


Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 2:00 *Hymns	2 Labor Day 10:00 Sittercise 10:30 Kickball 2:00 Balloon Volleyball	3 10:30 Exercise 10:55 Hydration 11:00 Kickball 2:00 Walks on the Patio 3:30 Bill Trowell	4 10:00 Sittercise 10:30 Kickball 2:00 Masanobu Ikemiya	5 10:00 Maizy Visit 10:00 Coffee & Conversation 2:00 Popsicles on the Patio 4:00 Fireside Strings	6 10:00 Sittercise 10:30 Kickball 2:00 Jigsaw Puzzles	7 10:30 Exercise 10:55 Hydration 11:00 Kickball 2:00 *Grandma Moses Art	
8 National Assisted Living Week 2:00 *Hymns	9 Rockin' Art 10:00 Sittercise 10:30 Kickball 2:00 Rock Painting 3:00 Pebble Art	10 Art on the Move 10:30 Exercise 10:55 Hydration 11:00 Kickball 2:00 *UMaine Virtual Art Tour 7:15 Little Big Band	11 Breaking the Mold 10:00 Sittercise 10:30 Kickball 2:00 Air Clay Art 3:00 Pottery Painting	12 Canvas Creations 10:00 Art with Janice 12:00 Judy Faust 2:00 Bean Bag Toss 3:00 Quilt Art	13 Art Expo 10:00 Sittercise 10:30 Kickball 2:00 Art Expo Tour 4:00 Art Reception	14 10:30 Exercise 10:55 Hydration 11:00 Kickball 2:00 Baking Banana Muffins	
15 2:00 Inter Church Ministries Services	16 10:00 Sittercise 10:30 Kickball 2:00 Guacamole & Mock-a-Ritas on the Patio 3:00 Puzzles with Helen	17 10:30 Exercise 10:55 Hydration 11:00 Kickball 2:00 Duane Nickerson 7:15 North Country Strings w/ Isleen Halverson	18 10:00 Dave Mussey 10:00 Sittercise 10:30 Kickball 2:00 Music Therapy	19 10:00 Good News Stories 10:30 Exercise 10:55 Hydration 11:00 Kickball 3:00 Bingo 7:15 David & Dean	20 10:00 Sittercise 10:30 Kickball 2:00 September Birthday Party	21 10:30 Exercise 10:55 Hydration 11:00 Kickball 2:00 Bingo	
22 2:00 Inter Church Ministries Services	23 10:00 Sittercise 10:30 Kickball 2:00 Autumn Craft 3:00 Baking with Helen	24 10:30 Exercise 10:55 Hydration 11:00 Kickball 1:00 Putting Contest 2:00 Outdoor Walks	25 10:00 Sittercise 10:30 Kickball 2:00 *40s/50s One-Hit Wonders	26 10:00 One on Ones 10:30 Exercise 10:55 Hydration 11:00 Kickball 2:00 Popcorn & A Movie, <i>Casablanca</i> 7:15 Captain Billy C	27 10:00 Sittercise 10:30 Kickball 2:00 *Guided Tour Travel Videos, Ireland 6:30 Paint & Sip	28 10:30 Exercise 10:55 Hydration 11:00 Kickball 2:00 Rosh Hashanah Activity	
29 Rosh Hashanah Begins 2:00 Inter Church Ministries Services	30 10:00 Sittercise 10:30 Kickball 2:00 Fall Drive 3:00 Resident Council					Meadowbrook 2019 Dirigo Pines (207)866-3400	