



Inn & Cottages

September 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Happy Birthday!</i>	G - Gym GLR - Grand Living Room L - Library PR - Primrose Dining Room D - Dickens Dining Room GR - Game Room				1 10:30 Strength & Balance Exercise with Pam - G 4:00 Social Hour - L	2 9:30 Coffee & Chat - L 2:00 Bridge - GR
3 1:00 MET On Demand: Lohengrin - GLR 2:00 Bridge - GR	4 <i>Communion Visits</i> 11:15 Balanced Exercise with Jo - G 2:00 Podcast Group - L Labor Day	5 9-11 NE Passage Bicycles 9:30 Blood Pressure Clinic - L 9:30 Coffee & Chat - L 10:30 Yoga - G 2:00 News & Views - GLR	6 11:15 Chair Aerobics - G 1:30 Movie: <i>Thirteen Lives</i> - GLR 2:30 Saxophone Music with Brian Kane - D	7 9:30 Coffee & Chat - L 10:30 Yoga - G 2:00 Shop at Hannaford	8 10:30 Strength & Balance Exercise with Pam - G 4:00 Social Hour - L	9 9:30 Coffee & Chat - L 10:00 Hopper Exhibit at Cape Ann Museum 2:00 Bridge - GR
10 2:00 Bridge - GR Grandparents Day	11 <i>Communion Visits</i> 10:30 Shop at Trader Joe's, Kohl's 11:15 Balanced Exercise with Jo - G 2:00 Documentary: <i>Living the Change</i> - GLR Patriot's Day	12 9:30 Blood Pressure Clinic - L 9:30 Coffee & Chat - L 10:30 Yoga - G 2:00 News & Views - GLR	13 11:15 Chair Aerobics - G 1:30 Movie: <i>Amadeus</i> - GLR 2:30 Accordion Music with Gary - D	14 9:30 Coffee & Chat - L 10:30 Yoga - G 2:00 Shop at Hannaford 3:00 Art Reception Tennyson Art Gallery - PR	15 10:30 Strength & Balance Exercise with Pam - G 4:00 Social Hour - L	16 9:30 Coffee & Chat - L 2:00 Bridge - GR
17 2:00 Bridge - GR	18 <i>Communion Visits</i> 11:00 Lunch Out: Saltwater Grill, Portland 11:15 Balanced Exercise with Jo - G	19 9:30 Blood Pressure Clinic - L 9:30 Coffee & Chat - L 10:30 Yoga - G 2:00 News & Views - GLR	20 11:15 Chair Aerobics-G 1:00 Resident Council - GLR 1:30 Movie: <i>Fried Green Tomatoes</i> - GLR 2:30 Piano Music with Dave Stone - D	21 9:30 Coffee & Chat - L 10:30 Yoga - G 1:00 Living with Loss Group w/Linda Mario - GLR 2:00 Shop at Hannaford 4:00 Fall Frolic at Victoria Court Cottages	22 10:30 Strength & Balance Exercise with Pam - G 4:00 Social Hour - L	23 9:30 Coffee & Chat - L 2:00 Bridge - GR 
24 2:00 Bridge - GR	25 <i>Communion Visits</i> 10:30 Shop at WalMart 11:15 Balanced Exercise with Jo - G 2:00 Sign Language for Beginners - GR	26 9:30 Blood Pressure Clinic - L 9:30 Coffee & Chat - L 10:30 Yoga - G 2:00 News & Views - GLR	27 11:15 Chair Aerobics - G 1:30 Movie: <i>The Banshees of Inisherin</i> - GLR 2:30 Music with Terrie Collins - D	28 9:30 Coffee & Chat - L 10:30 Yoga - G 2:00 Shop at Hannaford 3:30 Short Story Group w/Jean Kerr - L	29 10:30 Strength & Balance Exercise with Pam - G 4:00 Social Hour - L	30 9:30 Coffee & Chat - L 2:00 Bridge - GR