

Sentry Hill at York Harbor

2 Victoria Court, York, Maine 03909

Friday, September 3 Travel the World: Highlights of Paris 2:00 pm, GLR

In this episode, host Rick Steves introduces us to the best of Paris, France. We'll scale the Eiffel Tower, bask in medieval majesty at Notre-Dame Cathedral, stroll Montmartre and its Sacré Cœur church, remember the Revolution at Place de la Concorde, saunter the Champs-Élysées, and get impressed by the Orsay Museum. Join us for this whirlwind tour and enjoy a classic French dessert afterwards!

Monday, September 6 Concert with Brian Kane 2:30 pm, Dickens Dining Room

This exceptional musician will bring the best of the Big Band-era to Sentry Hill with his superb saxophone performances. And he embellishes his musical talents with his vast knowledge of classic American tunes.

Wednesday, September 8 TED Talk: The Brain Changing Benefits of Exercise 3:30 pm, GLR

What's the most transformative thing that you can do for your brain today? Exercise! says neuroscientist Wendy Suzuki. Get inspired to go to the gym as Suzuki discusses the science of how working out boosts your mood and memory -- and protects your brain against neurodegenerative diseases like Alzheimer's.

Thursday, September 9 Special Viewing: Weapons of the Spirit 2:30 pm, GLR

This documentary tells the remarkable story of a small French village that defied the Nazis during World War II by hiding 5000 Jewish children. What motivated these ordinary villagers to safeguard these children despite threats from their German occupiers? Director Pierre Sauvage, who was one of these hidden children, tells this inspiring tale of hope, courage and faith. A discussion of the film will follow.

Friday, September 10 Maine History Series: Rolling Back the Frontier 10:30 am, GLR

In this second episode of our Maine History Series, we examine how Maine became the "land of opportunity" in the 1600s. We meet the waves of settlers who came to the Province of Mayne to take advantage of its abundant natural resources. Despite back-breaking work, an unbelievably harsh climate and cultural differences among the French, Native and English populations, the settlers carved out a new life for themselves.

Mondays, September 13 and 27 Sentry Hill Writers Group 1:30 pm, GLR

Welcome to the Sentry Hill Writers Group which, for those new to this exciting venture, ISN'T a writing class. This group neither edits or critiques. We simply meet for our own pleasure of putting our words on paper, responding to thought-provoking prompts. Participants can then discuss their efforts, if they wish to do so. Consider joining us for these fun, conversational occasions!

Monday, September 13 Concert with Dave Stone 2:30 pm, Dickens

This accomplished pianist will entertain us with his impressive renditions from the American Songbook.

Thursday, September 16 Music by the Pond with Harvey and Joyce 2:30 pm, by the Pond Gazebo

Singer-songwriters and multi-instrumentalists Harvey Reid and Joyce Andersen will entertain us with their innovative blend of folk, bluegrass, and even classical music. An afternoon of very special musical stylings.

Questions? Comments? Contact the Activities Office at (207) 363-5116 ext. 1302

Highlights of the Month— Inn & Cottages

September 2021

Friday, September 17
Trip to the Portsmouth Book & Bar
Bus departs at 3:00 pm, Main Entrance
Part bookstore, part café, Book and Bar has become a favorite place to enjoy craft beers, great food, and wine while browsing top rated book titles in a relaxed, friendly atmosphere. Join us for this wonderful occasion.

Monday, September 20 Guitar and Songs with Ramblin' Richard Kruppa 2:30 pm, Dickens

Be delighted by multi-talented musician Richard Kruppa who sings American classics while performing with guitar, and other instruments.

Thursday, September 23 Piano Performance by Sara 2:30 pm, GLR

Our very own Sara performs a variety of beloved favorite tunes in the Grand Living Room. From pop classics to legendary titles from the American Songbook, Sara is sure to please for music-lovers at Sentry Hill.

Friday, September 24
Visit to the Addison Gallery of American Art followed by lunch at Grassfields of Andover
Bus leaves at 9:30 am, Main Entrance
Join us for our first-ever trip to the Addison Gallery of American Art at Phillips Andover Academy in Andover, MA. This fabulous museum features one of the most important, diverse collections of American art in the United States and will sure to be a memorable group visit. Afterwards, we'll enjoy a delicious lunch at Grassfields Food and Spirits.

Thursday, September 30
Concert with Bess Jacques
2:30 pm, Dickens
Blessed with both vocal and piano talents, Bess Jacques performs a wide variety of favorites from the American Songbook. Join us for this performance as Bess entertains us with beloved tunes.

All activities & outings subject to change.

Every Tuesday in September News and Views with Robert Waldman 2:00 pm, GLR

Join with your Sentry Hill neighbors and friends as Robert Waldman, former director of the York Public Library, facilitates insightful discussion on the latest current events, both nationally and across the globe.

Every Wednesday in September Resident suggested series: *Foyle's War* 1:30 pm, GLR

Synopsis: Set in the English coastal town of Hastings during World War II, this compelling crime drama follows police inspector Christopher Foyle, who discovers that crooks don't stop for anything -- not even war.

Fridays, September 3 and 17 Bible Study with Reverend Gough 1:30 pm, Library

Rev. Gough shares his extensive expertise and experience as he leads us on a compelling study of Biblical scripture.

Additional Notices and Important Dates in September

Our Yoga classes with Certified instructor Gretchen Dunkelberger continues! The class will be held in the Inn Gym at 10:00 am on Tuesdays.

The Inn Town Council will take place on Tuesday, September 7 at 1:00 pm in the Waterford Dining Room.

Please let the Activities office know if you have suggestions for Monday morning shopping trips.

Calendar Codes

TG— The Garden	D-Dickens
PDR—Primrose Dining Room	T-Tennyson
GLR—Grand Living Room	G-Gym
AR - Arbor Room	AR— Arbor Room
LOB—Lobby Inn	L-Library
WDR- Waterford Dining Room	