




Birth Flower: Lily of the Valley

Birthstone: Emerald 













In Memory of America's Armed Forces

*For all  
who gave  
their yesterdays,  
a thank you  
today --  
on this  
Memorial  
Day.*



# May 2016

Van Service to Town - Sign up at Reception: **Mon. 12-2 PM.**, Tues., Wed., Thurs., & Fri., 10 AM. - 12 PM.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 </p> <p>12:30 Bus leaves for Portland Symphony "Beethovens Fifth"</p> <p>5:30 Dinner Served</p>	<p>2 9AM SAV Exercise A/C</p> <p>9AM Bridge - PDR</p>	<p>3 10AM Chair Yoga A/C</p> <p>1PM Peter Panagore "Heaven is Beautiful" PDR</p> 	<p>4 9AM SAV Exercise A/C</p> <p>10-12PM Steve Goold, RN s/u</p> <p>10AM Bus leaves on a "Spring Ride" &amp; Lunch at: Red Barn s/u</p>	<p>5 <i>Cinco de Mayo!</i></p>  <p>9AM Bridge - PDR</p> <p>10AM Chair Yoga A/C</p>	<p>6 9AM SAV Exercise A/C</p> 	<p>7 10AM Coffee &amp; Chat</p> 
<p>8 </p> <p>12:00 Brunch s/u</p>	<p>9 9AM SAV Exercise DVD A/C</p> <p>9AM Bridge - PDR</p> <p>3PM Heather Hardy - PDR</p> 	<p>10 10AM Chair Yoga A/C</p>	<p>11 9AM SAV Exercise DVD A/C</p> <p>2PM Resident Book Club PD</p> 	<p>12 9AM Bridge - PDR</p> <p>10AM Chair Yoga A/C</p>	<p>13 9AM SAV Exercise DVD A/C</p> <p>2PM Movie &amp; Popcorn MR "Bridge of Spies" s/u</p> 	<p>14 10AM Coffee &amp; Chat</p>
<p>15 1PM Bus leaves for MidCoast Symphony "Verdi: Messa da Requiem"</p> <p>5:30 Dinner Served</p>	<p>16 9AM SAV Exercise DVD A/C</p> <p>9AM Bridge - PDR</p> <p>1:30 Randy Lindsey PDR</p>	<p>17 10AM Chair Yoga A/C</p> <p>1PM I/L Town Hall Meeting - PDR</p> <p>3PM Rhiannon The Harpist L/R</p>	<p>18 9AM SAV Exercise DVD A/C</p> <p>4PM "Storytelling" with Priscilla Howe L/R</p>	<p>19 9AM Bridge - PDR</p> <p>10AM Chair Yoga A/C</p> <p>2:30 David Stone - PDR</p> 	<p>20 9AM SAV Exercise DVD A/C</p> 	<p>21 </p> <p>10AM Coffee &amp; Chat</p> 
<p>22 </p> <p>12:00 Brunch</p>	<p>23 9AM SAV Exercise A/C</p> <p>9AM Bridge - PDR</p> <p>1:30 Music w/ Lefty A/C</p>	<p>24 10AM Chair Yoga A/C</p> <p>9:15AM Cottage Round-table Meeting - PDR</p> <p>2PM Jerry Wiles - A/C</p>	<p>25 9AM SAV Exercise A/C</p> <p>3:30 Sarah Folger L/R</p>	<p>26 9AM Bridge - PDR</p> <p>10AM Chair Yoga A/C</p> <p>2PM SAV Birthday Party PDR s/u</p> 	<p>27 9AM SAV Exercise A/C</p> <p>2PM Bingo - PDR s/u</p> 	<p>28 10AM Coffee &amp; Chat</p>
<p>29 5:30 Dinner Served</p>	<p>30 </p> <p>9:15 am. Bus leaves for Memorial Day Parade s/u</p>	<p>31 10AM Chair Yoga A/C</p> <p>SAV Community Dinner</p> <p>5:30 Social Gathering</p> <p>6:00 Dinner Served</p> <p>6:45 Nor'Easters Barber Shop Singers</p>	<p>PDR - Pinkham Dining</p> <p>P/D - Private Dining</p> <p>A/C - Arts &amp; Crafts</p> <p>M/R - Media Room</p> <p>L/R - Living Room</p> <p>Lib - Library</p> <p>S/U - Sign-up</p>	<p>Podiatrist Visit</p> <p><b>Tues., May 17th</b></p> <p>Please call Barbara</p> <p>To schedule your Appt. 633-0920</p>	<p>Reminder:</p> <p>All things in blue are: "Open to the Public"</p> <p>Please invite your Friends &amp; Family!</p>	<p> St. Columba's Episcopal Church</p> <p>Service 1st Tues. of Each month @ 10:30 am</p> <p>Located in the SAV Chapel.</p>