

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH 2025	The Landing at Cape Elizabeth	<p>Hair Salon will be OPEN Tuesdays & Wednesdays *Salon Open the 17th but closed 18th, 19th, 25th and 26th.</p> <p>Activities are subject to change</p> <p>Please sign up for all rides and Outings at the Front Desk</p>	<p>LOCATION KEY: TVR – TV ROOM PR- PIANO ROOM WR- WELLNESS ROOM SK-SARA’S KITCHEN FP-FIREPLACE ROOM CK- COUNTRY KITCHEN DR- DINING ROOM</p>			<p>1 Women’s History Month 9:30 Coffee Chat TVR 10:45 Meditative Art CK 1:00 Outdoor Walk & Talk 2:15 Ice Cream Social SK 3:30 Game Time CK 6:00 Evening Movie TVR</p>
<p>2 8:40 Leave for St. Bart’s Church 9:15 Leave for St. Alban’s Church 10:00 Congregational Church TVR 1:00 Bingo CK 3:00 Music in Motion WR 6:00 Evening Movie TVR</p>	<p>3 9:30 Coffee Chat TVR 10:45 Exercise with Karen WR 1:00 Hannaford Trip 3:00 Finish the Phrase TVR 6:00 Evening Movie TVR</p>	<p>4 Mardi Gras 9:30 Coffee Chat TVR 10:45 Balloon Badminton WR 1:30 Concert ~ Bess Jacques PR 2:30 Mardi Gras Social PR 3:30 Scrabble CK 6:00 Evening Movie TVR</p>	<p>5 Ash Wednesday 9:30 Communion FP 10:45 Stretching with Ellen WR 1:30 Hot Chocolate Bar SK 3:00 Unscramble the Word TVR 6:00 Evening Movie TVR</p>	<p>6 9:30 Coffee Chat TVR 10:45 Golf WR 1:30 Sing Along ~ Jacqueline Clark PR 3:00 Bingo CK 6:00 Evening Movie TVR</p>	<p>7 National Dress in Blue Day 9:30 Coffee Chat TVR 10:45 Corn Hole WR 1:00 Hannaford Trip 3:00 Pictionary TVR 6:00 Evening Movie TVR</p>	<p>8 9:30 Coffee Chat TVR 10:30 Dollar Store Trip 1:00 Outdoor Walk & Talk 2:15 Ice Cream Social SK 3:30 Game Time CK 6:00 Evening Movie TVR</p>
<p>9 Daylight Savings Time Begins 8:40 Leave for St. Bart’s Church 9:15 Leave for St. Alban’s Church 10:00 Congregational Church TVR 1:00 Bingo CK 3:00 UNO Card Game CK 6:00 Evening Movie TVR</p>	<p>10 9:30 Coffee Chat TVR 10:45 Stretching with Ellen WR 1:00 Hannaford Trip 3:00 Unscramble the Word 6:00 Evening Movie TVR</p>	<p>11 9:30 Coffee Cart 10:45 Zumba ~ Sara Googins WR 1:30 Concert ~ Patrick Freeman PR 3:00 Bingo CK 6:00 Evening Movie TVR</p>	<p>12 9:30 Coffee Chat TVR 10:45 Exercise with Karen WR 1:30 Presentation “Fall Prevention” TVR 3:00 Scenic Bus Ride 3:30 March Trivia TVR 6:00 Evening Movie TVR</p>	<p>13 9:30 Communion FP 10:45 Corn Hole WR 1:30 Concert ~ Larry “Flash” Allen PR 3:00 Presentation “Women’s History” ~ Kevin Goody TVR 6:00 Evening Movie TVR</p>	<p>14 9:30 Coffee Chat TVR 10:45 Balloon Badminton WR 1:00 Outing to Goodwill Store 1:30 Documentary TVR 3:30 Outdoor Walk & Talk 6:00 Evening Movie TVR</p>	<p>15 9:30 Exercise Video TVR 10:00 Hannaford Trip 1:00 Meditative Art CK 2:30 Ice Cream Social SK 3:30 Outdoor Walk & Talk 6:00 Evening Movie TVR</p>
<p>16 8:40 Leave for St. Bart’s Church 9:15 Leave for St. Alban’s Church 10:00 Congregational Church TVR 1:00 Bingo CK 3:00 Music in Motion WR 6:00 Evening Movie TVR</p>	<p>17 St. Patrick’s Day 9:30 Coffee Chat TVR 10:30 Root’s Academy visit TVR 1:00 Exercise with Karen WR 3:00 St. Patty’s Day Social PR 6:00 Evening Movie TVR</p>	<p>18 9:30 Coffee Chat TVR 10:30 MedCor ~ Chris Krause WR 1:30 Concert ~ Rob Robbins PR 3:00 Bingo CK 6:00 Evening Movie TVR</p>	<p>19 9:30 Coffee Chat TVR 10:45 Stretching with Ellen WR 1:30 Dominoes with Karen CK 3:00 Unscramble the Word TVR 6:00 Evening Movie TVR</p>	<p>20 Spring Equinox 9:30 Communion FP 10:30 Dietary Meeting DR 1:30 Concert ~ Ray Morrow PR 2:30 Sunshine Social PR 3:30 Game Time CK 6:00 Evening Movie TVR</p>	<p>21 9:30 Coffee Chat TVR 10:00 Painting with Hope CK 11:30 Lunch Outing~ Long Horn Steakhouse 1:00 Travelogue TVR 3:00 Outburst TVR 6:00 Evening Movie TVR</p>	<p>22 9:30 Coffee Chat TVR 10:30 Hannaford Trip 1:00 Trivia TVR 2:15 Ice Cream Social SK 3:30 Game Time CK 6:00 Evening Movie TVR</p>
<p>23/30 8:40 Leave for St. Bart’s Church 9:15 Leave for St. Alban’s Church 10:00 Congregational Church TVR 1:00 Bingo CK 3:30 UNO Card Game CK 6:00 Evening Movie TVR</p>	<p>24/31 9:30 Coffee Chat TVR 10:45 Zumba ~ Sara Googins WR 1:00 Hannaford Trip 3:00 Unscramble the Word TVR 6:00 Evening Movie TVR</p>	<p>25 9:30 Coffee Cart 10:45 Stretching with Ellen WR 1:30 Concert ~ Jim Gallant PR 3:00 Bingo CK 6:00 Evening Movie TVR</p>	<p>26 9:30 Coffee Chat TVR 10:45 Exercise with Karen WR 1:30 Price is Right TVR 3:00 Nail Salon CK 6:00 Evening Movie TVR</p>	<p>27 9:30 Communion FP 10:30 Resident Council Meeting TVR 1:30 Memory Lane Show TVR 3:00 Traveling Library PR 6:00 Evening Movie TVR</p>	<p>28 9:30 Coffee Chat TVR 10:30 Hannaford Trip 10:45 Corn Hole WR 1:30 Outing to Home Goods 2:00 Documentary TVR 6:00 Evening Movie TVR</p>	<p>29 9:30 Exercise Video TVR 10:00 Hannaford Trip 1:00 Trivia TVR 2:30 Ice Cream Social SK 3:30 Outdoor Walk & Talk 6:00 Evening Movie TVR</p>