



AUGUST 2024

ACTIVITIES CALENDAR



All activities are subject to change.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Outings: (Must sign up at front desk)

August 6 @ 1:00pm—

Ben and Jerry's
Factory Tour

August 26 @ 10:45am—

Picnic at the Park

Trips to Hannaford:

August 5 @ 10:30am

**Please Look to the
Lobby TV for the
Most Up-to-Date
Schedule of
Activities!**

Live Music

August 7 @ 2:00pm—

Carol Ann Jones,
Guitar and Vocals

August 14 @ 2:00pm—

Drum Circle

August 21 @ 2:00pm—

Jazzou Jones,
Piano and Vocals

August 28 @ 2:00pm—

Dan Levine,
Piano



9:30 - Working
with Weights
(Fitness Center)

10:30 -
Biography
Series: James
Michener
(Living Room)

1:15 - Song &
Prayer with
Pastor Bill
(Living Room)

2:00 - Olympic
Games: Javelin
Toss (Bistro)

3:00 - Dominoes
(Bistro)

3:15 - Bocce
(Fitness Center)

9:30 - Seated
Yoga
(Fitness Center)

10:30 -
Washington,
D.C. Then&Now
(Living Room)

1:30 -
Manicures
(Bistro, Signup
@ Desk)

1:30 -
Documentary:
Drain The
Titanic
(Living Room)

2:00 - Bridge
(Activities
Kitchen)

3:00 - Knitting
Club (Library)

4:00 - Olympic
Games:
Basketball
(Fitness Center)

9:30 - Exercise
for Balance
(Fitness Center)

10:30 -
Gardening Club
(Courtyard)

10:30 - Games
(Bistro)

1:00 - Essex
Alliance Church
(Theater)

1:15 -
Air Hockey
(Bistro)

2:30 - Bingo
(Dining Room)

3:45 - Deal or
No Deal
(Living Room)



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5	6	7	8	9	10
<p>9:30 - Full Body Stretch (Fitness Center)</p> <p>10:30 - Landmarks & Monuments: Disney Land (Living Room)</p> <p>1:00 - 2024 Paris Olympics (Theater)</p> <p>1:15 - Rummikub/ Dominoes (Bistro)</p> <p>2:30 - Pictionary (Living Room)</p> <p>3:45 - Balloon Tennis (Fitness Center)</p>	<p>9:30 - Monday Morning Wakeup (Fitness Center)</p> <p>10:30 - Crazy World Records (Living Room)</p> <p>10:30 - Trip to Hannaford (Lobby)</p> <p>1:00 - Classical Music Matinee (Living Room)</p> <p>2:00 - Olympic Games: Target Shooting (Fitness Center)</p> <p>3:00 - Scattegories (Living Room)</p> <p>3:45 - Watercolor Painting (Art Studio)</p>	<p>9:30 - Core Strengthening & Posture (Fitness Center)</p> <p>10:15 - Cooking Club: Chocolate Chip Cookies (Kitchen)</p> <p>1:00 - Catholic Service (Theater)</p> <p>1:00 - Outing: Tour of Ben and Jerry's Factory (Signup @Desk)</p> <p>2:15 - Resident Social: All About Chocolate Chip Cookie Day (Dining Room)</p> <p>3:00 - Golf (Fitness Center)</p> <p>4:00 - Trivia (Bistro)</p>	<p>9:30 - Seated Dance with Heather (Fitness Center)</p> <p>10:30 - Tallest Peaks in the U.S. (Living Room)</p> <p>1:00 - Episode of American Bandstand (Living Room)</p> <p>1:15 - Walking Club (Lobby)</p> <p>2:00 - Live Music: Carol Ann Jones (Living Room)</p> <p>3:15 - Olympic Games: Volleyball (Fitness Center)</p>	<p>9:30 - Working with Weights (Fitness Center)</p> <p>10:30 - Wellness Presentation with Katie Jewett— Nutrition As We Age (Theater)</p> <p>1:00 - Word Mining (Living Room)</p> <p>2:00 - Olympic Games: Sailing (Bistro)</p> <p>3:00 - Dominoes (Bistro)</p> <p>3:15 - Bocce (Fitness Center)</p>	<p>9:30 - Seated Yoga (Fitness Center)</p> <p>10:30 - Virtual Reality Headsets (Theater)</p> <p>1:30 - Manicures (Bistro, Signup @Desk)</p> <p>1:30 - Documentary: Drain the Bermuda Triangle (Living Room)</p> <p>2:00 - Bridge (Activities Kitchen)</p> <p>3:00 - Knitting Club (Library)</p> <p>4:00 - Olympic Games: Track (Fitness Center)</p>	<p>9:30 - Exercise for Balance (Fitness Center)</p> <p>10:30 - Gardening Club (Courtyard)</p> <p>10:30 - Games (Bistro)</p> <p>1:00 - Essex Alliance Church (Theater)</p> <p>1:00 - Ping Pong Tournament (Bistro)</p> <p>2:30 - Bingo (Dining Room)</p> <p>3:45 - Real Estate: Guess the Asking Price (Living Room)</p>



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11	12	13	14	15	16	17
<p>9:30 - Full Body Stretch (Fitness Center)</p> <p>10:30 - Who Am I? (Living Room)</p> <p>1:00 - Gordon Ramsay's Road Trip (Theater)</p> <p>1:15 - Rummikub/ Dominoes (Bistro)</p> <p>2:30 - Family Feud (Bistro)</p> <p>3:45 - Bean Bag Toss (Fitness Center)</p>	<p>9:30 - Monday Morning Wakeup (Fitness Center)</p> <p>10:30 - Watercolor Painting (Art Studio)</p> <p>1:00 - Classical Music Matinee (Living Room)</p> <p>2:00 - Seated Soccer (Fitness Center)</p> <p>3:00 - Maple Ridge Spelling Bee (Living Room)</p> <p>4:00 - Maple Ridge Olympics Closing Ceremony (Living Room)</p>	<p>9:30 - Core Strengthening & Posture (Fitness Center)</p> <p>10:15 - Dairy-Free Popsicles (Kitchen)</p> <p>1:00 - Catholic Communion with Deacon Gerry (Theater)</p> <p>2:00 - Palmer Lane Maple Creemee Truck (Outside in Front of Memory Care)</p> <p>3:00 - Golf (Fitness Center)</p> <p>4:00 - Trivia (Bistro)</p>	<p>9:30 - Seated Dance with Heather (Fitness Center)</p> <p>10:30 - Polynesian Wayfinding: Navigating the Seas (Living Room)</p> <p>1:00 - Episode of The Ed Sullivan Show (Living Room)</p> <p>1:15 - Walking Club (Lobby)</p> <p>2:00 - Drum Circle (Fitness Center)</p> <p>3:15 - Wood Whittling and Project Kits (Art Studio)</p>	<p>9:30 - Working with Weights (Fitness Center)</p> <p>10:30 - Biography Series: Claude Debussy (Living Room)</p> <p>1:00 - Flower Arranging (Bistro)</p> <p>2:30 - 4:30 - Mystery Party (Bistro)</p>	<p>9:30 - Seated Yoga (Fitness Center)</p> <p>10:30 - Women Trailblazers (Living Room)</p> <p>1:30 - Manicures (Bistro, Signup @Desk)</p> <p>1:30 - Documentary: Drain Alcatraz (Living Room)</p> <p>2:00 - Bridge (Activities Kitchen)</p> <p>3:00 - Knitting Club (Library)</p> <p>4:00 - Left, Right, Left Game (Living Room)</p>	<p>9:30 - Exercise for Balance (Fitness Center)</p> <p>10:30 - Gardening Club (Courtyard)</p> <p>10:30 - Games (Bistro)</p> <p>1:00 - Essex Alliance Church (Theater)</p> <p>1:00 - Parachute (Fitness Center)</p> <p>2:30 - Bingo (Dining Room)</p> <p>3:45 - Jeopardy (Living Room)</p>



AUGUST 2024

ACTIVITIES CALENDAR



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18	19	20	21	22	23	24
<p>9:30 - Full Body Stretch (Fitness Center)</p> <p>10:30 - Landmarks & Monuments: The Statue of Liberty (Living Room)</p> <p>1:00 - Gordon Ramsay's Road Trip (Theater)</p> <p>1:15 - Rummikub/ Dominoes (Bistro)</p> <p>2:30 - Pictionary (Living Room)</p> <p>3:45 - Balloon Tennis (Fitness Center)</p>	<p>9:30 - Morning Wakeup (Fitness Center)</p> <p>10:30 - Making Paper Palm Leaf Fans (Art Studio)</p> <p>10:30 - Trip to Hannaford (Lobby)</p> <p>1:00 - Classical Music Matinee (Living Room)</p> <p>1:30 - Seated Soccer (Fitness Center)</p> <p>2:30 - Travel Series: Kauai, Hawaii (Living Room)</p> <p>3:30 - Making Our Own Leis (Art Studio)</p>	<p>9:30 - Core Strengthening & Posture (Fitness Center)</p> <p>10:15 - Cooking Club: Hawaiian Butter Mochi (Kitchen)</p> <p>1:00 - Catholic Service (Theater)</p> <p>2:15 - Resident Social: Hawaiian Treats (Dining Room)</p> <p>3:00 - Golf (Fitness Center)</p> <p>4:00 - Trivia (Bistro)</p>	<p>9:30 - Seated Dance with Heather (Fitness Center)</p> <p>10:30 - The History of Surfing (Living Room)</p> <p>1:00 - Episode of The Dick Cavett Show (Living Room)</p> <p>1:15 - Walking Club (Lobby)</p> <p>2:00 - Live Music: Jazzou (Living Room)</p> <p>3:00 - Hawaiian Bowling (Fitness Center)</p>	<p>9:30 - Working with Weights (Fitness Center)</p> <p>10:30 - Biography Series: Don Ho (Living Room)</p> <p>1:00 - Roll with the Hawaiian Punches Game (Living Room)</p> <p>2:00 - The Hawaiian Art of Kapa (Art Studio)</p> <p>3:00 - Dominoes (Bistro)</p> <p>3:15 - Bocce (Fitness Center)</p>	<p>9:30 - Seated Hula (Fitness Center)</p> <p>10:30 - Virtual Reality Headsets (Theater)</p> <p>1:30 - Manicures (Bistro, Signup @Desk)</p> <p>1:30 - Documentary: Drain the Ocean, WWII (Living Room)</p> <p>2:00 - Bridge (Activities Kitchen)</p> <p>3:00 - Knitting Club (Library)</p> <p>4:00 - Move/ Groove w/ "The Hukilau Song" (Living Room)</p>	<p>9:30 - Exercise for Balance (Fitness Center)</p> <p>10:30 - Gardening Club (Courtyard)</p> <p>10:30 - Games (Bistro)</p> <p>1:00 - Essex Alliance Church (Theater)</p> <p>1:00 - Beach Volleyball (Fitness Center)</p> <p>2:30 - Bingo (Dining Room)</p> <p>3:45 - The Price WAS Right: 1974 (Living Room)</p>



AUGUST 2024

ACTIVITIES CALENDAR



ASSISTED LIVING

All activities are subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	31
<p>9:30 - Full Body Stretch (Fitness Center)</p> <p>10:30 - Who Am I? (Living Room)</p> <p>1:00 - Gordon Ramsay's Road Trip (Theater)</p> <p>1:15 - Rummikub/ Dominoes (Bistro)</p> <p>2:30 - Family Feud (Bistro)</p> <p>3:45 - Bean Bag Toss (Fitness Center)</p>	<p>9:30 - Monday Morning Wakeup (Fitness Center)</p> <p>10:30 - Watercolor Painting (Art Studio)</p> <p>10:45 - Outing: Picnic at the Park (Signup @Desk)</p> <p>1:00 - Classical Music Matinee (Living Room)</p> <p>2:00 - Seated Soccer (Fitness Center)</p> <p>3:00 - Making Magnetic Bookmarks (Art Studio)</p> <p>4:00 - World's Greatest Dogs (Living Room)</p>	<p>9:30 - Core Strengthening & Posture (Fitness Center)</p> <p>10:15 - Cooking Club: Orange Creamsicle Bars (Kitchen)</p> <p>1:00 - Catholic Communion with Deacon Gerry (Theater)</p> <p>2:15 - Resident Social: All About Creamsicle Day (Dining Room)</p> <p>3:00 - Golf (Fitness Center)</p> <p>4:00 - Trivia (Bistro)</p>	<p>9:30 - Seated Dance with Heather (Fitness Center)</p> <p>10:30 - Learning About the First Transatlantic Balloon Voyage (Living Room)</p> <p>1:00 - Episode of The Tonight Show with Johnny Carson (Living Room)</p> <p>1:15 - Walking Club (Lobby)</p> <p>2:00 - Live Music: Dan Levine (Living Room)</p> <p>3:15 - Wood Whittling and Project Kits (Art Studio)</p>	<p>9:30 - Working with Weights (Fitness Center)</p> <p>10:30 - Biography Series: Bette Midler (Living Room)</p> <p>1:00 - Painting with Dots (Art Studio)</p> <p>2:00 - Resident Council Meeting (Dining Room)</p> <p>3:00 - Dominoes (Bistro)</p> <p>3:15 - Bocce (Fitness Center)</p>	<p>9:30 - Seated Yoga (Fitness Center)</p> <p>10:30 - All About Gemstones (Living Room)</p> <p>1:30 - Manicures (Bistro, Signup @Desk)</p> <p>1:30 - Documentary: Drain the Sunken City (Living Room)</p> <p>2:00 - Bridge (Activities Kitchen)</p> <p>3:00 - Knitting Club (Library)</p> <p>4:00 - Digging for Gem Stones (Art Studio)</p>	<p>9:30 - Exercise for Balance (Fitness Center)</p> <p>10:30 - Gardening Club (Courtyard)</p> <p>10:30 - Games (Bistro)</p> <p>1:00 - Essex Alliance Church (Theater)</p> <p>1:00 - Bowling (Fitness Center)</p> <p>2:30 - Bingo (Dining Room)</p> <p>3:45 - Wheel of Fortune (Living Room)</p>