

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GR – Game Room TLR- Tennyson Living Room IE – Inn Entrance GLR – Grand Living Room LB – Library PRD – Primrose Dining Room	<b>1</b> <b>10:30 Shopping at Hannaford</b> 11:15 Exercise IE <b>3-4:30 Trip to York Public Library</b>	<b>2</b> 9:30 Coffee & Chat IE <b>10:30 Yoga IE</b> 11:00 Blood Pressure LB <b>2:00 News &amp; Views IE</b>	<b>3</b> 10:15 Exercise TLR  1:30 Movie Matinee GLR The Sting	<b>4</b> 9:30 Coffee & Chat IE 11:15 Exercise IE <b>Deadline for Paying Randi deCordova Museum \$14 Sunset Cruise \$22</b>	<b>5</b> 11:15 Exercise IE  <b>2:00 Annie Stone Artist Presentation PDR</b>	<b>6</b> 9:30 Coffee & Chat IE  2:00 Bridge GR
<b>7</b> 2:00 Bridge GR	<b>8</b> <b>10:30 Shopping at Market Basket or Trader Joe's</b> 11:15 Exercise IE  3:30 Nature Maine: The Loons	<b>9</b> 9:30 Coffee & Chat IE <b>10:30 Yoga IE</b> 11:00 Blood Pressure LB <b>2:00 News &amp; Views IE</b>	<b>10</b> 11:15 Exercise TLR  <b>1:00 Resident Council IE</b>	<b>11</b> 9:30 Coffee & Chat IE 11:15 Exercise IE <b>12:00 Cook Out IE</b>	<b>12</b> 11:15 Exercise IE <b>11:30 Lunch at Warren's Famous Salad Bar &amp; Lobster House</b>  1:30 Bible Study	<b>13</b> 9:30 Coffee & Chat IE  2:00 Bridge GR
<b>14</b> 2:00 Bridge GR	<b>15</b> <b>10:30 Shopping at Hannaford</b> 11:15 Exercise IE  <b>3-4:30 Trip to York Public Library</b>	<b>16</b> 9:30 Coffee & Chat IE <b>10:30 Yoga IE</b> 11:00 Blood Pressure LB  2:00 Open Discussion with Robert Waldman, IE	<b>17</b> 10:15 Exercise TLR  1:30 Met Opera GLR	<b>18</b> <b>9:00 deCordova Museum &amp; Box Lunch prepay \$14,</b> 9:30 Coffee & Chat IE 11:15 Exercise IE	<b>19</b> 11:15 Exercise IE  1:30 Dominoes IE	<b>20</b> 9:30 Coffee & Chat IE  2:00 Bridge GR
<b>21</b> 2:00 Bridge GR	<b>22</b> <b>10:30 Shopping at Market Basket or Trader Joes</b> 11:15 Exercise IE  4:00 Trivia IE	<b>23</b> 9:30 Coffee & Chat IE <b>10:30 Yoga IE</b> 11:00 Blood Pressure LB  <b>2:00 Open Discussion with Robert Waldman, IE</b>	<b>24</b> 10:15 Exercise TLR  1:30 Movie Matinee GLR The Seahawk	<b>25</b> 9:30 Coffee & Chat IE 11:15 Exercise IE <b>12:00 Cook Out IE</b>  3:00 Climate Change GLR	<b>26</b> 11:15 Exercise IE  1:30 Bible Study	<b>27</b> 9:30 Coffee & Chat IE  2:00 Bridge GR
<b>28</b> 2:00 Bridge GR  <b>5:00 Portsmouth Sunset Cruise – prepay \$22 By 8/4 to Randi</b>	<b>29</b> <b>10:30 Shopping at Hannaford</b> 11:15 Exercise IE  <b>3-4:30 Trip to York Public Library</b>	<b>30</b> 9:30 Coffee & Chat IE <b>10:30 Yoga IE</b> 11:00 Blood Pressure LB  <b>2:00 News &amp; Views IE</b>	<b>31</b> 11:15 Exercise IE  1:30 Met Opera GLR	<b>August 2022</b> Inn & Cottages		

Sentry Hill at York Harbor 2 Victoria Court York, Maine.

All activities and outings subject to change.