

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Reflections

News

It's the dog days of summer and we're enjoying every minute of it! We're taking every chance to bask in the rays!

An August highlight is our virtual tour of the Nile River. We'll be connecting over Zoom with a tour guide in Egypt who will take us down the historic waters.

PROGRAM

- – Cognitive
- – Emotional
- – Physical
- – Social



- 1**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Plinko Trivia
 - 11:00 ■ Tai Chi Class
 - 1:30 ■ Mandalas
 - 2:30 ■ Art Class
 - 3:30 ■ Cranium Crunches
 - 4:00 ■ Low Impact Exercise
 - 6:00 ■ Gather Round Games

- 2**
- 9:30 ■ Coffee & Chronicle
 - 10:30** ■ **Health Checkup Clinic**
 - 10:30 ■ Walking Club
 - 11:00 ■ Musical Minds
 - 1:30 ■ Baking Club
 - 2:30 ■ Neighborhood Bingo
 - 3:30 ■ Exercise Stations
 - 4:00 ■ Madlibs
 - 6:00 ■ Who in the Room?

- 3**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Walking Club
 - 11:00 ■ Team Trivia Challenge
 - 1:30 ■ Poetry Corner
 - 2:00 ■ Barre & Balance Class
 - 3:00 ■ Shadowbox Crafting
 - 4:00 ■ Cranium Crunches
 - 6:00 ■ Would You Rather?

- 4**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Scenic Ride: Kittery
 - 11:00 ■ Spelling Bee
 - 1:30 ■ Spirit Team Rehearsal
 - 2:30 ■ Neighborhood Pokeno
 - 3:30 ■ Tai Chi Class
 - 4:00 ■ Who Am I?
 - 6:00 ■ Meditative Movement

- 5**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Walking Club
 - 11:00 ■ TED Talks
 - 1:30 ■ Book Club
 - 2:00 ■ Barre & Balance Class
 - 3:00** ■ **Garden Club**
 - 4:00 ■ Cranium Crunches
 - 6:00 ■ Gather Round Games

- 6**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Courtyard Cardio
 - 11:00 ■ Armchair Travels
 - 1:30 ■ Sports and Games
 - 2:30 ■ Lemonade & Cookie Social
 - 3:30 ■ Word in a Word
 - 4:00 ■ Virtual Catholic Service
 - 6:00 ■ Who in the Room?

- 7**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Sun Salutation
 - 11:00 ■ Virtual Catholic Service
 - 1:30 ■ 20 Questions
 - 2:30 ■ Sundae Social
 - 3:30 ■ True or False?
 - 4:00 ■ Mindful Meditation
 - 6:00 ■ Would You Rather?

- 8**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Plinko Trivia
 - 11:00 ■ Tai Chi Class
 - 1:30 ■ Mandalas
 - 2:30 ■ Art Class
 - 3:30 ■ Cranium Crunches
 - 4:00 ■ Low Impact Exercise
 - 6:00 ■ Gather Round Games

- 9**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Walking Club
 - 11:00 ■ Musical Minds
 - 1:30** ■ **Baking Club**
 - 2:30 ■ Neighborhood Bingo
 - 3:30 ■ Exercise Stations
 - 4:00 ■ Madlibs
 - 6:00 ■ Who in the Room?

- 10**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Walking Club
 - 11:00 ■ Team Trivia Challenge
 - 1:30 ■ Poetry Corner
 - 2:00 ■ Barre & Balance Class
 - 3:00** ■ **Live Ukulele Session**
 - 4:00 ■ Cranium Crunches
 - 6:00 ■ Would You Rather?

- 11**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Picnic Lunch: Rye Harbor
 - 11:00 ■ Spelling Bee
 - 1:30 ■ Spirit Team Rehearsal
 - 2:30 ■ Neighborhood Pokeno
 - 3:30 ■ Tai Chi Class
 - 4:00 ■ Who Am I?
 - 6:00 ■ Meditative Movement

- 12**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Walking Club
 - 11:00 ■ TED Talks
 - 1:30 ■ Barre & Balance Class
 - 2:30** ■ **Chris Ekblom Concert**
 - 3:30 ■ Garden Club
 - 4:00 ■ Cranium Crunches
 - 6:00 ■ Gather Round Games

- 13**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Courtyard Cardio
 - 11:00 ■ Armchair Travels
 - 1:30 ■ Sports and Games
 - 2:30 ■ Tea Party Social
 - 3:30 ■ Word in a Word
 - 4:00 ■ Virtual Catholic Service
 - 6:00 ■ Who in the Room?

- 14**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Sun Salutation
 - 11:00 ■ Virtual Catholic Service
 - 1:30 ■ Wheel of Fortune
 - 2:30** ■ **Sundae Social**
 - 3:30 ■ True or False?
 - 4:00 ■ Mindful Meditation
 - 6:00 ■ Would You Rather?

- 15**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Plinko Trivia
 - 11:00 ■ Tai Chi Class
 - 1:30 ■ Mandalas
 - 2:30 ■ Art Class
 - 3:30 ■ Cranium Crunches
 - 4:00 ■ Low Impact Exercise
 - 6:00 ■ Gather Round Games

- 16**
- 9:30 ■ Sunrise Stretch
 - 10:00** ■ **Virtual Tour: Nile River**
 - 11:00 ■ Musical Minds
 - 1:30 ■ Baking Club
 - 2:30 ■ Neighborhood Bingo
 - 3:30 ■ Exercise Stations
 - 4:00 ■ Madlibs
 - 6:00 ■ Who in the Room?

- 17**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Walking Club
 - 11:00 ■ Team Trivia Challenge
 - 1:30 ■ Poetry Corner
 - 2:00 ■ Barre & Balance Class
 - 3:00 ■ Shadowbox Crafting
 - 4:00 ■ Cranium Crunches
 - 6:00 ■ Would You Rather?

- 18**
- 9:30 ■ Coffee & Chronicle
 - 10:30** ■ **Ice Cream Ride: Loan Oak**
 - 11:00 ■ Spelling Bee
 - 1:30 ■ Spirit Team Rehearsal
 - 2:30 ■ Neighborhood Pokeno
 - 3:30 ■ Tai Chi Class
 - 4:00 ■ Who Am I?
 - 6:00 ■ Meditative Movement

- 19**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Walking Club
 - 11:00 ■ TED Talks
 - 1:30 ■ Book Club
 - 2:00 ■ Barre & Balance Class
 - 3:00 ■ Garden Club
 - 4:00 ■ Cranium Crunches
 - 6:00 ■ Gather Round Games

- 20**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Courtyard Cardio
 - 11:00 ■ Armchair Travels
 - 1:30 ■ Sports and Games
 - 2:30 ■ Lemonade & Cookie Social
 - 3:30 ■ Word in a Word
 - 4:00 ■ Virtual Catholic Service
 - 6:00 ■ Who in the Room?

- 21**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Sun Salutation
 - 11:00 ■ Virtual Catholic Service
 - 1:30 ■ 20 Questions
 - 2:30 ■ Sundae Social
 - 3:30 ■ True or False?
 - 4:00 ■ Mindful Meditation
 - 6:00 ■ Would You Rather?

- 22**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Plinko Trivia
 - 11:00 ■ Tai Chi Class
 - 1:30 ■ Mandalas
 - 2:30 ■ Art Class
 - 3:30 ■ Cranium Crunches
 - 4:00 ■ Low Impact Exercise
 - 6:00 ■ Gather Round Games

- 23**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Walking Club
 - 11:00 ■ **Cameron Sutphin Concert**
 - 1:30 ■ Musical Minds
 - 2:30 ■ Neighborhood Bingo
 - 3:30 ■ Exercise Stations
 - 4:00 ■ Madlibs
 - 6:00 ■ Who in the Room?

- 24**
- 9:30 ■ Coffee & Chronicle
 - 10:00 ■ Event Planning Committee
 - 10:30 ■ Walking Club
 - 11:00 ■ Team Trivia Challenge
 - 1:30 ■ Poetry Corner
 - 2:00 ■ Barre & Balance Class
 - 3:00 ■ Live Ukulele Session
 - 4:00 ■ Cranium Crunches
 - 6:00 ■ Would You Rather?

- 25**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Scenic Ride: Ocean Blvd
 - 11:00 ■ Spelling Bee
 - 1:30 ■ Spirit Team Rehearsal
 - 2:30 ■ Neighborhood Pokeno
 - 3:30 ■ Tai Chi Class
 - 3:30 ■ Resident Council Meeting
 - 4:00 ■ Who Am I?
 - 6:00 ■ Meditative Movement

- 26**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Walking Club
 - 11:00 ■ TED Talks
 - 1:30 ■ Book Club
 - 2:00 ■ Barre & Balance Class
 - 3:00 ■ Garden Club
 - 4:00 ■ Cranium Crunches
 - 6:00 ■ Gather Round Games

- 27**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Courtyard Cardio
 - 11:00 ■ Armchair Travels
 - 1:30 ■ Sports and Games
 - 2:30** ■ **Tea Party Social**
 - 3:30 ■ Word in a Word
 - 4:00 ■ Virtual Catholic Service
 - 6:00 ■ Who in the Room?

- 28**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Sun Salutation
 - 11:00 ■ Virtual Catholic Service
 - 1:30 ■ Wheel of Fortune
 - 2:30 ■ Sundae Social
 - 3:30 ■ True or False?
 - 4:00 ■ Mindful Meditation
 - 6:00 ■ Would You Rather?

- 29**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Plinko Trivia
 - 11:00 ■ Tai Chi Class
 - 1:30 ■ Mandalas
 - 2:30 ■ Art Class
 - 3:30 ■ Cranium Crunches
 - 4:00 ■ Low Impact Exercise
 - 6:00 ■ Gather Round Games

- 30**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Walking Club
 - 11:00 ■ Musical Minds
 - 1:30 ■ Baking Club
 - 2:30 ■ Neighborhood Bingo
 - 3:30 ■ Exercise Stations
 - 4:00 ■ Madlibs
 - 6:00 ■ Who in the Room?

- 31**
- 9:30 ■ Coffee & Chronicle
 - 10:30 ■ Walking Club
 - 11:00 ■ Team Trivia Challenge
 - 1:30 ■ Barre & Balance Class
 - 2:30** ■ **August Birthday Social**
 - 3:30 ■ Shadowbox Crafting
 - 4:00 ■ Cranium Crunches
 - 6:00 ■ Would You Rather?

