









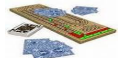











March 2019

Independent Living Activities



Town- Sign up at Reception: **Mon. 12PM - 2PM, Tues. & Thurs. 9AM -12PM, Wed., & Fri. 10AM - 12PM**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>A/C - Arts & Crafts Lib - Library L/R - Living Room (L/L) MR - Media Room PD - Private Dining PDR - Pinkham (Main) Dining</p>	<p>REMINDER: Things in "BLUE" are Open to the Public - Invite your Family and Friends. <i>All are Welcome!</i></p>	<p> <i>St. Columba's Episcopal Church Service 1st Tues. of each month @ 10:30 am Located in the SAV Chapel.</i></p>			<p>1 9AM SAV Exercise - A/C 1:30PM Bingo - PDR</p> 	<p>2 10AM Coffee & Chat</p> 
<p>3 5:30 Dinner Served</p>	<p>4 9AM SAV Exercise - A/C 1:30 Movie & Popcorn "Paint Your Wagon" MR 4PM Bible Study PD</p>	<p>5 12:00 Lunch & Learn "SAV Care Options"</p> 	<p>6 9AM SAV Exercise - A/C 1:30PM Cribbage PDR</p>	<p>7 1:30 PM Wii Games</p> 	<p>8 9AM SAV Exercise - A/C 1:30 Scrabble PDR</p> 	<p>9 10AM Coffee & Chat</p>
<p>10 <i>Daylight Savings Time Begins - Clocks Ahead 1 Hour!</i> 12:00 Brunch</p>  <p>12:30 Bus leaves for Sunday Classical "Jaime Laredo" s/u</p>	<p>11 9AM SAV Exercise - A/C 4PM Bible Study PD</p>	<p>12  9-12 Health Clinic w/ Stephen Goold s/u 1:30 PM Wii Games</p>	<p>13 9AM SAV Exercise - A/C 1:30PM Cribbage</p> 	<p>14 3:30 Sarah Foulger Visits</p> 	<p>15 9AM SAV Exercise - A/C 1:30PM</p> 	<p>16 10AM Coffee & Chat</p> 
<p>17 <i>Happy St. Patrick's Day!</i> 1PM Bus leaves for Midcoast Symphony s/u</p> <p>5:30 Dinner Served</p>	<p>18 9AM SAV Exercise 1:30 PM Music with  Randy Lindsey 4PM Bible Study PD</p>	<p>19 1:00 PM Independent Living Town Hall Meeting PD</p>	<p>20 9AM SAV Exercise - A/C 1:30 PM Cribbage 2PM Book Club Lib</p>	<p>21 2:30 Piano w/ David Stone - PDR s/u</p>  	<p>22 9AM SAV Exercise - A/C 2PM SAV Birthday Party PDR - s/u</p> 	<p>23 10AM Coffee & Chat</p>
<p>24 12:00 <i>Sunday Brunch</i></p> 	<p>25 9AM SAV Exercise 2PM Music w/ Lefty! 4PM Bible Study PD</p>	<p>26 9:15 Cottage Roundtable 2 PM Jerry Wiles PD</p>	<p>27 9AM SAV Exercise - A/C 1:30PM Cribbage PDR</p>	<p>28 <i>Community Dinner</i> 5:30 Social Gathering 6PM Dinner Served</p>	<p>29 9AM SAV Exercise - A/C 9:30M Bus leaves for Portland Flower Show & Lunch at Royall River Grill</p>	<p>30 10AM Coffee & Chat</p> 
<p>31 5:30 Dinner Served</p>		<p>Reminder: Things in blue are: "Open to the Public" Please invite your Family & Friends!</p>		<p>Podiatrist Visit Tues., March 19 Please call Barbara To schedule your Appt. 633-0920</p>		