

Independent Living Calendar



October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1:30 MOVIE: "Shirley Valentine" 	2 1:30 <i>Bingo!</i> 	3 9:15 & 10:30 Mindful Movements 1:30 Author: Tom Verde 6:45 Bus leaves for <i>Brothers Four</i> at the Opera House s/u \$\$	4 1:30 Trip to the Boothbay Railway Museum to see their collection of antique autos. (\$ Free) 	5 10AM <i>Coffee & Chat!</i>
6 1:00 Residents Paint 1:00 Bridge 5:30 Dinner Served	7 9:15 & 10:30 Mindful Movements 1:30 Music with Chris & Dave 	8 1:30 Join us for the Book Club! I ♥ Book Club	9 1:30 MOVIE: "Love in the Afternoon" 	10 9:15 & 10:30 Mindful Movements 8:45 Bus leaves for Senior Health Expo s/u 4:00 Wine, Cheese Music with Kevin Kiley s/u	11 FLU SHOTS Reps from the Family Care Center will be at the Village to administer shots. 8:30-11:00AM	12 10AM <i>Coffee & Chat!</i>
13 12:00 Brunch 1:30 Residents Paint 1:00 Bridge 	14 9:15 & 10:30 Mindful Movements 1:30 Ride to Damariscotta to see the Pumpkins! s/u	15 10:00 Apt Town Hall Meeting 1:30 <i>Bingo!</i> 	16 10:00 Bus leaves for Trader Joes and lunch at Royall River Grill House s/u	17 9:15 & 10:30 Mindful Movements 11:00 Lunch & Learn: <i>Keeping the Keys</i> a AAA program s/u	18 1:30 Ride the Trolley to Ocean Point! s/u 	19 10AM <i>Coffee & Chat!</i>
20 1:00 Residents Paint 1:00 Bridge 5:30 Dinner Served	21 9:15 & 10:30 Mindful Movements 10:00 Annual SAVA Mtg	22 10:00 Cottage Meeting 4:00 Wine, Cheese Music with Kevin Kiley s/u	23 1:30 Toe tapping music with Alina & Mark 	24 9:15 & 10:30 Mindful Movements 11:00-2:00 Southport Rug Hookers display Main Dining	25 1:30 Birthday Party 	26 10AM <i>Coffee & Chat!</i>
27 12:00 Brunch 1:00 Bus leaves for Midcoast Symphony s/u \$\$ 1:30 Residents Paint	28 9:15 & 10:30 Mindful Movements	29 1:30 HALLOWEEN MOVIE: "Hocus Pocus" 	30 9:00 - 2:00 Shoes & Scrubs sale in the Main Dining room	31 9:15 & 10:30 Mindful Movements 3:30 Annual Halloween Happy Hour!! s/u 	31 YOUR LIBRARY Featured author for October: <i>Jodi Picoult</i> A wonderful writer! Check it out!	

PODIATRIST 10/2 Please contact Barbara for appointments.

VETERANS Monthly meeting with Dick Roy - Wed 10/16 2PM Private Dining Room

HAPPY HOUR Every Friday at 4:15pm in the Living Room. B.Y.O.B. and an appetizer to share if you would like.

CHURCH SERVICE St. Columba's Episcopal Church Service, third Thursday every month 10:15am P.Dining

OCTOBER BIRTHDAYS

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|-------------------|-----------------|
| 1 Dick Haff | 11 Sue Bradley |
| 2 Charlotte Henry | 12 Jean Barker |
| 8 Judith Brook | 29 Margo Atwood |
| 10 Liz Colten | |

