

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# September

## 2021

Inn & Cottages

			11:15 Exercise Class, G <b>1</b>  1:30 Foyles War, GLR	9:30 Coffee & Chat, LB <b>2</b> 11:15 Exercise Class, G  1:00 Bus to shop at Market Basket	11:15 Exercise Class, G <b>3</b>  1:30 <b>Bible Study with Reverend Gough</b> , LB  2:00 <b>Travel the World: Highlights of Paris</b> , GLR	
5          Labor Day Rosh Hashanah Begins	10:00 Bus to shop at Target <b>6</b>  11:15 Exercise Class, G  <b>2:30 Saxophone with Brian Kane</b> , Dickens	9:30 Coffee & Chat, LB <b>7</b> 10:00 Yoga with Gretchen, G  1:00 Resident Council, WDR 2:00 <b>News &amp; Views with Robert Waldman</b> , GLR	11:15 Exercise Class, G <b>8</b>  1:30 Foyles War, GLR 3:30 <b>Ted Talk: Brain Changing Benefits of Exercise</b>	9:30 Coffee & Chat, LB <b>9</b> 11:15 Exercise Class, G  1:00 Bus to shop at Hannaford 2:30 Inspiring Movie: <b>Weapons of the Spirit</b> Discussion Afterwards, GLR	10          <b>10:30 Maine History Series</b> , GLR	9:30 Coffee & Chat, LB <b>11</b> 10:15 Sit & Fit, T 2:00 Bingo, D
10:15 Sit & Fit, T 2:00 Bingo, PDR          Grandparents Day	10:00 Bus to shop at Walmart <b>12</b>  11:15 Exercise Class, G 1:30 Writers Group, LB  2:30 <b>Piano with Dave Stone</b> , Dickens	9:30 Coffee & Chat, LB <b>13</b> 10:00 Yoga with Gretchen, G  2:00 <b>News &amp; Views with Robert Waldman</b> , GLR	11:15 Exercise Class, G <b>14</b>  1:30 Foyles War, GLR          Yom Kippur Begins	9:30 Coffee & Chat, LB <b>15</b> 11:15 Exercise Class, G  1:00 Bus to shop at Market Basket 2:30 <b>Music by the Pond with Harvey &amp; Joyce</b>	11:15 Exercise Class, G <b>16</b>  1:30 <b>Bible Study with Reverend Gough</b> , LB  3:00 - <b>Book &amp; Bar in Portsmouth</b>	17          Oktoberfest Begins
19          Sukkot Begins	10:00 Bus to shop at Trader Joe's <b>20</b>  11:15 Exercise Class, G  2:30 <b>Guitar &amp; Songs with Richard Kruppa</b> , Dickens	9:30 Coffee & Chat, LB <b>21</b> 10:00 Yoga with Gretchen, G  2:00 <b>News &amp; Views with Robert Waldman</b> , GLR	11:15 Exercise Class, G <b>22</b>  1:30 Foyles War, GLR          Autumn Begins	9:30 Coffee & Chat, LB <b>23</b> 11:15 Exercise Class, G  1:00 Bus to shop at Hannaford  2:30 <b>Piano Performance By Sara</b> , GLR	24          <b>9:30 Addison Gallery of American Art &amp; Luncheon</b>	9:30 Coffee & Chat, LB <b>25</b> 10:15 Sit & Fit, T 2:00 Bingo, D
10:15 Sit & Fit, T 2:00 Bingo, PDR          <b>26</b>	10:00 Bus to shop at Walmart <b>27</b>  11:15 Exercise Class, G 1:30 Writers Group, LB	9:30 Coffee & Chat, LB <b>28</b> 10:00 Yoga with Gretchen, G  2:00 <b>News &amp; Views with Robert Waldman</b> , GLR          Simchat Torah Begins	11:15 Exercise Class, G <b>29</b>  1:30 Foyles War, GLR	9:30 Coffee & Chat, LB <b>30</b> 11:15 Exercise Class, G  1:00 Bus to shop at Market Basket 2:30 <b>Piano &amp; Vocals with Bess Jacques</b> , Dickens	<b>Happy Birthday</b> 	

Sentry Hill at York Harbor

2 Victoria Court York, Maine

All activities, and outings subject to change.