

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Location Key: TVR-TV Room PR-Piano Room WR-Wellness Room SK-Sara’s Kitchen FP-Fireplace Room CK-Country Kitchen DR-Dining Room	9:30 Coffee & Conversation TVR 1 10:15 Exercise with Karen WR 11:00 Tend to the Garden 1:00 Outdoor Walk & Talk 2:00 Hannaford Errands 3:30 Unscramble the Word TVR 6:00 Evening Movie TVR Labor Day	9:30 Coffee & Conversation TVR 2 10:15 Outdoor Walk & Talk 11:00 Exercise Essentials TVR 1:30 Concert ~ Bess Jacques PR 2:30 Happy Hour PR 3:30 Trivia Time FP 6:00 Evening Movie TVR	9:30 Coffee & Conversation TVR 3 10:15 Exercise with Karen WR 11:00 Tend to the Garden 1:00 Scenic Bus Ride 2:30 Outdoor Walk & Talk 3:30 Connections TVR 6:00 Evening Movie TVR	9:30 Weekly Communion Service FP 4 10:00 Daily Chronicles TVR 10:45 Outdoor Walk & Talk 1:30 Music ~ Larry “Flash” Allen PR 2:45 Bingo CK 4:00 Yoga with Jess WR 6:00 Evening Movie TVR	9:30 Coffee & Conversation TVR 5 10:15 Resident Outing: Holy Donut 10:30 Exercise Essentials TVR 1:00 Outdoor Walk & Talk 2:00 Cooking up Memories CK 3:30 Guess the Phrase TVR 6:00 Evening Movie TVR	9:30 Daily Chronicle TVR 6 10:15 Outdoor Walk & Talk 11:00 Tend to the Garden 1:00 Corn Hole WR 2:15 Ice Cream Social SK 3:30 Scrabble CK 6:00 Evening Movie TVR
National Assisted Living Week 7 8:40 Leave for St. Bart’s Church 10:00 Congregational Church TVR 10:45 Golf WR 1:00 Outdoor Walk & Talk 2:00 Grandparent Tea Social TVR 3:30 Game Time CK 6:00 Evening Movie TVR Grandparents Day	10:00 Artist in Residence CK 8 10:15 Coffee & Conversation TVR 11:00 Exercise Essentials TVR 1:00 Jeopardy Travel TVR 2:00 Armchair Travels TVR 3:30 Outdoor Walk & Talk 6:00 Evening Movie TVR	9:30 Coffee & Conversation TVR 9 10:15 Exercise with Karen WR 11:00 Outdoor Walk & Talk 1:00 Tend to the Garden 2:00 Singer ~ Vickie Lee DR 3:30 Table Games CK 6:00 Evening Movie TVR	9:30 Coffee & Conversation TVR 10 10:30 Around the World Door Decorating 1:00-4:00 Portland Wheelers 1:15 Outdoor Walk & Talk 2:15 Travel Social PR 3:30 Unscramble the Word TVR 6:00 Evening Movie TVR	Patriots Day 11 9:30 Weekly Communion FP 10:15 Looking Back on NYC TVR 11:00 Corn Hole WR 2:00 Sinatra Classics ~ Laurence Kelly DR 3:00 Traveling Library PR 3:30 Big Apple Fizz SK 4:00 Yoga with Jess WR 6:00 Evening Movie TVR	9:30 Cruising Trivia TVR 12 10:15 Exercise Essentials TVR 10:30 Hannaford Errands 1:00 Outdoor Walk & Talk 2:15 Tropical Happy Hour PR 3:30 Nail Salon CK 6:00 Evening Movie TVR	9:30 Daily Chronicle TVR 13 10:15 Exercise Essentials TVR 10:30 Cooking Up Memories CK 1:00 Outdoor Walk & Talk 2:15 Ice Cream Social SK 3:30 Pictionary TVR 6:00 Evening Movie TVR
8:40 Leave for St. Bart’s Church 14 10:00 Congregational Church TVR 10:45 Balloon Badminton WR 1:00 Bingo CK 2:30 Outdoor Walk & Talk 3:30 September Trivia TVR 6:00 Evening Movie TVR	9:30 Coffee & Conversation TVR 15 10:15 Exercise with Karen WR 11:00 Tend to the Garden 1:00 Hannaford Errands 2:30 Outdoor Walk & Talk 3:30 Poetry Reading FP 6:00 Evening Movie TVR	9:30 Coffee & Conversation TVR 16 10:15 Exercise Essentials TVR 10:30 Flower Arranging CK 1:30 Music ~ Red Gallagher PR 2:30 Dominoes CK 3:30 Outdoor Walk & Talk 6:00 Evening Movie TVR	9:30 Coffee & Conversation TVR 17 10:15 Exercise with Karen WR 11:00 Tend to the Garden 1:00 Outdoor Walk & Talk 2:00 Scenic Bus Ride 3:30 Connections TVR 6:00 Evening Movie TVR	Air Force Birthday 18 9:30 Weekly Communion Service FP 10:00 Daily Chronicles TVR 10:45 Cooking up Memories CK 2:00 Saxophonist ~ Ray Morrow DR 3:00 Outdoor Walk & Talk 4:00 Yoga with Jess WR 6:00 Evening Movie TVR	9:30 Coffee & Conversation TVR 19 10:15 Exercise Essentials TVR 11:15 Resident Outing: Willow’s Italian Restaurant 1:00 Armchair Travels TVR 2:30 Outdoor Walk & Talk 3:00 Presentation ~Kevin Goody TVR 4:00 Daily Calm WR 6:00 Evening Movie TVR	9:30 Daily Chronicle TVR 20 10:15 Outdoor Walk & Talk 11:00 Tend to the Garden 1:00 Corn Hole WR 2:15 Ice Cream Social SK 3:30 Charades TVR 6:00 Evening Movie TVR Oktoberfest Begins
World Alzheimer’s Day 21 8:40 Leave for St. Bart’s Church 10:00 Congregational Church TVR 10:45 Darts WR 1:00 Bingo CK 2:30 Outdoor Walk & Talk 3:30 UNO Card Game CK 6:00 Evening Movie TVR	9:30 Coffee & Conversation TVR 22 10:15 Exercise with Karen WR 11:00 Tend to the Garden 1:00 Resident Outing: Walmart 1:30 Documentary TVR 3:30 Outdoor Walk & Talk 6:00 Evening Movie TVR Rosh Hashanah Begins Autumn Begins	9:30 Coffee & Conversation TVR 23 10:15 Exercise Essentials TVR 11:00 Outdoor Walk & Talk 1:30 Concert ~ Rob Robbins PR 2:45 Root Beer Float Social SK 4:00 Daily Calm WR 6:00 Evening Movie TVR	9:30 Coffee & Conversation TVR 24 10:15 Exercise with Karen WR 11:00 Tend to the Garden 1:00-4:00 Portland Wheelers 1:15 Outdoor Walk & Talk 2:30 Cider Social TVR 3:30 Quirkle CK 6:00 Evening Movie TVR	9:30 Weekly Communion Service FP 25 10:00 Daily Chronicles TVR 10:45 Outdoor Walk & Talk 1:30 Memory Lane Show TVR 3:00 Trivia Time FP 4:00 Yoga with Jess WR 6:00 Evening Movie TVR	9:30 Coffee & Conversation TVR 26 10:15 Exercise Essentials TVR 10:30 Cooking up Memories CK 1:30 Artist in Residence CK 3:00 Unscramble the Word TVR 4:00 Outdoor Walk & Talk 6:00 Evening Movie TVR	9:30 Daily Chronicle TVR 27 10:30 “Maine Memories” ~ Michael Perry TVR 11:00 Tend to the Garden 1:00 Outdoor Walk & Talk 2:15 Ice Cream Social SK 3:30 Golf WR 6:00 Evening Movie TVR
8:40 Leave for St. Bart’s Church 28 10:00 Congregational Church TVR 10:45 Corn Hole WR 1:00 Bingo CK 2:30 Outdoor Walk & Talk 3:30 Categories TVR 6:00 Evening Movie TVR	9:30 Coffee & Conversation TVR 29 10:15 Resident Outing: Jordan Farm 10:30 Exercise Essentials TVR 1:00 Outdoor Walk & Talk 2:00 “Fall Risk Prevention” ~ Deb Greenwich TVR 3:30 Daily Calm WR 6:00 Evening Movie TVR	9:30 Coffee & Conversation TVR 30 10:45 Zumba ~ Sara WR 11:15 Tend to the Garden 1:00 Resident Council Meeting TVR 2:00 Outdoor Walk & Talk 3:00 Bingo CK 6:00 Evening Movie TVR	<div>September 2025</div> <div>The Landing at Cape Elizabeth</div>			
Hair Salon will be OPEN every Tuesday & Wednesday						Activities are subject to change

Hair Salon will be OPEN every Tuesday & Wednesday

Please sign up for all rides and Outings at Front Desk

Activities are subject to change