







Inn & Cottages

March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Happy Birthday!</p> 	<p>Activity Group Category: TH = Theater C = Conservation A = Art L = Literature M = Music TC = Tech/Current Events H = Healthy Lifestyle</p>		<p>1 10:30 York HS Heart Yourself Project - GLR 11:15 (H) Weights & Bands - G 1:30 (TH) Movie: <i>The Swimmers</i> - GLR 2:30 (M) Music with Shellie LaTorre - D</p>	<p>2 9:30 Coffee & Chat - L 10:30 (H) Yoga - G 1:30 Shop at Hannaford 3:15 Maine Leaders and Legends: Sen. Margaret Chase Smith with Mark - GLR</p>	<p>3 Communion Visits 11:15 (H) Seated Pilates-G 1:30 Bible Study - L 4:00 Social Hour - GLR</p>	<p>4 9:30 Coffee & Chat - L 2:00 Bridge - GR</p>
<p>5 1:00 (M) The MET On Demand: L' Elisir d'Amore - GLR 2:00 Bridge - GR</p>	<p>6 10:30 Shop at Savers, JoAnn Fabrics & Crafts 11:15 (H) Balance Focused Exercise with Jo - G 2:00 (TC) Podcast Club - L</p>	<p>7 9:30 Blood Pressure Clinic - L 9:30 Coffee & Chat - L 10:30 (H) Yoga - G 2:00 (TC) News & Views - GLR</p>	<p>8 11:15 (H) Weights & Bands - G 1:30 (TH) Movie: <i>This Beautiful Fantastic</i>-GLR 2:30 (M) Saxophone Music with Brian Kane - D</p>	<p>9 9:30 Coffee & Chat - L 10:30 (H) Yoga - G 1:30 Shop at Hannaford 3:00 (A) Art Opening: Natty Graham Photography - PR</p>	<p>10 Communion Visits 11:15 (H) Seated Pilates-G 4:00 Social Hour - GLR</p>	<p>11 9:30 Coffee & Chat - L 2:00 Bridge - GR</p>
<p>12 2:00 Bridge - GR</p>  <p>Daylight Savings Time Begins</p>	<p>13 10:30 Shop at Trader Joe's, Kohl's 11:15 (H) Balance Focused Exercise with Jo - G 2:00 (TH) Charades - GLR</p>	<p>14 9:30 Blood Pressure Clinic - L 9:30 Coffee & Chat - L 10:30 (H) Yoga - G 2:00 (TC) News &</p>	<p>15 11:15 Weights & Bands - G 1:00 Resident Council 1:30 (TH) Movie: <i>La La Land</i> - GLR 2:30 (M) Accordion Music with Gary - D</p>	<p>16 9:30 Coffee & Chat - L 10:30 (H) Yoga - G 1:30 Shop at Hannaford 3:15 Ethics vs Law with Mark - GLR</p>	<p>17 Communion Visits 11:15 (H) Seated Pilates-G 1:30 Bible Study - L 4:00 St. Patrick's Day Social Hour - GLR St. Patrick's Day </p>	<p>18 9:30 Coffee & Chat - L 2:00 Bridge - GR</p>
<p>19 2:00 Bridge - GR</p>	<p>20 10:30 Shop at Reny's 11:15 (H) Balance Focused Exercise with Jo - G 2:00 (C) The Climate is Changing and So Can You Series: Climate Action Plan  First Day of Spring</p>	<p>21 9:30 Blood Pressure Clinic - L 9:30 Coffee & Chat - L 10:30 (H) Yoga - G 2:00 (TC) News &</p>	<p>22 11:15 (H) Weights & Bands - G 1:30 (TH) Movie: <i>The Dig</i> - GLR 2:30 (M) Piano Music with Dave Stone - D</p>	<p>23 9:30 Coffee & Chat - L 10:30 (H) Yoga - G 2:30 (M) Piano Music with Sara - GLR</p>	<p>24 Communion Visits 10:00 Shop at Hannaford 11:15 (H) Seated Pilates-G 4:00 Social Hour - GLR</p>	<p>25 9:30 Coffee & Chat - L 2:00 Bridge - GR</p>
<p>26 2:00 Bridge - GR 2:00 (TH) Bus leaves for Starr Theatre: A Doll's House - Part 2</p>	<p>27 10:30 Shop at TJ Maxx, HomeGoods, Whole Food, Marshalls 11:15 (H) Balance Focused Exercise with Jo - G 2:00 Treasures & Tales - Lobby</p>	<p>28 9:30 Blood Pressure Clinic - L 9:30 Coffee & Chat - L 10:30 (H) Yoga - G 2:00 (TC) News & Views - GLR</p>	<p>29 11:15 (H) Weights & Bands - G 1:30 (TH) Movie: <i>The Aviator</i> - GLR 2:30 (M) Music with Terrie Collins - D</p>	<p>30 9:30 Coffee & Chat - L 10:30 (H) Yoga - G 1:30 Shop at Market Basket 3:15 (L) Short Story Group - L</p>	<p>31 Communion Visits 11:15 (H) Seated Pilates - G 4:00 Social Hour - GLR</p>	<p>G - Gym GLR - Grand Living Room L - Library PR - Primrose Dining Room D - Dickens Dining Room</p>