

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2026

Activity Key ■ Move ■ Connect ■ Learn ■ Feel

October 2026																											
Activity Key Move Connect Learn Feel																											
10:30 Worship Service 11:30 Walking Club 1:30 Sunday Stretches 2:30 Puzzle Cart 3:00 Bingo 4:00 Social Connections			4	9:15 Daily Chronicle 10:00 TheraBand Exercises 11:00 Library Cart 1:30 Jeopardy 2:15 Neighborhood Snack Social 3:00 Bowling 4:00 Happy Homekeepers 4:30 Sort it Out			5	9:15 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 Putter's Practice 4:00 Meditation Cards 4:30 Riveting Readers			6	9:15 Daily Chronicle 10:00 Yoga 10:45 Singing with Sara 1:30 Taste and Talk 1:45 The More You Know 3:00 Noodle Ball 4:00 Mindful Mandalas 4:30 Things That Go Together			7	9:15 Daily Chronicle 10:00 Head to Toe Workout 11:00 Word Games 1:30 Balloon Volleyball 2:15 Neighborhood Snack Social 3:00 Catholic Mass 4:00 Handyman Group 4:30 Would You Rather			8	9:15 Daily Chronicle 10:00 Weightlifting 11:00 Noggin Joggin' 2:00 Salvation Army Visits 2:15 Neighborhood Snack Social 3:00 Conversation Catch 3:30 Artist in Residence 4:30 Patio Chats			9	10:00 Singing with Sara 1:30 Noodle Ball 2:30 What's Your Verdict 4:00 Hand Massages			10
10:30 TV Worship Service 1:30 Noodle Ball 2:30 Puzzles 4:00 Mindful Mandalas			11	9:15 Daily Chronicle 10:00 TheraBand Exercises 11:00 Indigenous Peoples' Day 1:30 Believable or Batty 2:15 Neighborhood Snack Social 3:00 Longfellow Barre Balance 4:00 Happy Homekeepers 4:30 Nail Spa			12	9:15 Daily Chronicle 10:00 Head to Toe Workout 11:00 Scenic Drive 1:30 Karaoke 2:15 Neighborhood Snack Social 3:00 Chamberlain Barre Balance 4:00 Bible Study 4:30 Puzzle Group			13	9:15 Daily Chronicle 10:00 Yoga 11:00 Cooking Up Memories 1:30 Taste and Talk 1:45 The More You Know 3:00 Tai Chi with Denise 4:00 Mindful Mandalas 4:30 Pondering Your Personality			14	9:15 Daily Chronicle 10:00 Head to Toe Workout 10:45 Garden Group 11:15 Word Games 1:30 Singing with Sara 2:15 Neighborhood Snack Social 3:00 Tai Chi with Denise 4:00 Handyman Group 4:30 Finish the Phrase			15	9:15 Daily Chronicle 10:00 Weightlifting 11:00 Noggin Joggin' 1:30 Wilbur the Pug Visits 2:15 Neighborhood Snack Social 3:00 Wyeth Barre Balance 3:30 Artist in Residence 4:30 Patio Chats			16	10:30 Move & Mingle 1:30 Saturday Stretches 2:30 Second Cup Club 3:00 Loveable Lemurs 3:30 Afternoon Stroll 4:00 Hand Massages			17
10:30 Worship Service 11:30 Walking Club 1:30 Sunday Stretches 2:30 Puzzle Cart 3:00 Bingo 4:00 Social Connections			18	9:15 Daily Chronicle 10:00 Two for Jackson Perform 11:00 Veteran' Social 1:30 Reiki with Amber 2:15 Neighborhood Snack Social 3:00 Longfellow Barre Balance 4:00 Who, What, Where 4:30 Walking Club			19	9:15 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 Balance 4:00 Meditation Cards 4:30 Riveting Readers			20	9:15 Daily Chronicle 10:00 Yoga 11:00 Cooking Up Memories 1:30 Taste and Talk 1:45 The More You Know 3:00 Tai Chi with Denise 4:00 Mindful Mandalas 4:30 Opposites			21	9:15 Daily Chronicle 10:00 Head to Toe Workout 10:45 Record Reminiscing 11:15 Word Games 1:30 Resident Council 2:15 Neighborhood Snack Social 3:00 Tai Chi with Denise 4:00 Handyman Group 4:30 Walking Club			22	9:15 Daily Chronicle 10:00 Weightlifting 11:00 Noggin Joggin' 1:30 TV Concert 2:15 Neighborhood Snack Social 3:00 Wyeth Barre Balance 3:30 Artist in Residence 4:30 Patio Chats			23	10:30 Move & Mingle 1:30 Saturday Stretches 2:30 Second Cup Club 3:00 The Story of Scouting 3:30 Afternoon Stroll 4:00 Hand Massages			24
10:30 Worship Service 11:30 Walking Club 1:30 Sunday Stretches 2:30 Puzzle Cart 3:00 Bingo 4:00 Social Connections			25	9:15 Daily Chronicle 10:00 TheraBand Exercises 11:00 Library Cart 1:30 Singing with Sara 2:15 Neighborhood Snack Social 3:00 Longfellow Barre Balance 4:00 Happy Homekeepers 4:30 Senior Green Discussion			26	9:15 Daily Chronicle 10:00 Head to Toe Workout 11:00 Scenic Drive 1:30 Costume Dance Party 2:15 Neighborhood Snack Social 3:00 Chamberlain Barre Balance 4:00 Bible Study 4:30 Puzzle Group			27	9:15 Daily Chronicle 10:00 Yoga 11:00 Cooking Up Memories 1:30 Taste and Talk 1:45 The More You Know 3:00 Tai Chi with Denise 4:00 Mindful Mandalas 4:30 Finishing the Phrase			28	9:15 Daily Chronicle 10:00 Head to Toe Workout 10:45 Spice of Life 11:15 Word Games 1:30 Game Group 2:15 Neighborhood Snack Social 3:00 Tai Chi with Denise 4:00 Handyman Group 4:30 Walking Club			29	9:15 Daily Chronicle 10:00 Weightlifting 11:00 Noggin Joggin' 1:30 TV Concert 2:15 Neighborhood Snack Social 3:00 Wyeth Barre Balance 3:30 Artist in Residence 4:30 Patio Chats			30	10:30 Music with Marc 1:30 Saturday Stretches 2:30 Second Cup Club 3:00 History of the Jack-o'-Lantern 3:30 Afternoon Stroll 4:00 Hand Massages			31
Halloween																											

The Landing at Saco Bay 392 Main Street

Activities subject to change based on resident interest