

Weekly Exercise Classes (MOVE)

Come join us for fitness!

Classes are 30 minutes long unless otherwise specified by the instructor.

Location Key:
MR Media Room AL Assisted Living
R Reflections P Pool

(Class descriptions on back)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Classes		9:00 Aqua X P		9:00 Aqua X P		No Classes
	9:00 Seated Fitball/Cardio/Drumming MR	9:00 Standing Exercise w/ Balance MR	9:00 Walk- a- Mile MR	9:00 Standing Exercise w/ Weight MR	9:00 Walk a Mile MR	
	10:00 Seated Toning w/Weights MR	10:00 Barre Class MR	10:00 Seated Toning w/ Weights MR	10:00 Barre Class MR	10:00 Seated Exercise w/ Small Fitballs MR	
	11:00 Seated Exercise MR	11:00 Seated Toning with Weights MR	11:00 Seated Yoga w/ Aroma Therapy MR	11:00 Seated Toning with Weights MR	11:00 Seated Yoga w/ Aroma Therapy MR	
	1:30 Seated Exercise AL	1:30 Seated Exercise AL	1:30 Seated Exercise AL	1:30 Seated Exercise AL	1:30 Seated Exercise AL	
	2:15 Walking/ Exercise AL R	2:15 Walking/ Exercise AL R		2:15 Walking/ Exercise AL R		

Wednesday Concerts/Presentations

May 7th Magic Wes

May 14th Michelle Bruckner

May 21st Gabe Cabral Tin Pan Music

May 28th Marcia Gallagher

The Month of May!



Memorial Day May 26th

It’s May, the precursor to summer fun! May isn’t just more sunshine (hopefully) and flowers blooming, its about a very important holiday that comes all the way at the end of the month.

Memorial Day

Happy Memorial Day! May we never forget those who made the

ultimate sacrifice for our freedom.

Enjoy the day with your loved ones, and don’t forget to think about those who served and sacrificed. Happy Memorial Day!

What’s your favorite Memorial Day tradition? We’ll be firing up the BBQ and taking a moment of silence to remember those who served at 3 p.m. Happy Memorial Day

Quotes

“This nation will remain the land of the free only so long as it is the home of the brave.” – Elmer Davis

“Heroism doesn’t always happen in a burst of glory. Sometimes small triumphs and large hearts change the course of history.” – Mary Roach

“Our flag does not fly because the wind moves it. it flies with the last breath of each soldier who died protecting it.” – Anonymous

“A hero is someone who has given his or her life to something bigger than oneself.” – Joseph Campbell

“You will never do anything in this world without courage.” – Aristotle





Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Happy Birthday!

MAY

1 Pat Christian
2 Vinnie Burns
2 Jan Tarbuck
3 Sally Walker
4 Stefanie Barley
4 Jo Warmkessel
10 Charlie Jacobs
13 Gale Marr
13 Roberta Morin
17 Charlene Bridge
20 Phil Locashio
22 Keith Davis
23 Lois Rogers
24 Barbara Harmon
28 Dick Durost
28 Jackie Calcagni
31 Joan Lacasse

Activity Key

- Connect
- Feel
- Move
- Learn



60 Balsam Drive
Hallowell, ME 04347
(207) 626-7786

northbridgecommunities.com
Granite Hill Estates



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9:00 St. Mary's Mass (Zoom)
9:00 Nine-o-Clock Nails!
10:00 Cooking Up Memories
10:15 Catholic Eucharist
10:30 Games of Choice
1:30 Marc's Matinee
1:30 Granite Hill Singers
2:00 Mexican Train
6:00 Table Pool

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9:00 Hannaford Shopping
10:00 Coffee Bar & Trivia
10:00 Hearing Aid Help
10:30 Bingo
10:30 GHE Library Open House
11:30 Scattergories
1:00 Writing Our Stories
1:00 Quarters Bingo
3:00 Sharing Memories
3:00 Creative Expression

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10:00 Barre/Tai Chi Class
10:30 Bingo
10:30 Current Events
1:00 Blood Pressure Clinic
1:00 Games & Engagement
1:00 Senior College
2:00 Game Medley
2:00 Tea Time
3:15 Corn Hole
3:30 Handwork Group

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9:00 Game Time with Sherry!
10:30 Bingo
11:00 Nail/Hand Spa
11:30 Quarters Bingo
12:30 Hubbard Library Visit
2:00 Magic Wes!
3:15 Trivia
6:00 Table Pool

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10:00 Barre/ Tai Chi Class
11:00 Baking in the Bistro
11:00 Tech Help From Hal Dale Students
1:00 Meditation Group
2:00 Quarters Bingo
2:00 Table Pool
3:15 Corn Hole
6:00 Table Pool

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10:30 Bingo
11:30 Game Medley
11:30 Quarters Bingo
1:00 Engagement & Music with Claudia
2:00 Social Hour/Lodge/AL/R
6:00 Table Pool

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10:00 Video Exercise
10:30 Bingo
10:45 Trivia
12:00 Men's Group
1:15 Quarters Bingo
2:00 Coloring with Vinni
3:30 Ruth's Happy Hour
6:00 Table Pool

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Happy Mother's Day

9:00 St. Mary's Mass (Zoom)
9:00 Nine-o-Clock Nails!
10:00 Cooking Up Memories
10:15 Catholic Eucharist
10:30 Games of Choice
1:30 Marc's Matinee
1:30 Granite Hill Singers
2:00 Mexican Train
6:00 Table Pool

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9:00 Hannaford Shopping
10:00 Coffee Bar & Trivia
10:30 Bingo
10:30 Ying-Yang Vet Care Talk
11:30 Scattergories
1:00 Writing Our Stories
1:00 Quarters Bingo
2:00 Birthday Party/Jay Staples
3:00 Sharing Memories
3:00 Creative Expression

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10:00 Barre/Tai Chi Class
10:30 Bingo
10:30 Current Events
11:00 GHE Caregiver's Support group
1:00 Blood Pressure Clinic
1:00 Games & Engagement
1:00 Senior College
1:00 Mother's Day Concert/ Kathryn and Claudia

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9:00 Game Time with Sherry!
10:30 Bingo
11:00 Nail/Hand Spa
11:30 Quarters Bingo
2:00 Concert/Michelle Bruckner
3:15 Trivia
6:00 Table Pool

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9:00 Resident Breakfast
9:30 IL Council Meeting
10:00 Barre/ Tai Chi Class
11:00 Baking in the Bistro
12:45 AL Council/Senior Green
1:00 Meditation Group
2:00 Quarters Bingo
2:00 Table Pool
3:15 Corn Hole
6:00 Table Pool

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10:30 Bingo
11:30 Game Medley
11:30 Quarters Bingo
1:00 Engagement & Music with Claudia
2:00 Social Hour/Lodge/AL/R
6:00 Table Pool

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10:00 Video Exercise
10:30 Bingo
10:45 Trivia
12:00 Men's Group
1:15 Quarters Bingo
1:30 Claudia on Piano
2:00 Coloring with Vinni
3:30 Ruth's Happy Hour
6:00 Table Pool

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9:00 St. Mary's Mass (Zoom)
9:00 Nine-o-Clock Nails!
10:00 Cooking Up Memories
10:15 Catholic Eucharist
10:30 Games of Choice
1:30 Marc's Matinee
1:30 Granite Hill Singers
2:00 Mexican Train
6:00 Table Pool

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9:00 Hannaford Shopping
10:00 Coffee Bar & Trivia
10:30 Bingo
11:30 Scattergories
1:00 Quarters Bingo
1:00 Writer's Reading
3:00 Sharing Memories
3:00 Creative Expression
6:00 Table Pool

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10:00 Barre/Tai Chi Class
10:30 Bingo
10:30 GHE Book Group
10:30 Current Events
1:00 Blood Pressure Clinic
1:00 Games & Engagement
1:00 Senior College
1:00 A in R:Artist Talk
2:00 Game Medley
2:00 Tea Time

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9:00 Game Time with Sherry!
10:30 Bingo
11:00 Nail/Hand Spa
11:30 Quarters Bingo
2:00 Gabe Cabral Tin Pan
3:15 Trivia
6:00 Table Pool

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10:00 Barre/ Tai Chi Class
11:00 Baking in the Bistro
1:00 Meditation Group
2:00 Quarters Bingo
2:00 Table Pool
2:30 Episcopal Worship Service
3:15 Corn Hole
6:00 Table Pool

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10:30 Bingo
11:30 Game Medley
11:30 Quarters Bingo
1:00 Engagement & Music with Claudia
2:00 Social Hour/Lodge/AL/R
6:00 Table Pool

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10:00 Video Exercise
10:30 Bingo
10:45 Trivia
12:00 Men's Group
1:15 Quarters Bingo
2:00 Coloring with Vinni
3:30 Ruth's Happy Hour
6:00 Table Pool

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9:00 St. Mary's Mass (Zoom)
9:00 Nine-o-Clock Nails!
10:00 Cooking Up Memories
10:15 Catholic Eucharist
10:30 Games of Choice
1:30 Marc's Matinee
1:30 Granite Hill Singers
2:00 Mexican Train
6:00 Table Pool

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Memorial Day

9:00 Hannaford Shopping
10:00 Coffee Bar & Trivia
10:30 Bingo
11:30 Scattergories
1:00 Writing Our Stories
1:00 Quarters Bingo
1:30 Lithgow Library visit
3:00 Sharing Memories
3:00 Creative Expression
6:00 Table Pool

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10:00 Barre/Tai Chi Class
10:30 Bingo
10:30 Current Events
11:00 GHE Caregiver's Support Group
1:00 Blood Pressure Clinic
1:00 Games & Engagement
1:00 Senior College
2:00 Game Medley
2:00 Tea Time

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9:00 Game Time with Sherry!
10:30 Bingo
11:00 Nail/Hand Spa
11:30 Quarters Bingo
2:00 Concert/Marcia Gallagher
3:15 Trivia
6:00 Table Pool

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10:00 Barre/ Tai Chi Class
11:00 Baking in the Bistro
1:00 Meditation Group
1:00 Mary Kay Party
2:00 Quarters Bingo
2:00 Table Pool
3:15 Corn Hole
6:00 Table Pool

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10:30 Bingo
11:30 Game Medley
11:30 Quarters Bingo
12:45 Love on a Leash
1:00 Engagement & Music with Claudia
2:00 Social Hour/Lodge/AL/R
6:00 Table Pool

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10:00 Video Exercise
10:30 Bingo
10:45 Trivia
12:00 Men's Group
1:15 Quarters Bingo
2:00 Coloring with Vinni
3:30 Ruth's Happy Hour
6:00 Table Pool