10:15 Exercise Group 11:00 Daily Chronicle 1:00 Live Stream 1:30 Walking Club 2:00 Board Games and Snacks 3:00 Documentary 6:00 Movie with popcorn | 7:00 Chair Yoga 10:30 Exercise Group 11:00 Daily Chronicle 1:00 Concert Series 3:00 Documentary 6:00 Movie and Snack |
| 7:00 Chair Yoga 9:00 Devotional 10:30 Exercise Group 1:00 Central Church Service 3:00 Documentary 6:00 Movie | 7:00 Chair Yoga 10:15 Exercise Group 11:00 Laily Chronicle 1:00 Live Stream 2:00 Leaf Craft 3:00 Documentary 6:00 Movie | | | | | |

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