

**ROOM KEY**

TR = Theater Rm   CH = The Chapel   CSLR = The Castine Living Rm   CMLR = The Camden Living Rm   CL = Camden Library  
 SRC = Schooner Res Care   THR = Tenants Harbor Room   HPD = Harpswell Private Dining Room   VG = Village Green

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>1 APRIL FOOLS DAY</b> *9:30 Exercise Class (THR/1390) 10:15 Fitness Foundations (THR) 11:00 BP Clinic (CMLR) <b>1:30 Manicures (CSLR)</b> 2:30 Bingo (VG) <b>2:30 Senior College –Peggy Volock (THR) SIGN UP Fee \$20.00</b> *3:30 Scrabble (CL)	<b>2</b> 9:30 Exercise (1390) <b>9:30 Shopping Shuttle</b> <b>10:00 Communion (CSLR)</b> <b>10:30 In the News w/John Rice (THR)</b> <b>1:30 Tenant Council (CSLR)</b> *2:15 Bridge (CL) 2:30 Pictionary (THR) *4:00 LCR (THR) <b>4:30 Sitterball (VG)</b>	<b>3</b> *9:30 Exercise Class (THR/1390) <b>10:15 Chair Yoga (THR)</b> <b>11:30 Lunch out— Olive Garden Auburn (Sign Up)</b> 2:30 Bingo (VG) 3:30 Popcorn & Trivia (THR)	<b>4</b> 9:30 Exercise (1390) <b>9:30 Shopping Shuttle</b> <b>10:30 Creative Group (THR)</b> <b>2:30 Music: Present Co. (CSLR)</b> 4:00 Social Hour (THR)	<b>5</b> *9:30 Exercise Class (THR/1390) 10:00 Fitness Foundations (THR) 10:15 Scattergories (Study) 11:00 BP Clinic (VG) 2:30 BINGO (VG) <b>*4:00 LCR (THR)</b>	<b>6</b> 9:30 Coffee Klatch (THR) 10:30 Exercise (1390) *2:15 Cribbage (HPD) <b>4:00 pm Tai Chi (THR)</b> 7:00 pm <b>Movie:</b> (1390) - "My Sailor, My Love"	
<b>7 Sunday Church Services:</b> <b>8:45 St Philip Catholic</b> <b>9:10 St. Michaels</b> <b>10:00 Park Avenue Methodist</b> <b>10:15 Sacred Heart</b> <b>2:30 Episcopal Service in person</b> <b>Rev. George Sheats All welcome</b>	<b>8</b> *9:30 Exercise Class (THR/1390) <b>10:00 Magdalana (CSLR)</b> 10:15 Fitness Foundations (THR) 11:00 BP Clinic (CMLR) <b>1:30 Manicures (CSLR)</b> <b>2:15 SOLAR ECLIPSE</b> 2:30 Bingo (VG) <b>2:30 LA Senior College-Alan Elze (THR) Sign up</b> *3:30 Scrabble (CL)	<b>9</b> 9:30 Exercise (1390) <b>9:30 LA Senior College Dr. Plummer (CSLR) Sign up Fee \$25.00</b> <b>9:30 Shopping Shuttle</b> <b>10:30 In the News w/John Rice (THR)</b> *2:15 Bridge (CL) <b>2:00 OPENING DAY PARTY (VG)— Baltimore Orioles @ Boston Red Sox * see back page</b>	<b>10</b> <b>9:15 Walking Group (meet in the VG/CLR)</b> *9:30 Exercise Class (THR/1390) 10:15 Fitness Foundations (THR) 2:30 Bingo (VG) 3:30 Popcorn & Trivia (THR) <b>6:00 Tai Chi (THR)</b>	<b>11</b> 9:30 Exercise (1390) <b>9:30 Shopping Shuttle</b> <b>11:00 Armchair Virtual Travel Traveling to Sweden (CSLR)</b> <b>2:30 Music: Jay Staples (VG)</b> 4:00 Social Hour (THR)	<b>12</b> *9:30 Exercise Class (THR/1390) 10:00 Fitness Foundations (THR) 10:15 Scattergories (Study) <b>10:30 Care Givers Support group (TR)</b> <b>10:30 Sunshine Group (VG)</b> 11:00 BP Clinic (VG) 2:30 BINGO (VG) <b>*4:00 LCR (THR)</b>	<b>13</b> 9:30 Coffee Klatch (THR) <b>*10:15 Bible Share (Study)</b> 10:30 Exercise (1390) *2:15 Cribbage (HPD) <b>5:00 pm Make Your Own Pizza (THR) \$8.50 (Sign up)</b> 7:00 pm <b>Movie:</b> (1390) - "Field Of Dreams"	
<b>14 Sunday Church Serv:</b> <b>8:45 St Philip Catholic</b> <b>9:10 St. Michaels</b> <b>10:00 Park Avenue Methodist</b> <b>10:15 Sacred Heart</b> <b>3:30 Organ Recital at the Basilica of Saints Peter &amp; Paul at 4 pm. SIGN UP</b>	<b>15</b> *9:30 Exercise Class (THR)/(1390) <b>10:15 Chair Yoga (THR)</b> 11:00 BP Clinic (CMLR) <b>1:30 Manicures (CSLR)</b> 2:30 Bingo (VG) <b>2:30 LA Senior College-Peggy Volock (THR)</b> *3:30 Scrabble (CL)	<b>16</b> 9:30 Exercise (1390) <b>9:30 LA Senior College Dr. Plummer (CSLR)</b> <b>9:30 Shopping Shuttle</b> <b>10:00 Communion (THR)</b> <b>10:30 In the News w/John Rice (THR)</b> *2:15 Bridge (CL) <b>2:30 Tenant Council Meeting (THR)</b> *4:00 LCR (THR) <b>4:30 Sitterball (VG)</b>	<b>17</b> 9:15 Walking Group (meet in the VG/CLR) *9:30 Exercise Class (THR/1390) 10:15 Fitness Foundations (THR) <b>11:30 Lunch out— Burnt Ends BBQ Auburn (Sign-up)</b> <b>2:00 pm Auburn Library (THR)</b> 2:30 Bingo (VG) 3:30 Popcorn & Trivia (THR) <b>6:00 Tai Chi (THR)</b>	<b>18</b> 9:30 Exercise (1390) <b>9:30 Shopping Shuttle</b> <b>10:30 Creative Group (THR)</b> <b>2:30 Music: Todd Glacy (VG)</b> 4:00 Social Hour (THR)	<b>19</b> *9:30 Exercise Class (THR/1390) 10:00 Fitness Foundations (THR) 10:15 Scattergories (Study) 11:00 BP Clinic (VG) 2:30 BINGO (VG) <b>*4:00 LCR (THR)</b>	<b>20</b> 9:30 Coffee Klatch (THR) 10:30 Exercise (1390) <b>10:30 The Isle of Jersey through the Ages –Judy Hierstein (THR)</b> *2:15 Cribbage (HPD) <b>4:00 pm Tai Chi (THR)</b> 7:00 pm <b>Movie:</b> (1390) Title to be announced	
<b>21 Sunday Church Services:</b> <b>8:45 St Philip Catholic</b> <b>9:10 St. Michaels</b> <b>10:00 Park Avenue Methodist</b> <b>10:15 Sacred Heart</b>	<b>22</b> *9:30 Exercise Class (THR)1390 10:15 Fitness Foundations (THR) 11:00 BP Clinic (CMLR) <b>1:30 Manicures (CSLR)</b> 2:30 Bingo (VG) <b>2:30 LA Senior College-Alan Elze (THR) Sign up</b> *3:30 Scrabble (CL)	<b>23</b> 9:30 Exercise (1390) <b>9:30 LA Senior College Dr. Plummer (CSLR)</b> <b>9:30 Shopping Shuttle</b> <b>10:30 In the News w/John Rice (THR)</b> *2:15 Bridge (CL) 2:30 Pictionary (THR) *4:00 LCR (THR) <b>4:30 Sitterball (VG)</b>	<b>24</b> <b>9:15 Walking Group (meet in the VG/CLR)</b> *9:30 Exercise Class (THR/1390) 10:15 Fitness Foundations (THR) 2:30 Bingo (VG) 3:30 Popcorn & Trivia (THR) <b>6:00 Tai Chi (THR)</b>	<b>25</b> 9:30 Exercise (1390) <b>10:30 "Intriguing people" (CSLR) (see back for details.)</b> <b>9:30 Shopping Shuttle</b> <b>2:30 Music: To be announced</b> 4:00 Social Hour (THR)	<b>26</b> *9:30 Exercise Class (THR/1390) <b>10:00 Prot. Service (CSLR)</b> 10:00 Fitness Foundations (THR) 10:15 Scattergories (Study) <b>10:30 Care Givers Support group (TR)</b> <b>10:30 Sunshine Group (VG)</b> 11:00 BP Clinic (VG) 2:30 BINGO (VG) <b>*4:00 LCR (THR)</b>	<b>27</b> 9:30 Coffee Klatch (THR) 10:30 Exercise (1390) *2:15 Cribbage (HPD) <b>4:00 pm Tai Chi (CSLR)</b> 7:00 pm <b>Movie:</b> (1390) Title to be announced	
<b>28 Sunday Church Services:</b> <b>8:45 St Philip Catholic</b> <b>9:10 St. Michaels</b> <b>10:00 Park Avenue Methodist</b> <b>10:15 Sacred Heart</b>	<b>29</b> *9:30 Exercise Class (THR)/(1390) <b>10:15 Chair Yoga (THR)</b> 11:00 BP Clinic (CMLR) <b>1:30 Manicures (CSLR)</b> 2:30 Bingo (VG) 3:30 Scrabble (CL)	<b>30</b> 9:30 Exercise (1390) <b>9:30 LA Senior College—Dr. Plummer (CSLR)</b> <b>9:30 Shopping Shuttle</b> <b>10:30 In the News w/John Rice (THR)</b> 2:30 Pictionary (THR) *2:15 Bridge (CL) *4:00 LCR (THR) <b>4:30 Sitterball (VG)</b>				<p>Please let the Front Desk know two hours prior to an event, if you would like an escort to an activity.  <b>(207)784-2900</b></p>	

# Schooner Estates

## APRIL 2024 \*\* Community Activity Calendar



### Caregiver's support group April 12th & 26th at 10:30 am Theater Room

Individuals who provide care for others come together to share experiences, seek guidance, and find emotional support. This type of group serves as a safe and understanding space for caregivers to connect with others who are facing similar challenges and responsibilities.

"The Sunshine Group", Meets Friday April 12th & 26th in the Village Green. Activities such as singing, games, and crafts are designed to promote social interaction and foster a sense of community among residents. 10:30 Village Green

### WEDNESDAY LUNCH OUTS

#### Please sign up

April 3rd, 11:30 **OLIVE GARDEN** IN AUBURN. Enjoy Italian food at its best.  
April 17th, 11:30 **BURNT ENDS BBQ** IN AUBURN. Burnt Ends are made from the point cut of a brisket. Barbecue and it's all served fresh.

### April 9th RED SOX OPENING DAY

Watch the Opening Day Game on our big screen TV in Village Green! Play some games.

Popcorn, hot dogs, beer, and soda will be served. At 2:00 pm.

### "INTRIGUING PEOPLE"

At 10:30 Castine Living Room / Thursday, April 25th

Join us as we use video and occasionally in person, a biography of intriguing people. The discussion about their accomplishments will certainly be interesting and leave you wondering if you could have endured such an adventure?

### ORGAN RECITAL: APRIL 14TH, SUNDAY

At the Basilica of Saints Peter & Paul in Lewiston.

Shows starts at 4 pm, leave Schooner at 3:30 pm.

University of Southern Maine Presents: **RYAN SLOCUM, JUNIOR ORGAN RECITAL**. Ryan is the organist for the United Methodist Church of Auburn. PLEASE SIGN UP.

WE ARE LOOKING FOR PEOPLE WHO ENJOY A LITTLE COMPETITION.  
( Not sure how to play... we will teach you!) Come Join us !

\*Scrabble at 3:30 on Mondays (CL)

\*Bridge at 2:15 on Tuesdays (CL)

\*LCR at 4:00 on Tuesdays & Fridays (THR)

\*Cribbage at 2:15 on Saturdays (HPD)

April 8th

Is the **SOLAR ECLIPSE**  
See Shannon for details ...

Tai Chi  
Significantly reduces falls. Improves your health, balance and quality of life.  
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Walking Group  
Wednesdays at 9:15am  
Will begin on April 10th

## SPECIAL EVENTS

April 11th Thursday at 11:00 am ARMCHAIR VIRTUAL TRAVEL All welcome for a virtual Travel to Sweden! Discover a land of mesmerizing fjords, enchanting forests, and lively cities, where the captivating allure of Scandinavia beckons. Join us ONLY in the CASTINE LIVING ROOM.

10:15 am Chair Yoga : Instructor, Josslyn Jalbert RN Discover how chair yoga can: ease back pain, lessen stress, increase flexibility, gain strength, better joint mobility, build bones, better balance, and sleep better. ( Tenants Harbor Room)

### L/A SENIOR COLLEGE SPRING CLASSES OFFERED AT SCHOONER ESTATES - PLEASE SIGN UP FOR ALL YOU ARE INTERESTED IN.

MONDAY APRIL 1ST, 15TH, 29TH, AND MAY 13TH - Runs for 4 weeks. At 2:30 pm —4:00 pm Tenants Harbor Room.

NEW NOVELS: Is this culture there will be discussion of for modern novels: Lady Tan's Circle of Women by Lisa See, The Heaven and Earth Grocery Store by James McBride, Familia by Lauren E. Rico, and Prophet Song by Paul Lynch. Classes will meet every two weeks, so we have time to read the novels. Instructor: Peggy Volock. (Sign up) Price reduced— (\$20.00)

MONDAY APRIL 8TH – 2:30 pm – 4:00 pm Tenants Harbor Room.

THE GRAND CANYON: We'll look at a brief history of men trying to conquer it. Instructor: Alan Elze. (Sign up) (FREE)

TUESDAY APRIL 9TH, 16TH, 23RD, 30TH, MAY 7TH, 14TH, 21ST, AND 28TH - Runs for 8 weeks. 9:30 am - 11:30 am Castine Living Room.

PERSONALITY STYLES AND THE ROLE THEY PLAY IN HUMAN BEHAVIOR: THE GOOD, BAD, UGLY & INDIFFERENT. In light of the tragedy that took place in Lewiston on October 25th, this course would be a very important one for gaining a better understanding of what driver our behaviors. Instructor: Dr. Charles Plummer. (Sign up) (\$25.00)

SATURDAY APRIL 20TH 10:30 am - 11:45 am Tenants Harbor Room

THE ISLE OF JERSEY THROUGH THE AGES The Isle of Jersey has a long, rich history indeed! From a neolithic grave built around 4000 BC (Les Monts Grantez), the Celtic Hoard of coins housed at La Hougue Bie, the German occupation in WWII, to the present-day sunny tourist beaches, Jersey has a lot to explore for such a small island. Instructor: Judy Hierstein (Sign up) (FREE)

MONDAY APRIL 22ND - 2:30 pm – 4:00 pm Tenants Harbor Room.

ANTELOPE CANYON: a slot canyon in Arizona is a magical place, but few people know about it or have visited it. It sits on Navajo Land and it not part of any state or national park. Instructor Alen Elze. (Sign up) (FREE)