

Schooner Estates

FEBRUARY 2025 ** Community Activity Calendar



MONDAY MANICURES

Please sign up if you would like a manicure.
We will call you on Monday with your
scheduled appointment time.



WEDNESDAY LUNCH OUTS

Please sign up
Bus leaving at 11:30.

February 12th: The 99 restaurant in Auburn.

All are served in a distinctly hearty New England style, enjoyed over good times with great family and friends. Simple, honest, genuine food. Their many contains many delicious choices.

February 19th: Lunch at the Auburn Library—Cibos Pizza

Take the opportunity to check out books and order lunch.

February 26th: Governor's in Lewiston

Whether you're hungry for succulent seafood or a fresh and tasty buffalo chicken salad...Whether you're craving a big, juicy burger or feel like going Italian...they have it all.

SPECIAL EVENTS

February 3rd, Monday at 2:30 in the Tenants Harbor Room:

Alen Elze Professor from L/A Senior College Presents: Chicago World's Fair 1893: What do Milton Hershey, L. Frank Baum, Frank Lloyd Wright, Frederick Law Olmsted, Thomas Edison, Nicola Telsa, Walt Disney, and Buffalo Bill Cody have in common? They were all at the Chicago World's Fair in 1893. What made this Fair so special? Come and find out.

February 7th, Friday at 2:30 in the Village Green:

Tim Gatz from the National Heart Association - Will present information for our Fundraiser Kick off.

February 8th Saturday at 5:30 in the Tenants Harbor Room: Soup for the Soul Social:

Bring a warm blanket or throw and celebrate the comfort of hearty soups and freshly baked bread while enjoying some stories from the Chicken Soup for the Soul book series.

February 11th, 13th, 18th, 20th, 25th & 27th, in the Village Green: Bingocize®

Combines the game of bingo, exercise, and/or health education. 45-60 minute session consisting of exercises (range of motion, balance, muscle strengthening, and endurance exercises) and health education questions. Improve /maintain mobility and independence, learn and use health information focused on falls reduction, improved nutrition, and other health-related behaviors.

February 12th, 19th, 26th at 5:00 in the Theatre Room: "A Man on the Inside"

A comedy television series, starring Ted Danson as a retired professor who goes undercover at an assisted-living facility in this sitcom. There will be a short discussion after. (Theater Room)

February 24th, Monday from 2:30 to 5:00: Living Well for Better Health

If you have high blood pressure, heart disease, COPD, arthritis or other chronic conditions, this class is for you. Every Monday for 6 weeks. (Sign up) FREE. Location to be announced.

February 28th at 2:30 in the Village Green :

"Fund Raiser FUN Friday" Have fun win prizes, all supporting a great cause. \$5.00 Buys a bracelet to play all games. Will it be Shannon or John who will have to Kiss a Pig?

SHOPPING SHUTTLE / MALL WALK

Ride on the Schooner shuttle for shopping in the local area or get dropped off at the Auburn Mall for an inside walk. Each Tuesday and Thursday leaving at 9:30.

No sign up needed.



Chair Yoga

Discover how chair yoga can: ease back pain, lessen stress, increase flexibility, gain strength, better joint mobility, build bones, better balance, and sleep better.

Held in the Castine Living Room,
Off the Village Green.

On selected Mondays at 10:30.

Instructor, Josslyn Jalbert RN

National Wear Red Day

FRIDAY, FEB. 7th

Heart disease is the leading cause of death in the U.S. Know your risk and protect your heart.

#WearRedDay
nhlbi.nih.gov



NHLBI
National Heart, Lung,
and Blood Institute

