

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

April 2026

The Landing at Cape Elizabeth

			<p>9:30 Coffee Chat- TVR 1 10:15 Balance Barre- WR 11:00 Wheel of Fortune- TVR 1:00 Walking Club- L 1:30 Bingo w/ Cape M.S Explorers- CK 2:30 Flower Arranging- CK 3:30 Wine & Unwind - CK 6:00 Evening Movie- TVR</p>	<p>9:30 Communion- FP 2 9:30 Coffee Chat- TVR 10:15 Seated Exercise - WR 11:00 Jeopardy Trivia- TVR 1:00 Cooking up Memories: Strawberry Shortcake Dip- CK 2:00 Concert w/ Kelly L- DR 3:30 Stretch & Flow Yoga- WR 6:00 Evening Movie- TVR</p>	<p>9:30 Coffee Chat- TVR 3 10:15 Balance Barre- WR 10:30 Hannaford- OUT 11:00 Spelling Bee- TVR 1:00 Artist in Residence: Art w/ Hope - CK 2:30 Quirkle- CK 3:30 Axe Throwing- WR 6:00 Evening Movie- TV</p>	<p>9:30 Coffee Chat- TVR 4 10:15 Seated Exercise- WR 11:00 Outburst- TVR 1:00 Walking Club- L 2:15 Frozen Favorites- SK 3:30 Short Story- FP 6:00 Evening Movie- TVR</p>
<p>8:40 St. Bart's Church- OUT 5 10:00 Congregational Church- TVR 11:00 Walking Club- L 1:00 Bingo- CK 2:30 Seated Exercise- WR 3:30 Rummikub- CK 6:00 Evening Movie- TVR</p> <p>Easter Sunday</p>	<p>9:30 Coffee Chat- TVR 6 10:15 Balance Barre- WR 11:00 Connections- TVR 1:30 Ping Pong Plunk- WR 2:30 High Tea- CK 3:30 UNO- CK 6:00 Evening Movie- TVR</p>	<p>9:30 Coffee Chat- TVR 7 10:15 Seated Exercise - WR 11:00 Unscramble the Word- TVR 1:30 Piano w/ Bess - PR 2:30 Spring Around the World- TVR 3:30 Cornhole- WR 6:00 Evening Movie- TVR</p>	<p>9:30 Coffee Chat- TVR 8 10:15 Balance Barre- WR 11:00 Wheel of Fortune- TVR 1:00 Walking Club- L 1:30 Sevens w/ Cape M.S. Explorers- CK 2:45 Flower Arranging- CK 3:30 Wine & Unwind - CK 6:00 Evening Movie- TVR</p>	<p>9:30 Communion- FP 9 9:30 Coffee Chat- TVR 10:15 Seated Exercise - WR 11:00 Short Story- TVR 1:30 Cooking up Memories: Pimento Cheese Sandwiches-CK 2:30 Banjo w/ Peter M. -DR 3:30 Master's Par-Tee & Golf Putting- CK 6:00 Evening Movie- TVR</p>	<p>9:30 Coffee Chat- TVR 10 10:15 Balance Barre- WR 10:30 Hannaford- OUT 11:00 Trivia- FP 1:30 Book Club- TVR 2:30 Concert w/ Tom D- DR 3:30 Golf Putting Practice- WR 6:00 Evening Movie- TV</p>	<p>9:30 Coffee Chat- TVR 11 10:15 Seated Exercise - WR 11:00 Outburst- TVR 1:00 Walking Club - L 2:15 Stillson Irish Dance Performance- DR 3:30 Short Story- FP 6:00 Evening Movie- TVR</p>
<p>8:40 St. Bart's Church- OUT 12 10:00 Congregational Church- TVR 11:00 Walking Club- L 1:00 Bingo- CK 2:30 Seated Exercise- WR 3:30 Scrabble- CK 6:00 Evening Movie- TVR</p>	<p>9:30 Coffee Chat- TVR 13 10:15 Balance Barre- WR 11:00 Connections- TVR 1:30 Grief Support Group- CK 1:30 Darts- WR 2:30 Art Appreciation: Spring- TVR 3:30 Spring Spritzer Social-CK 6:00 Evening Movie- TVR</p>	<p>9:30 Coffee Chat- TVR 14 10:15 Zumba w/ Sara- WR 11:00 Unscramble the Word- TVR 1:30 Museum Musings- TVR 2:30 Guitar w/ Todd Glacy- DR 3:30 Frisbee/Football- WR 6:00 Evening Movie- TVR</p>	<p>9:30 Coffee Chat- TVR 15 10:15 Balance Barre- WR 11:00 Wheel of Fortune- TVR 1:30 New England Rehab: Fall Risk Prevention- TVR 2:00 Scenic Drive- OUT 2:45 Flower Arranging- CK 3:30 Wine & Unwind - CK 6:00 Evening Movie- TVR</p>	<p>9:30 Communion- FP 16 9:30 Coffee Chat- TVR 10:15 Seated Exercise - WR 11:00 Jeopardy Trivia- TVR 1:30 Cooking up Memories: No-Bake Protein Balls- CK 2:30 Saxophone w/ Ray M-DR 3:30 Stretch & Flow Yoga- WR 6:00 Evening Movie- TVR</p>	<p>9:30 Coffee Chat- TVR 17 10:15 Balance Barre- WR 10:30 Hannaford- OUT 11:00 Spelling Bee- TVR 1:00 Artist in Residence: Art w/ Hope - CK 2:30 The Landing Singers- PR 3:00 Traveling Library- PR 3:30 Axe Throwing- WR 6:00 Evening Movie- TVR</p>	<p>9:30 Coffee Chat- TVR 18 10:30 Michael Perry: Out and About in Maine - TVR 1:00 Walking Club - L 2:15 Frozen Favorites- SK 3:30 Seated Exercise - WR 4:00 Short Story- FP 6:00 Evening Movie- TVR</p>
<p>8:40 St. Bart's Church- OUT 19 10:00 Congregational Church- TVR 11:00 Walking Club- L 1:00 Bingo- CK 2:30 Seated Exercise- WR 3:30 Rummikub- CK 6:00 Evening Movie- TVR</p>	<p>9:30 Coffee Chat- TVR 20 10:15 Balance Barre- WR 11:00 Connections- TVR 11:30 Lunch Outing- OUT 1:30 Flower Arranging- CK 2:30 Ping Pong Plunk- WR 3:30 UNO- CK 6:00 Evening Movie- TVR</p>	<p>9:30 Coffee Chat- TVR 21 10:15 Seated Exercise- WR 11:00 Unscramble the Word- TVR 1:00 Guitar Greats & Golden Hits- TVR 2:00 Piano w/ Rob R- PR 3:30 Cornhole- WR 4:00 Rick Steves Travel- TVR 6:00 Evening Movie- TVR</p>	<p>9:30 Coffee Chat- TVR 22 10:15 Balance Barre- WR 11:00 Earth Day Lecture- TVR 1:00 Walking Club- L 1:30 Bingo- CK 2:30 Resident Council- TVR 3:30 Wine & Unwind - CK 6:00 Evening Movie- TVR</p> <p>Earth Day</p>	<p>9:30 Communion- FP 23 9:30 Coffee Chat- TVR 10:15 Seated Exercise -TVR 11:00 Short Story- FP 1:30 Memory Lane - TVR 2:30 Quirkle- CK 4:00 Yoga w/ Jess- WR 6:00 Evening Movie- TVR</p>	<p>9:30 Coffee Chat- TVR 24 10:15 Balance Barre- WR 10:30 Hannaford- OUT 11:00 Trivia- TVR 1:30 Poetry- FP 2:30 Axe Throwing- WR 3:00 Let's Learn: Baseball- TVR 6:00 Evening Movie- TVR</p>	<p>9:30 Coffee Chat- TVR 25 10:15 Seated Exercise - WR 11:00 Who, What, Where- TVR 1:00 Walking Club- L 2:15 Ice Cream Social - SK 3:30 Short Story- FP 6:00 Evening Movie- TVR</p>
<p>8:40 St. Bart's Church- OUT 26 10:00 Congregational Church- TVR 11:00 Walking Club- L 1:00 Bingo- CK 2:30 PCM Piano Concert w/ Amy Hunter- PR 3:30 Scrabble- CK 6:00 Evening Movie- TVR</p>	<p>9:30 Coffee Chat- TVR 27 10:15 Balance Barre- WR 11:00 Connections- TVR 1:30 Darts- WR 2:30 Worldly Wines & Bites: New Zealand- CK 3:45 UNO-CK 6:00 Evening Movie- TVR</p>	<p>9:30 Coffee Chat- TVR 28 10:15 Zumba w/ Sara- WR 11:00 Unscramble the Word- TVR 1:30 Senior Green Planning- TVR 2:30 Paint Chip Poetry- TVR 3:30 Frisbee/Football- WR 6:00 Evening Movie- TVR</p>	<p>9:30 Coffee Chat- TVR 29 10:15 Balance Barre- WR 11:00 Wheel of Fortune- TVR 1:00 Walking Club- L 1:30 Bingo w/ Explorers-CK 2:45 Flower Arranging- CK 3:30 Wine & Unwind - CK 6:00 Evening Movie- TVR</p>	<p>9:30 Communion- FP 30 9:30 Coffee Chat- TVR 10:15 Seated Exercise - WR 11:00 Jeopardy Trivia- TVR 1:30 Cooking up Memories: Apple & Brie Crescent Rolls- CK 2:30 Book Club- TVR 4:00 Yoga w/ Jess- WR 6:00 Evening Movie- TVR</p>	<p>Location Key WR-Wellness Room DR-Dining Room TVR- TV Room PR- Piano Room FP- Fireplace Room SK- Sara's Kitchen CK- Country Kitchen C- Courtyard</p>	

All programs are subject to change. Hair Salon Days: Tuesday & Wednesday