

| Sunday                                                                                                                                                                                     | Monday                                                                                                                                                                                                                                                      | Tuesday                                                                                                                                                                                                                 | Wednesday                                                                                                                                                                                                                                  | Thursday                                                                                                                                                                                                                                | Friday                                                                                                                                                                                                                                                                     | Saturday                                                                                                                                                                                                                                                              |
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|                                                                                                           |                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                         |                                                                                                                                                                                                                                            | 9:30 Communion- FP<br>9:30 Coffee Chat- TVR<br>10:15 Seated Exercise- WR<br>11:00 Group Crossword- TVR<br>1:00 Garden and Gab-C<br>1:30 Readers Theater<br>2:30 Bocce Ball- WR<br>4:00 Yoga- WR<br>1                                    | 9:30 Coffee Chat- TVR<br>10:15 Balance Barre-WR<br>10:30 Hannaford-OUT<br>11:00 Trivia-TVR<br>1:00 Common Grounds Walking-L<br>1:30 Ping Pong Plunk-WR<br>2:30 Scenic Ride-Out<br>3:30 Cornhole-WR<br>6:00 Evening Movie<br>2                                              | 9:30 Coffee Chat- TVR<br>10:15 Seated Exercise- WR<br>11:00 Outburst- TVR<br>1:00 Garden and Gab-C<br>1:30 Lighthouse Presentation-TVR<br>2:15 Ice Cream Social- SK<br>2:45 Cornhole- WR<br>3:30 Old Maid- CK<br>6:00 Evening Movie- TVR<br>Simchat Torah Begins<br>3 |
| 8:40 St Bart's Church- OUT<br>10:00 Congregational Church- TVR<br>11:00 Walk N' Roll- L<br>1:00 Bingo-CK<br>2:30 Seated Exercise- WR<br>3:30 Rummikub- CK<br>6:00 Evening Movie- TVR<br>4  | 9:30 Coffee Chat- TVR<br>10:15 Balance Barre-WR<br>11:00 Connections-TVR<br>1:00 Common Grounds Walking-L<br>1:30 Activity Planning Group-CK<br>2:30 Axe Throwing- WR<br>3:30 Board Games-CK<br>6:00 Evening Movie-TVR<br>5                                 | 9:30 Coffee Chat- TVR<br>10:15 Zumba- WR<br>11:00 Word Unscramble- TVR<br>1:00 Garden and Gab-C<br>1:30 Bocce Ball- WR<br>2:30 Book Club-FR<br>3:30 Craft Corner-CK<br>6:00 Evening Movie-TVR<br>6                      | 9:30 Coffee Chat- TVR<br>10:15 Balance Barre-WR<br>11:00 Spelling Bee- TVR<br>1:00 Common Grounds Feathers-L<br>1:30 Cape Explorers<br>2:30 Cooking Up Memories-CK<br>3:30 Wine and Unwind-CK<br>6:00 Evening Movie-TVR<br>7               | 9:30 Communion- FP<br>9:30 Coffee Chat- TVR<br>10:15 Tai Chi- WR<br>11:00 Group Crossword- TVR<br>1:00 Garden and Gab-C<br>1:30 Balloon Volleyball-WR<br>2:00 Music with Bess Jacques-PR<br>4:00 Yoga-WR<br>6:00 Evening Movie-TVR<br>8 | 9:30 Coffee Chat- TVR<br>10:15 Balance Barre-WR<br>11:00 Trivia-TVR<br>1:00 Art with Hope-CK<br>1:00 Common Grounds Walking-L<br>1:30 Flower Arranging-CK<br>2:30 Scenic Ride-Out<br>3:30 Axe Throwing-WR<br>6:00 Evening Movie<br>9                                       | 9:30 Coffee Chat- TVR<br>10:15 Seated Exercise- WR<br>11:00 Who Am I- TVR<br>1:00 Garden and Gab-SK<br>2:15 Ice Cream Social- SK<br>2:45 Frisbee/ Football-WR<br>3:30 UNO- CK<br>6:00 Evening Movie- TVR<br>10                                                        |
| 8:40 St Bart's Church- OUT<br>10:00 Congregational Church- TVR<br>11:00 Walk N' Roll- L<br>1:00 Bingo-CK<br>2:30 Seated Exercise- WR<br>3:30 Rummikub- CK<br>6:00 Evening Movie- TVR<br>11 | 9:30 Coffee Chat<br>10:15 Balance Barre<br>11:00 Connections-TVR<br>1:30 Pumpkin Decorating-CK<br>2:30 Ladderball-WR<br>3:30 Board Games-CK<br>6:00 Evening Movie- TVR<br>Indigenous Peoples' Day<br>Columbus Day (U.S.)<br>Thanksgiving Day (Canada)<br>12 | 9:30 Coffee Chat- TVR<br>10:15 Seated Exercise- WR<br>11:00 Word Unscramble- TVR<br>1:00 Garden and Gab-C<br>1:30 Bocce Ball- WR<br>2:00 Music with Rob Robbins<br>3:30 Craft Corner-CK<br>6:00 Evening Movie-TVR<br>13 | 9:30 Coffee Chat- TVR<br>10:15 Balance Barre-WR<br>11:00 Spelling Bee- TVR<br>1:00 Common Grounds Feathers-L<br>1:30 Cape Elizabeth Explorers<br>2:30 Cooking Up Memores-CK<br>3:30 New Resident Social-CK<br>6:00 Evening Movie-TVR<br>14 | 9:30 Communion- FP<br>9:30 Coffee Chat- TVR<br>10:15 Seated Exercise- WR<br>11:00 Group Crossword- TVR<br>1:00 Garden and Gab-C<br>2:00 Music with Ray Morrow- DR<br>3:00 Book Club-FR<br>4:00 Yoga- WR<br>6:00 Evening Movie-TVR<br>15 | 9:30 Coffee Chat- TVR<br>10:15 Balance Barre-WR<br>11:00 Trivia-TVR<br>1:00 Common Grounds Walking-L<br>1:30 Ping Pong Plunk-WR<br>2:30 Landing Singers-PR<br>3:30 Sevens-CK<br>6:00 Evening Movie-TVR<br>16                                                               | 9:30 Coffee Chat- TVR<br>10:15 Seated Exercise- WR<br>11:00 Who What Where- TVR<br>1:00 Garden and Gab-C<br>2:15 Ice Cream Social- SK<br>2:45 Golf- WR<br>3:30 Rummikub-CK<br>6:00 Evening Movie- TVR<br>17                                                           |
| 8:40 St Bart's Church- OUT<br>10:00 Congregational Church- TVR<br>11:00 Walk N' Roll- L<br>1:00 Bingo-CK<br>2:30 Seated Exercise- WR<br>3:30 Old Maid- CK<br>6:00 Evening Movie- TVR<br>18 | 9:30 Coffee Chat- TVR<br>10:15 Balance Barre-WR<br>11:00 Connections-TVR<br>1:30 Cornhole- WR<br>2:30 Scarecrow Making-L<br>3:30 Board Games-CK<br>6:00 Evening Movie- TVR<br>19                                                                            | 9:30 Coffee Chat- TVR<br>10:15 Zumba- WR<br>11:00 Word Unscramble- TVR<br>1:30 Seated Volleyball- WR<br>2:30 Craft Corner-CK<br>3:00 Cape Elizabeth Land Trust Presentation-TVR<br>6:00 Evening Movie-TVR<br>20         | 9:30 Coffee Chat- TVR<br>10:00 Voting-CK<br>10:15 Balance Barre-WR<br>11:00 Spelling Bee- TVR<br>1:30 Cape Explorers-WR<br>2:30 Landing Oktoberfest!(Family and Friends invited!)-L<br>6:00 Evening Movie-TVR<br>21                        | 9:30 Communion- FP<br>9:30 Coffee Chat- TVR<br>10:15 Tai Chi- WR<br>10:30 Veteran Cafe-CK<br>11:00 Group Crossword- TVR<br>1:30 Memory Lane-TVR<br>1:30 Walmart-Out<br>4:00 Yoga-WR<br>6:00 Evening Movie-TVR<br>22                     | 9:30 Coffee Chat- TVR<br>10:15 Balance Barre-WR<br>10:30 Hannaford- OUT<br>11:00 Trivia-TVR<br>1:00 Art with Hope-CK<br>1:30 Axe Throwing-WR<br>2:30 Trunk or Treat-L<br>3:00 Traveling Library-FR<br>3:30 Mexican Train Dominoes<br>6:00 Evening Movie-TVR<br>23          | 9:30 Coffee Chat- TVR<br>10:15 Seated Exercise- WR<br>11:00 Scattegories- TVR<br>1:00 Garden and Gab-C<br>2:15 Ice Cream Social- TVR<br>2:45 Ring Toss-WR<br>3:30 Pass The Pig- CK<br>6:00 Evening Movie- TVR<br>24                                                   |
| 8:40 St Bart's Church- OUT<br>10:00 Congregational Church- TVR<br>11:00 Walk N' Roll- L<br>1:00 Bingo-CK<br>2:30 Seated Exercise- WR<br>3:30 Rummikub- CK<br>6:00 Evening Movie- TVR<br>25 | 9:30 Coffee Chat- TVR<br>10:15 Balance Barre-WR<br>11:00 Connections-TVR<br>11:30 Allagash Brewery Tour- OUT<br>2:30 Travelogue-TVR<br>3:30 Board Games-CK<br>6:00 Evening Movie- TVR<br>26                                                                 | 9:30 Coffee Chat- TVR<br>10:15 Seated Exercise- WR<br>11:00 Word Unscramble- TVR<br>1:30 Ladderball- WR<br>2:30 Book Club-FR<br>3:00 I Love Lucy Presentation-TVR<br>6:00 Evening Movie-TVR<br>27                       | 9:30 Coffee Chat- TVR<br>10:15 Balance Barre-WR<br>11:00 Spelling Bee- TVR<br>1:30 Cape Explorers-WR<br>2:00 Red Gallagher- DR<br>3:30 Wine and Unwind-CK<br>6:00 Evening Movie-TVR<br>28                                                  | 9:30 Communion- FP<br>9:30 Coffee Chat- TVR<br>10:15 Seated Exercise- WR<br>11:00 Group Crossword- TVR<br>1:30 Golf-WR<br>2:30 Resident Council- TVR<br>3:30 Uno-CK<br>4:00 Yoga-WR<br>6:00 Evening Movie<br>29                         | 9:30 Coffee Chat- TVR<br>10:15 Balance Barre-WR<br>10:30 Hannaford- OUT<br>11:00 Trivia-TVR<br>1:00 Art with Hope-CK<br>1:30 Axe Throwing-WR<br>2:30 Halloween Trunk or Treat (Family and Friends invited!)-L<br>3:00 Traveling Library-FR<br>6:00 Evening Movie-TVR<br>30 | 9:30 Coffee Chat- TVR<br>10:15 Seated Exercise- WR<br>11:00 Outburst- TVR<br>1:00 Garden and Gab-C<br>2:15 Ice Cream Social- SK<br>2:45 Pumpkin Toss- WR<br>3:30 Crazy 8s- CK<br>6:00 Evening Movie- TVR<br>Halloween<br>31                                           |