



September 2024



ACTIVITIES CALENDAR

All activities are subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
<p>9:30 - Full Body Stretch (Fitness Center)</p> <p>10:30 - Professions That Are Vanishing (Living Room)</p> <p>1:00 - National Geographic: Growing Up Animal, Grizzly Bear (Theater)</p> <p>1:15 - Rummikub/ Dominoes (Bistro)</p> <p>2:30 - Pictionary (Bistro)</p> <p>3:45 - Balloon Tennis (Fitness Center)</p>	<p>9:30 - Monday Morning Wakeup (Fitness Center)</p> <p>10:30 - Matching Celebrities with Their Pre-fame Jobs (Living Room)</p> <p>1:00 - Classical Music Matinee (Living Room)</p> <p>2:00 - Seated Soccer (Fitness Center)</p> <p>3:00 - Painting Labor Day Stars (Art Studio)</p> <p>4:00 - Would You Rather? Labor Day Edition (Living Room)</p>	<p>9:30 - Core Strengthening & Posture (Fitness Center)</p> <p>10:15 - Cooking Club: Orange Cranberry Bread (Kitchen)</p> <p>1:00 - Catholic Service (Theater)</p> <p>2:00 - Resident Social (Bistro)</p> <p>3:15 - Golf (Fitness Center)</p> <p>4:00 - Trivia (Bistro)</p> <p>5:45 - Evening at the Getty Museum (Living Room)</p>	<p>9:30 - Seated Dance with Heather (Fitness Center)</p> <p>10:30 - Trip to Hannaford (Lobby)</p> <p>1:00 - M*A*S*H* Episode (Living Room)</p> <p>1:15 - Walking Club (Lobby)</p> <p>2:00 - Live Music: Carol Ann Jones (Living Room)</p> <p>3:00 - Visit with Pepper, the Therapy Dog (Bistro)</p> <p>3:45 - Tissue Paper Dancers (Art Studio)</p>	<p>9:30 - Working with Weights (Fitness Center)</p> <p>10:30 - Biography Series: Jim Brown (Living Room)</p> <p>1:15 - Song and Prayer with Pastor Bill (Theater)</p> <p>2:15 - Spelling Bee (Living Room)</p> <p>3:30 - Bocce (Fitness Center)</p> <p>5:45 - Games with Maggie (Bistro)</p>	<p>9:30 - Seated Yoga (Fitness Center)</p> <p>10:30 - Virtual Reality Head Sets (Theater)</p> <p>1:30 - Manicures Bistro, Signup @Desk</p> <p>1:30 - Documentary: Drain the Oceans, Sunken Treasures (Living Room)</p> <p>2:00 - Bridge (Activities Kitchen)</p> <p>3:00 - Knitting Club (Library)</p> <p>4:00 - Finish the Line (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>1:15 - Air Hockey (Bistro)</p> <p>2:30 - Bingo (Dining Room)</p> <p>3:45 - Deal or No Deal (Living Room)</p>



September 2024



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>NATIONAL</u> 8</p> <p>9:30 - Full Body Stretch (Fitness Center)</p> <p>10:30 - Who Am I? (Living Room)</p> <p>1:00 - National Geographic: Growing Up Animal, Sea Lion (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><u>ASSISTED</u> 9</p> <p>9:30 - Monday Morning Wakeup (Fitness Center)</p> <p>10:30 - Remembering Lassie (Living Room)</p> <p>1:00 - Classical Music Matinee (Living Room)</p> <p>2:00 - Hot Potato (Fitness Center)</p> <p>3:00 - Painting Rocks (Art Studio)</p> <p>4:00 - One-Hit Wonders (Living Room)</p>	<p><u>LIVING</u> 10</p> <p>9:30 - Core Strengthening & Posture (Fitness Center)</p> <p>10:15 - Cooking Club: Maple Butter Blondies (Kitchen)</p> <p>1:00 - Catholic Communion (Theater)</p> <p>2:00 - Afternoon at the Casino (Bistro)</p> <p>5:45 - Evening at the Getty Museum (Living Room)</p>	<p><u>WEEK</u> 11</p> <p>9:30 - Seated Dance with Heather (Fitness Center)</p> <p>10:30 - The One-Room School House (Living Room)</p> <p>1:00 - Green Acres Episode (Living Room)</p> <p>1:15 - Walking Club (Lobby)</p> <p>2:00 - Drum Circle (Fitness Center)</p> <p>3:15 - Making Paper Cranes in Remembrance of 9/11 (Art Studio)</p>	<p>12</p> <p>9:30 - Working with Weights (Fitness Center)</p> <p>10:30 - Wellness Talk with Katie Jewett (Living Room)</p> <p>1:00 - ABC's Categories Game (Living Room)</p> <p>2:00 - Outing: Sam Mazza's (Signup @Desk)</p> <p>3:30 - Bocce (Fitness Center)</p> <p>5:45 - Games with Maggie (Bistro)</p>	<p><u>INSPIRING</u> 13</p> <p>9:30 - Seated Yoga (Fitness Center)</p> <p>10:30 - World's Most Amazing Bridges (Living Room)</p> <p>1:30 - Manicures (Bistro, Signup @Desk)</p> <p>1:30 - Documentary: Drain the Oceans, Egypt's Lost Wonders (Living Room)</p> <p>2:00 - Bridge (Activities Kitchen)</p> <p>3:00 - Knitting Club (Library)</p> <p>4:00 - Cranium Crunches (Living Room)</p>	<p><u>GENERATIONS</u> 14</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>1:15 - 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
15	16	17	18	19	20	21
<p>9:30 - Full Body Stretch (Fitness Center)</p> <p>10:30 - Farm Equipment: Then and Now (Living Room)</p> <p>1:00 - National Geographic: Growing Up Animal, Elephant (Theater)</p> <p>1:15 - Rummikub/ Dominoes (Bistro)</p> <p>2:30 - Pictionary (Bistro)</p> <p>3:45 - Balloon Tennis (Fitness Center)</p>	<p>9:30 - Monday Morning Wakeup (Fitness Center)</p> <p>10:15 - Watercolor Painting (Art Studio)</p> <p>10:30 - Trip to Hannaford (Lobby)</p> <p>1:00 - Classical Music Matinee (Living Room)</p> <p>2:00 - Live Music: Steve on Guitar (Living Room)</p> <p>3:00 - Visit with Pepper, the Therapy Dog (Bistro)</p> <p>3:45 - Seated Soccer (Fitness Center)</p>	<p>9:30 - Core Strengthening & Posture (Fitness Center)</p> <p>10:15 - Outing: Cold Hollow Cider Mill Café for Lunch (Signup @Desk)</p> <p>1:00 - Catholic Service (Theater)</p> <p>2:00 - Resident Social (Bistro)</p> <p>3:15 - Golf (Fitness Center)</p> <p>4:00 - Trivia (Bistro)</p> <p>5:45 - Must-See Spots in Vermont (Living Room)</p>	<p>9:30 - Seated Dance with Heather (Fitness Center)</p> <p>10:30 - Looking Back at Life on the Prairie (Living Room)</p> <p>1:00 - Groucho Marx, You Bet Your Life Episode (Living Room)</p> <p>1:15 - Walking Club (Lobby)</p> <p>2:00 - Live Music: Jazzou (Living Room)</p> <p>3:15 - Corn Husk Dolls (Art Studio)</p>	<p>9:30 - Working with Weights (Fitness Center)</p> <p>10:30 - Biography Series: Groucho Marx (Living Room)</p> <p>1:00 - Google It Game (Living Room)</p> <p>2:00 - Flower Arranging (Bistro)</p> <p>3:30 - Bocce (Fitness Center)</p> <p>5:45 - Games with Maggie (Bistro)</p>	<p>9:30 - Seated Yoga (Fitness Center)</p> <p>10:30 - Virtual Reality Head Sets (Theater)</p> <p>1:30 - Manicures (Bistro, Signup @Desk)</p> <p>1:30 - Documentary: Drain the Oceans, Mysteries of the China Seas (Living Room)</p> <p>2:00 - Bridge (Activities Kitchen)</p> <p>3:00 - Knitting Club (Library)</p> <p>4:00 - Name That Car (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>1:15 - Balloon Volleyball (Fitness Center)</p> <p>2:30 - Bingo (Dining Room)</p> <p>3:45 - Jeopardy (Living Room)</p>



September 2024



ACTIVITIES CALENDAR

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22	23	24	25	26	27	28
<p>9:30 - Full Body Stretch (Fitness Center)</p> <p>10:30 - Who Am I? (Living Room)</p> <p>1:00 - National Geographic: Growing Up Animal, Wild Dog (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 - Celebrating Centenarians Day (Living Room)</p> <p>1:00 - Classical Music Matinee (Living Room)</p> <p>2:00 - Hot Potato (Fitness Center)</p> <p>3:00 - Making Fall Wreaths (Art Studio)</p> <p>4:00 - Word Mining (Living Room)</p>	<p>9:30 - Core Strengthening & Posture (Fitness Center)</p> <p>10:15 - Cooking Club: Salted Caramel Apple Pie Bars (Kitchen)</p> <p>1:00 - Catholic Communion (Theater)</p> <p>2:00 - Resident Social (Bistro)</p> <p>3:15 - Golf (Fitness Center)</p> <p>4:00 - Trivia (Bistro)</p> <p>5:45 - New England Fall Photography (Living Room)</p>	<p>9:30 - Seated Dance with Heather (Fitness Center)</p> <p>10:30 - Discovery of the Pacific Ocean (Living Room)</p> <p>1:00 - I Dream of Jeannie Episode (Living Room)</p> <p>1:15 - Walking Club (Lobby)</p> <p>2:00 - Live Music: Dan Levine (Living Room)</p> <p>3:15 - Sea Life Drawings (Art Studio)</p>	<p>9:30 - Working with Weights (Fitness Center)</p> <p>10:30 - Biography Series: Michael Douglas (Living Room)</p> <p>1:30 - Painting with Fall Leaves (Art Studio)</p> <p>2:30 - Resident Council Meeting (Dining Room)</p> <p>3:30 - Bocce (Fitness Center)</p> <p>5:45 - Games with Maggie (Bistro)</p>	<p>9:30 - Seated Yoga (Fitness Center)</p> <p>10:30 - Paper Mache Pumpkins (Art Studio)</p> <p>1:30 - Manicures (Bistro, Signup @Desk)</p> <p>1:30 - Documentary: Drain the Oceans, Malaysia Airlines 370 (Living Room)</p> <p>2:00 - Bridge (Activities Kitchen)</p> <p>3:00 - Knitting Club (Library)</p> <p>4:00 - Match the Song to the Musical (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>1:15 - Ping Pong Tournament (Bistro)</p> <p>2:30 - Bingo (Dining Room)</p> <p>3:45 - The Price Is Right: Groceries (Living Room)</p>



September 2024



Maple Ridge Lodge
ASSISTED LIVING

ACTIVITIES CALENDAR

All activities are subject to change.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31				
<p>9:30 - Full Body Stretch (Fitness Center)</p> <p>10:30 - Looking Back at Victorian Etiquette Rules (Living Room)</p> <p>1:00 - National Geographic: Growing Up Animal, Chimp (Theater)</p> <p>1:15 - Rummikub/ Dominoes (Bistro)</p> <p>2:30 - Pictionary (Bistro)</p> <p>3:45 - Balloon Tennis (Fitness Center)</p>	<p>9:30 - Monday Morning Wakeup (Fitness Center)</p> <p>10:15 - Watercolor Painting (Art Studio)</p> <p>10:30 - Trip to Hannaford (Lobby)</p> <p>1:00 - Classical Music Matinee (Living Room)</p> <p>2:00 - Seated Soccer (Fitness Center)</p> <p>3:00 - Visit with Pepper, the Therapy Dog (Bistro)</p> <p>3:45 - Listing All 50 States (Living Room)</p>	<p>9:30 - Core Strengthening & Posture (Fitness Center)</p> <p>10:15 - Cooking Club: Apple Crisp (Kitchen)</p> <p>1:00 - Catholic Service (Theater)</p> <p>2:00 - Resident Social (Bistro)</p> <p>3:15 - Golf (Fitness Center)</p> <p>4:00 - Trivia (Bistro)</p> <p>5:45 - Highlighting Local Photographers (Living Room)</p>				