

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2026

						<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:00 Weightlifting 11:00 Noggin' Joggin' 1:30 TV Concert 2:15 Neighborhood Snack Social 3:00 Noodle Ball 4:00 Artist in Residence 5:00 Dinner Table Discussion 	<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:30 Move & Mingle 1:30 Saturday Stretches 2:30 Second Cup Club 3:00 The Symbols of May Day Social 3:30 Afternoon Stroll 4:00 Hand Massages 5:00 Dinner Table Discussion
<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:30 Worship Service 11:30 Walking Club 1:30 Sunday Stretches 2:30 Puzzle Cart 3:00 Bingo 4:00 Zen in the Garden 5:00 Dinner Table Discussion 	<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:00 TheraBand Exercises 11:00 Record Reminiscing 1:30 Putter's Practice 2:15 Neighborhood Snack Social 3:00 Noodle Ball 4:00 Happy Homekeepers 5:00 Dinner Table Discussion 6:00 Nature Documentary 	<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:00 Head to Toe Workout 11:00 Scenic Drive 1:30 Ann Sparling Performs 2:00 Zumba with Sara 2:15 Neighborhood Snack Social 3:00 Chamberlain Barre 4:00 Riveting Readers 5:00 Dinner Table Discussion 	<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:00 Yoga 11:00 Cooking Up Memories 1:30 Neighborhood Snack Social Social: Cinco De Mayo 3:00 Noodle Ball 4:00 Riveting Readers 5:00 Dinner Table Discussion 6:00 Movie Night 	<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:00 Head to Toe Workout 10:45 Garden Group 11:15 Word Games 1:30 Prayer Group 2:15 Neighborhood Snack Social 3:00 Wyeth Barre 4:00 Handyman Group 5:00 Dinner Table Discussion 	<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:00 Weightlifting 11:00 Noggin' Joggin' 2:00 Salvation Army Visits 2:15 Neighborhood Snack Social 3:00 Noodle Ball 4:00 Artist in Residence 5:00 Dinner Table Discussion 	<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:30 Move & Mingle 1:30 Saturday Stretches 2:30 Second Cup Club 3:00 Horoscopes & Good News 3:30 Afternoon Stroll 4:00 Hand Massages 5:00 Dinner Table Discussion 	
<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:00 Mother's Day Tea Party 11:30 Mindful Mandalas 1:30 Sunday Stretches 2:30 Puzzle Cart 3:00 Bingo 4:00 Zen in the Garden 5:00 Dinner Table Discussion 	<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:00 TheraBand Exercises 11:00 Senior Green Discussion 1:30 Sip and Paint 2:15 Neighborhood Snack Social 3:00 Noodle Ball 4:00 Happy Homekeepers 5:00 Dinner Table Discussion 6:00 Nature Documentary 	<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:00 Head to Toe Workout 11:00 Scenic Drive 1:30 Big League Bowling 2:15 Neighborhood Snack Social 3:00 Chamberlain Barre 4:00 Riveting Readers 5:00 Dinner Table Discussion 6:00 Movie Night 	<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:00 Red Gallagher Performs 11:00 Cooking Up Memories 1:00 Saco Bay Strollers 1:30 Social Hour 3:00 Longfellow Barre 4:00 Riveting Readers 5:00 Dinner Table Discussion 6:00 Movie Night 	<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:00 Head to Toe Workout 10:45 Garden Group 11:15 Word Games 1:30 Prayer Group 2:15 Neighborhood Snack Social 3:00 Noodle Ball 4:00 Handyman Group 5:00 Dinner Table Discussion 	<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:00 Weightlifting 11:00 Noggin' Joggin' 2:00 Wilbur the Pug Visits 2:15 Neighborhood Snack Social 3:00 Noodle Ball 4:00 Artist in Residence 5:00 Dinner Table Discussion 	<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:30 Move & Mingle 1:30 Saturday Stretches 2:30 Second Cup Club 3:00 A Force Amongst the Stars 3:30 Afternoon Stroll 4:00 Hand Massages 5:00 Dinner Table Discussion 	
<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:30 Worship Service 11:30 Walking Club 1:30 Sunday Stretches 2:30 Puzzle Cart 3:00 Bingo 4:00 Zen in the Garden 5:00 Dinner Table Discussion 	<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:00 TheraBand Exercises 11:00 Record Reminiscing 1:30 Game Show 2:15 Neighborhood Snack Social 3:00 Noodle Ball 4:00 Happy Homekeepers 5:00 Dinner Table Discussion 6:00 Nature Documentary 	<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:00 Harbor Singers Perform 11:00 Scenic Drive 2:00 Zumba with Sara 2:15 Neighborhood Snack Social 3:00 Chamberlain Barre 4:00 Riveting Readers 5:00 Dinner Table Discussion 	<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:00 Yoga 11:00 Cooking Up Memories 1:30 Bee Happy Social 3:00 Longfellow Barre 4:00 Riveting Readers 5:00 Dinner Table Discussion 6:00 Movie Night 	<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:00 Head to Toe Workout 10:45 Garden Group 11:15 Word Games 1:30 Prayer Group 2:15 Neighborhood Snack Social 3:00 Wyeth Barre 4:00 Handyman Group 5:00 Dinner Table Discussion 	<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:00 Weightlifting 11:00 Noggin' Joggin' 1:30 TV Concert 2:15 Neighborhood Snack Social 3:00 Noodle Ball 4:00 Artist in Residence 5:00 Dinner Table Discussion 	<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:30 Move & Mingle 1:30 Saturday Stretches 2:30 Second Cup Club 3:00 Tough as a Tortoise Social 3:30 Afternoon Stroll 4:00 Hand Massages 5:00 Dinner Table Discussion 	
<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:30 Worship Service 11:30 Walking Club 1:30 Sunday Stretches 2:30 Puzzle Cart 3:00 Bingo 4:00 Zen in the Garden 5:00 Dinner Table Discussion 	<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:00 TheraBand Exercises 10:45 Veteran's Social 1:30 Patriotic Paint 2:15 Neighborhood Snack Social 3:00 Noodle Ball 4:00 Happy Homekeepers 5:00 Dinner Table Discussion 6:00 Nature Documentary 	<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:00 Head to Toe Workout 11:00 Scenic Drive 1:30 Dance Party 2:15 Neighborhood Snack Social 3:00 Chamberlain Barre 4:00 Riveting Readers 5:00 Dinner Table Discussion 6:00 Movie Night 	<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:00 Yoga 11:00 Cooking Up Memories 1:30 May Birthday Party 3:00 Longfellow Barre 4:00 The More You Know 5:00 Dinner Table Discussion 6:00 Movie Night 	<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:00 Head to Toe Workout 10:45 Garden Group 11:15 Word Games 1:30 Prayer Group 2:15 Neighborhood Snack Social 3:00 Wyeth Barre 4:00 Handyman Group 5:00 Dinner Table Discussion 	<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:00 Weightlifting 11:00 Noggin' Joggin' 1:30 TV Concert 2:15 Neighborhood Snack Social 3:00 Noodle Ball 4:00 Artist in Residence 5:00 Dinner Table Discussion 	<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:30 Music with Marc 1:30 Saturday Stretches 2:30 Second Cup Club 3:00 Word Games 3:30 Afternoon Stroll 4:00 Hand Massages 5:00 Dinner Table Discussion 	
<ul style="list-style-type: none"> 9:00 Daily Chronicle 10:00 Worship Service 11:30 Walking Club 1:30 Sunday Stretches 2:30 Puzzle Cart 3:00 Bingo 4:00 Zen in the Garden 5:00 Dinner Table Discussion 	<p>Activity Key</p> <ul style="list-style-type: none"> Move Connect Learn Feel 						