







November 2022

Inn & Cottages



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>G - Gym GLR - Grand Living Room L - Library PR - Primrose Dining Room</p>		<p>1 9:30 Coffee & Chat 10:30 Yoga - G 2:00 News & Views - GLR <i>2:00 Hearing Clinic</i> 3:30 Nature Maine: Ospray with Mark- GLR</p>	<p>2 11:15 Weights & Bands - G 1:30 Movie: <i>Second Hand Lions</i></p>	<p>3 10:30 Shop at Hannaford 11:15 Gentle Stretch & Tai Chi with Mark 3:00 Travel the World: Rome with Mark</p>	<p>4 11:15 Weights & Seated Pilates - G 1:30 Dominoes - GR 1:30 Bible Study - L 4:00 Social Hour Returns! - GLR</p>	<p>5 9:30 Coffee & Chat - L 2:00 Bridge - GR</p>
<p>6 2:00 Bridge - GR</p> 	<p>7 10:30 Shop at TJ Maxx, Home Goods, Whole Foods 11:15 Seated Tai Chi - G 2:00 Tech Help with York Adult Education 2:30 Piano Music with Sara</p>	<p>8 9:30 Coffee & Chat 10:30 Yoga - G 2:00 News & Views - GLR 3:30 Climate Change & Tickborne Diseases with Mark - GLR</p>	<p>9 11:15 Weights & Bands - G 1:30 Movie: <i>The Darkest Hour</i></p>	<p>10 10:30 Shop at Market Basket 10:30 Yoga - G 2:00 Nancy Davison Art Exhibit Opening - PR</p>	<p>11 11:15 Weights & Seated Pilates - G 1:30 Dominoes - GR 1:30 Bible Study - L 4:00 Social Hour - GLR</p> 	<p>12 9:30 Coffee & Chat - L 2:00 Bridge - GR</p>
<p>13 2:00 Bridge - GR</p>	<p>14 10:30 Shop at WalMart 11:15 Seated Tai Chi - G 1:00 Fall Prevention - GLR 2:00 Tech Help with York Adult Education - GR</p>	<p>15 9:30 Coffee & Chat 10:30 Yoga - G 2:00 News & Views - GLR 3:30 Chess w/Mark-GR</p>	<p>16 11:15 Weights & Bands - G 4:00 - 6:00 FALL SOCIAL Music by Ben Baldwin & Kent Allyn - Lobby/GLR</p>	<p>17 10:30 Shop at Hannaford 10:30 Yoga - G 3:00 True Story of Thanksgiving with Mark</p>	<p>18 11:15 Weights & Seated Pilates - G 1:30 Woodman Museum, Dover, NH 1:30 Dominoes - GR 1:30 Bible Study - L 4:00 Social Hour - GLR</p>	<p>19 9:30 Coffee & Chat - L 2:00 Bridge - GR</p>
<p>20 2:00 Bridge - GR</p>	<p>21 11:15 Seated Tai Chi - G 2:00 Shop at Trader Joe's 2:00 Tech Help with York Adult Education</p>	<p>22 9:30 Coffee & Chat 10:30 Yoga - G 2:00 News & Views - GLR 3:30 Scrabble w/Mark-GR</p>	<p>23 11:15 Weights & Bands - G 1:30 Movie: <i>When Harry Met Sally</i></p>	<p>24</p> 	<p>25 1:30 Dominoes - GR 1:30 Bible Study - L</p>	<p>26 9:30 Coffee & Chat - L 2:00 Bridge - GR</p>
<p>27 2:00 Bridge - GR</p>	<p>28 11:15 Seated Tai Chi - G 2:00 Shop at Savers 2:00 Tech Help with York Adult Education</p>	<p>29 9:30 Coffee & Chat 10:30 Yoga - G 2:00 News & Views - GLR 3:30 Americas Best Destinations: Lake Winnepesaukee - GLR</p>	<p>30 11:15 Weights & Bands - G 1:30 Movie</p>	<p>Happy Birthday! <i>24 - Isabel B.</i> <i>30 - Aurora T</i></p> 	<p><i>In November, the trees are standing all sticks and bones. Without their leaves, how lovely they are, spreading their arms like dancers. They know it is time to be still."</i> - Cynthia Rylant</p>	