

Fridays in September
Strength & Balance Exercise with Pam
10:30 am, Gym
 Join Pam Vacca, an expert exercise leader who knows how to safely challenge participants to build strength and balance.

Sunday, September 3
The MET On Demand: *Lohengrin*
1:00 pm, Grand Living Room
 Lohengrin centers on a valiant knight who saves a virtuous maiden, on the sole condition that she never ask his name. In this performance, tenor Piotr Beczala gives a career-defining performance in the title role, and Soprano Tamara Wilson is the noble Elsa.

Mondays in September
Balance Focused Exercise with Jo
11:15 am, Gym
 Join Physical Therapist Jo with Preferred Therapy for balance-focused exercises.

Monday, September 4
Podcast Group
2:00 pm, Library
 Join Jacki and listen to and discuss an interesting podcast or two.

Tuesday, September 5
Northeast Passage Adaptive Bicycles
9:00 to 11:00 am, Lower Parking Lot
 UNH's Northeast Passage will be at Sentry Hill with their adaptive bicycles for this fun annual event. Come ride a handcycle or bring some friends and ride a bicycle built for three!

Tuesdays & Thursdays in September
Yoga Class with Gretchen
10:30 am, Inn Gym
 Sign-up at the front desk for this popular exercise program.

Tuesdays in September
News and Views with Robert Waldman
2:00 pm, Grand Living Room
 Robert facilitates insightful discussion on current events.

Wednesdays in September
Chair Aerobics Video
11:15 am, Gym
 Challenge yourself to a change of pace in your exercise routine and join us for Chair Aerobics.

Wednesday, September 6
Movie Matinee: *Thirteen Lives*
1:30 pm, Grand Living Room
 Director Ron Howard brings to life the true story of a rescue mission assembled in Thailand where a group of young boys and their soccer coach are trapped in a system of underground caves that are flooding.

Thursdays in September
Shopping at Hannaford
Bus leaves Front Lobby at 2:00 pm
 Please sign-up at Front Desk.

Saturday, September 9
Edward Hopper Exhibit at Cape Ann Museum
Bus leaves Front Lobby at 10:00 am
 This once-in-a-generation exhibition offers a fresh look at one of America's best-known artists at the crucial moment that profoundly shaped his art and his life - Hopper's years in and around Gloucester, Mass. **Cost: \$18, tickets must be prepurchased, so please sign-up at the front desk by Thursday, September 7. Minimum of four participants required. Lunch will be at the discretion of attendees.**

Monday Shopping Trips in September
Bus leaves front Lobby at 10:30 am
September 11: Trader Joe's, Kohl's; **September 25:** WalMart.
 Please sign-up at the Front Desk.

Monday, September 11
Documentary: *Living the Change: Inspiring Stories for a Sustainable Future*
2:00 pm, Grand Living Room
 The climate crisis can lead to a sense of despair. However, this documentary by filmmakers Jordan Osmond and Antoinette Wilson explore solutions to global problems through the inspiring stories of people pioneering change in their own lives and their communities to live in a sustainable and regenerative way.

Wednesday, September 13
Movie Matinee: *Amadeus*
1:30 pm, Grand Living Room
 Wolfgang Amadeus Mozart (Tom Hulce) a remarkably talented young Viennese composer, finds a fierce rival in the disciplined Antonio Salieri (F. Murray Abraham). Resenting Mozart for both his hedonistic lifestyle and his undeniable talent, the highly religious Salieri is consumed by his jealousy and becomes obsessed with Mozart's downfall.

Thursday, September 14
Tennyson Art Gallery Art Reception
3:00 pm, Primrose Dining Room
 Join us for a reception as the Tennyson Art Gallery welcomes the artwork of artists Christine Lelecas and Carol Moreland. Refreshments will be served.

Monday, September 18
LUNCH OUT: *Saltwater Grill, South Portland*
Bus leaves front Lobby at 11:00 am
 Such a popular destination it was requested for a return trip!

Wednesday, September 20
Movie Matinee: *Fried Green Tomatoes*
1:30 pm, Grand Living Room
 An Academy Award winning movie starring Kathy Bates and Jessica Tandy based on a story written by Fannie Flagg about a trapped housewife's relationship with a nursing home resident that changes her life.

Thursday, September 21
Living with Loss Group with Linda Mario
1:00 pm, Grand Living Room
 Join Certified Thanatologist Linda Mario to discuss coping with loss. This group meets the third Thursday each month.

Thursday, September 21
Sentry Hill Fall Frolic
4:00 to 5:30 pm
 The Condo Association at Sentry Hill invites Inn residents to join them for cocktails and hors d'oeuvres on the decks of 3, 5, and 11 Victoria Court. Please sign-up for this event at the Front Desk and/or RSVP to Diane Sanford.

Monday, September 25
Sign Language for Beginners
2:00 pm, Game Room
 Join Jacki for an attempt to learn American Sign Language through the UdeMy Academy. This class is for beginners, no experience necessary, just a willingness to try something new.

Wednesday, September 27
Movie Matinee: *The Banshees of Inisherin*
1:30 pm, Grand Living Room
 On a remote island off the coast of Ireland, Pádraic is devastated when his buddy Colm suddenly puts an end to their lifelong friendship. Pádraic sets out to repair the damaged relationship by any means necessary. However, as Colm's resolve only strengthens, he soon delivers an ultimatum that leads to shocking consequences.

Thursday, September 28
Short Story Group with Jean Kerr
3:30 pm, Library
 Sign up at the front desk to receive a copy of the September short story and then join Jean for a thoughtful discussion.

Additional September Information

- Coffee & Chat Group meets every Tuesday, Thursday, and Saturday at 9:30 am in the Inn Library.
- Blood Pressure Clinic, Tuesdays at 9:30 am, Inn Library.
- Catholic Communion is available to individuals on Monday mornings. Contact Activities to be added to the list.
- **Inn Resident Council, Wednesday, September 20, 1:00 pm** in the Grand Living Room.
- Autumnal Equinox, Saturday, September 23. Happy Autumn!

