



September 2025



ACTIVITIES CALENDAR

All activities are subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>We will be celebrating National Assisted Living Week Monday, 9/15 - Friday, 9/19.</p> <p>This year's theme is "Ageless Adventure," and we will have at least one activity each day that week (in bold) honoring the theme.</p>	<p>LABOR DAY 1</p> <p>9:30 - Morning Wakeup (Fitness Center)</p> <p>10:30 - Trip to Hannaford (Lobby)</p> <p>1:00 - Classical Music Matinee (Living Room)</p> <p>2:00 - History of Labor Day and Vanishing Professions (Living Room)</p> <p>3:00 - List It! Labor Day Edition (Living Room)</p> <p>3:30 - Visit with Pepper, Therapy Dog (Bistro)</p> <p>7:00 - Choir (Living Room)</p>	<p>2</p> <p>9:30 - Core & Posture (Fitness Center)</p> <p>10:15 - Cooking Club: Maple Butter Blondies (Kitchen)</p> <p>1:00 - Catholic Service (Theater)</p> <p>2:00 - Resident Social (Bistro)</p> <p>2:45 - Karaoke (Living Room)</p> <p>4:00 - Trivia (Bistro)</p> <p>5:30 - Games with Maggie (Bistro)</p>	<p>3</p> <p>9:30 - Seated Dance with Heather (Fitness Center)</p> <p>10:30 - Evolution of the Telephone (Living Room)</p> <p>1:00 - M*A*S*H* Episode (Living Room)</p> <p>1:15 - Learning Cribbage (Bistro)</p> <p>2:30 - Live Music: Carol Ann Jones (Living Room)</p> <p>3:30 - Sunflower Installation Art (Art Studio)</p> <p>6:30 - Dominoes with Youth Group (Bistro)</p>	<p>4</p> <p>9:30 - Working with Weights (Fitness Center)</p> <p>10:30 - Biography Series: Families of Actors (Living Room)</p> <p>1:15 - Song and Prayer with Pastor Bill (Living Room)</p> <p>2:00 - Bocce (Fitness Center)</p> <p>3:00 - Wine Tasting (Bistro)</p> <p>7:00 - National Parks USA (Living Room)</p>	<p>5</p> <p>9:30 - Seated Yoga (Fitness Center)</p> <p>10:30 - Music with DJ Paul (Living Room)</p> <p>1:00 - Manicures (Bistro, Signup @Desk)</p> <p>1:30 - Disney Nature: Bears (Living Room)</p> <p>3:00 - Knitting Club (Library)</p> <p>4:00 - Afternoon Exercise (Fitness Center)</p>	<p>6</p> <p>9:30 - Exercise for Balance (Fitness Center)</p> <p>10:30 - Garden Club (Courtyard)</p> <p>10:30 - Games (Bistro)</p> <p>1:00 - Essex Alliance Church (Theater)</p> <p>1:15 - Live Music: VT Freedom and Unity Chorus (Living Room)</p> <p>2:30 - Bingo (Dining Room)</p> <p>3:45 - Before or After 1950? (Living Room)</p> <p>7:00 - GMA Weekly Roundup (Living Room)</p>



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ACTIVITIES CALENDAR



Maple Ridge Lodge
ASSISTED LIVING

All activities are subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GRANDPARENTS DAY 7 9:30 - Full Body Workout (Fitness Center) 10:30 - Who Am I? (Living Room) 1:00 - 3:00 - Afternoon of Games (Bistro) 3:00 - Sunday Matinee: <i>Madame Curie</i> (Theater) 3:30 - Afternoon Walk (Lobby) 7:00 - <i>MythBusters</i> (Living Room)	8 9:30 - Monday Morning Wakeup (Fitness Center) 10:30 - Outing: Sunflower Field (Signup @Desk) 1:00 - Classical Music Matinee (Living Room) 2:00 - Otzi the Iceman, A Look at Neolithic Life (Living Room) 3:00 - Crafting with Puzzle Pieces (Art Studio) 4:00 - Cranium Crunches (Living Room) 7:00 - <i>Choir</i> (Living Room)	9 9:30 - Core & Posture (Fitness Center) 10:15 - Cooking Club: Orange Cranberry Bread (Kitchen) 1:00 - Catholic Communion (Theater) 2:00 - Resident Social (Bistro) 3:15 - Golf (Fitness Center) 4:00 - Trivia (Bistro) 5:30 - Games with Maggie (Bistro)	10 9:30 - Seated Dance with Heather (Fitness Center) 10:30 - Talkin' 'Bout All Generations (Living Room) 1:00 - <i>Green Acres</i> Episode (Living Room) 2:00 - Drum Circle (Fitness Center) 3:15 - Book Club (Library) 5:30 - Games with Bay (Bistro)	11 9:30 - Working with Weights (Fitness Center) 10:30 - Biography Series: Joseph Haydn (Living Room) 1:00 - Virtual Tour of the 9/11 Memorial Museum in NYC (Living Room) 2:00 - Movie Mania Games (Living Room) 3:15 - Bocce (Fitness Center) 7:00 - <i>National Parks USA</i> (Living Room)	12 9:30 - Seated Yoga (Fitness Center) 10:30 - Popular Songs from the 1800s (Living Room) 1:00 - Manicures (Bistro, Signup @Desk) 1:30 - Disney Nature: Elephants (Living Room) 3:00 - Knitting Club (Library) 4:00 - Afternoon Exercise (Fitness Center) 5:45 - New England Fall Photography (Living Room)	13 9:30 - Exercise for Balance (Fitness Center) 10:30 - Gardening Club (Courtyard) 10:30 - Games (Bistro) 1:00 - Essex Alliance Church (Theater) 1:15 - Basketball (Bistro) 2:30 - Bingo (Dining Room) 3:45 - How Did We Ever Live Without...? (Living Room) 7:00 - GMA Weekly Roundup (Living Room)



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14	15	16	17	18	19	20
9:30 - Working with Exercise Balls (Fitness Center)	9:30 - Monday Morning Wakeup (Fitness Center)	9:30 - Core & Posture (Fitness Center)	9:30 - Seated Dance with Heather (Fitness Center)	9:30 - Working with Weights (Fitness Center)	9:30 - Seated Yoga (Fitness Center)	9:30 - Exercise for Balance (Fitness Center)
10:30 - Tech Help with Bay (Bistro)	10:30 - Trip to Hannaford (Lobby)	10:15 - Cooking Club: Baklava (Kitchen)	10:30 - Learning about Coastal Cleanup (Living Room)	10:30 - Biography Series: Mel Tormé (Living Room)	10:30 - Outing for Pumpkins and Fall Décor (Signup @Desk)	10:30 - Gardening Club (Courtyard)
1:00 - Dominoes (Bistro)	1:00 - Classical Music Matinee (Living Room)	1:00 - Catholic Service (Theater)	1:00 - <i>Groucho Marx, You Bet Your Life</i> Episode (Living Room)	1:00 - Vanity Plate Game (Living Room)	1:00 - Manicures (Bistro, Signup @Desk)	10:30 - Games (Bistro)
2:30 - Traveling with Virtual Reality Headsets (Theater)	2:00 - What Does Adventure Mean to You? (Bistro)	2:00 - Tasting Foods from Around the World (Bistro)	2:00 - Learning Key Phrases in Different Languages (Living Room)	2:00 - Exercise and Wellness Around the World (Living Room)	1:30 - Disney Nature: Born in China (Living Room)	1:00 - Essex Alliance Church (Theater)
3:00 - Sunday Matinee: <i>Where the Crawdads Sing</i> (Theater)	2:30 - Wonders of the World (Living Room)	3:00 - Live Music: The Butterfields (Living Room)	2:00 - Learning Key Phrases in Different Languages (Living Room)	3:00 - Happy Hour (Bistro)	3:00 - Knitting Club (Library)	1:15 - Bean Bag Toss (Bistro)
3:45 - Wii Sports (Game Room)	4:00 - Cranium Crunches (Living Room)	4:00 - Trivia (Bistro)	3:30 - Mind Fit with Gena (Living Room)	7:00 - <i>National Parks USA</i> (Living Room)	4:00 - Afternoon Exercise (Fitness Center)	2:30 - Bingo (Dining Room)
7:00 - <i>MythBusters</i> (Living Room)	7:00 - Choir (Living Room)	5:30 - Games with Maggie (Bistro)	5:30 - Games with Bay (Bistro)		5:30 - Geography Games (Living Room)	3:45 - Mother Goose Nursery Rhymes (Living Room)
						7:00 - GMA Weekly Roundup (Living Room)



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>21</p> <p>9:30 - Full Body Workout (Fitness Center)</p> <p>10:30 - Who Am I? (Living Room)</p> <p>1:00 - 3:00 - Afternoon of Games (Bistro)</p> <p>3:00 - Sunday Matinee: <i>Strawberry Blonde</i> (Theater)</p> <p>3:30 - Afternoon Walk (Lobby)</p> <p>7:00 - <i>MythBusters</i> (Living Room)</p>	<p>FIRST DAY OF FALL 22</p> <p>9:30 - Monday Morning Wakeup (Fitness Center)</p> <p>10:30 - All About Centenarians Day (Living Room)</p> <p>1:00 - <i>Live to 100: Secrets of the Blue Zones</i> (Living Room)</p> <p>2:00 - Live Music: Dan Levine (Living Room)</p> <p>3:00 - Autumn Reminiscing (Bistro)</p> <p>3:30 - Visit with Pepper, Therapy Dog (Bistro)</p> <p>7:00 - <i>Choir</i> (Living Room)</p>	<p>23</p> <p>9:30 - Core & Posture (Fitness Center)</p> <p>10:15 - Cooking Club: Gelatin Apple Dessert (Kitchen)</p> <p>1:00 - Catholic Communion (Theater)</p> <p>2:00 - Resident Social: What is Rosh Hashanah? (Bistro)</p> <p>3:15 - Golf (Fitness Center)</p> <p>4:00 - Trivia (Bistro)</p> <p>5:30 - Games with Maggie (Bistro)</p>	<p>24</p> <p>9:30 - Seated Dance with Heather (Fitness Center)</p> <p>10:30 - Travel Series: Sweden (Living Room)</p> <p>1:00 - <i>I Dream of Jeannie</i> Episode (Living Room)</p> <p>2:00 - Learn & Create: Grant Wood (Art Studio)</p> <p>3:15 - Book Club (Library)</p> <p>5:30 - Games with Bay (Bistro)</p>	<p>25</p> <p>9:30 - Working with Weights (Fitness Center)</p> <p>10:30 - Biography Series: Judith Martin (Living Room)</p> <p>1:30 - Sing Along with Clare (Living Room)</p> <p>2:30 - Resident Council Meeting (Dining Room)</p> <p>3:15 - Bocce (Fitness Center)</p> <p>7:00 - <i>National Parks USA</i> (Living Room)</p>	<p>26</p> <p>9:30 - Seated Yoga (Fitness Center)</p> <p>10:30 - All About Oktoberfest (Living Room)</p> <p>1:00 - Manicures (Bistro, Signup @Desk)</p> <p>1:30 - Disney Nature: Wings of Life (Living Room)</p> <p>3:00 - Knitting Club (Library)</p> <p>4:00 - Afternoon Exercise (Fitness Center)</p> <p>5:45 - Highlighting Local Photographers (Living Room)</p>	<p>27</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 - Skee Ball (Bistro)</p> <p>2:30 - Bingo (Dining Room)</p> <p>3:45 - Jeopardy (Living Room)</p> <p>7:00 - GMA Weekly Roundup (Living Room)</p>



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>28</p> <p>9:30 - Working with Exercise Balls (Fitness Center)</p> <p>10:30 - Tech Help with Bay (Bistro)</p> <p>1:00 - Dominoes (Bistro)</p> <p>2:30 - Traveling with Virtual Reality Headsets (Theater)</p> <p>3:00 - Sunday Matinee: <i>Singin' in the Rain</i> (Theater)</p> <p>3:45 - Wii Sports (Game Room)</p> <p>7:00 - <i>MythBusters</i> (Living Room)</p>	<p>29</p> <p>9:30 - Monday Morning Wakeup (Fitness Center)</p> <p>10:30 - Trip to Hannaford (Lobby)</p> <p>1:00 - Classical Music Matinee (Living Room)</p> <p>2:00 - Spelling Bee (Living Room)</p> <p>3:00 - Making Fall Wreaths (Art Studio)</p> <p>4:00 - Cranium Crunches (Living Room)</p> <p>7:00 - <i>Choir</i> (Living Room)</p>	<p>30</p> <p>9:30 - Core & Posture (Fitness Center)</p> <p>10:15 - Cooking Club: Soft Pretzels (Kitchen)</p> <p>1:00 - Catholic Service (Theater)</p> <p>2:00 - Resident Social: Oktoberfest Social (Bistro)</p> <p>3:15 - Golf (Fitness Center)</p> <p>4:00 - Trivia (Bistro)</p> <p>5:30 - Games with Maggie (Bistro)</p>				