

# September 2021



Stay Home, and Wash your hands often to Keep you and your friends healthy. Let us know how we can help!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>September Birthdays</i> 7 <i>Leslie Whitehouse</i></p>	<p>If your birthday is not listed, and you would like to be on the birthday list— just give us a call! 633-0920</p>		<p>1 2:30 Bus leaves for CMBG Cart Tour 7 spots per <i>on the cart Available!</i> s/u</p>	<p>2 <i>Groceries Arrive</i> 9:15 Sit and Stretch <b>A</b> 10:00AM Bus leaves for Farmers Market</p>	<p>3 9 :15AM Exercise 10:30 Exercise 1:30 Join us for a <b>Movie “ In the Bedroom”</b> s/u</p>	<p>4 10:30AM Bus leaves for Lola’s Memorial s/u 5 PM Lawrence Welk</p>
<p>5 12PM Noon Meal</p>	<p>6 <i>Labor Day</i> Administrative offices <b>CLOSED</b> 12:00 Noon Meal No dinner tonight</p>	<p>7 9:15 Sit and Stretch <b>B</b> 10:30 Sit and Stretch <b>C</b></p>	<p>8 4PM Kevin K. on the piano! s/u</p>	<p>9 <i>Groceries Arrive</i> 9:15 Sit and Stretch <b>A</b> 1:30 Corn hole Pick your partner! s/u</p>	<p>10 9 :15AM Exercise 10:30 Exercise 1:30 <b>BINGO</b></p>	<p>11 5 PM Lawrence Welk Channel 10</p>
<p>12 5:30 Dinner Served</p>	<p>13 <i>Grocery List Due</i> 9:15 Sit and Stretch <b>A</b> 1:30 Join us for Baubles, Bangles and Beads s/u</p>	<p>14 9:15 Sit and Stretch <b>B</b> 10:30 Sit and Stretch <b>C</b></p>	<p>15 1:30 Enjoy the new deck ! Refreshments Will be served!</p>	<p>16 <i>Groceries Arrive</i> 9:15 Sit and Stretch <b>A</b> 10:00AM Bus leaves for Farmers Market</p>	<p>17 9 :15AM Exercise 10:30 Exercise 10:45 Bus leaves for Bristol Shipyard “Ernestina Morrissey”</p>	<p>18 11:30 Bus leaves for MSMT-”Jersey Boys” In Westbrook s/u</p>
<p>19 12PM Noon Meal</p>	<p>20 <i>Grocery List Due</i> 9:15 Sit and Stretch <b>A</b> 2:30 Mickey Felder on the piano!</p>	<p>21 9:15 Sit and Stretch <b>B</b> 10:30 Sit and Stretch <b>C</b> 1 PM I/LTown Hall Meeting 2-4 Hearing Life s/u</p>	<p>22 <i>Autumn Begins</i> 4PM Kevin K. on the piano!</p>	<p>23 <i>Groceries Arrive</i> 9:15 Sit and Stretch <b>A</b> 2-4 S/U for Time with Tim Gagnon ,LMSW</p>	<p>24 9 :15AM Exercise 10:30 Exercise 1:30 Ride around the Region !</p>	<p>25 5 PM Lawrence Welk Channel 10</p>
<p>26 5:30 Dinner Served</p>	<p>27 <i>Grocery List Due</i> 9:15 Sit and Stretch <b>A</b> 1:30 The History of Rt.1 w/BBR historical Society via Zoom s/u</p>	<p>28 15 Sit and Stretch <b>B</b> 10:30 Sit and Stretch 10:00Cottage Zoom Mtg. 2-4PM Health Clinic w/ Wendy Dinsmore R.N.</p>	<p>29 1:30 Join us for Stitches!</p>	<p>30 <i>Groceries Arrive</i> 9:15 Sit and Stretch <b>A</b> 1:30 Birthday Party s/u</p>		
<p><b>Podiatrist is scheduled Sept XXX in the afternoon. Please call Barbara to schedule.</b></p>		<p><i>St. Columba’s Episcopal Church Service 3rd Thurs. of Each month @ 10:00am Located in the P.Dining</i></p>			<p>Please note that all activities that are outside are weather permitting.</p>	