


















**SCHOONER ESTATES CHANNEL 1390 (on your T.V.) \*\* Weekly Tune-ins. \*\* February 1st through February 7th, 2021**

DAY / TIME	9:30 am	10:05 am	11:15 am	1:00 pm	2:00 pm	2:30 pm	3:00 pm	Info	
<b>MONDAY, February 1st</b>	Exercise - Ch. 1390 	Great Courses - Ch. 1390 Lecture 3 & 4	Lunch Relaxation Session - Channel 1390 11:15 am	<b>L u n c h h</b>	Show on 1390: "Susan Boyle Story & Songs" (1 hr 34 min)				
<b>TUESDAY, February 2nd</b>	Exercise - Ch. 1390 	On T.V. channel 1390: "Schooner Morning Show" <b>RUTH SOUTHWORTH</b>	<u>Rerun Interview</u> 10:30 <b>ELSIE BANKS-AMES</b>		Documentary on 1390: "Vanishing Bees" (1 hr 28 min)	<b>DOOR TO DOOR</b> Hot cocoa Put YES or NO signs on your door please 2:30 - 3:30			
<b>WEDNESDAY, February 3rd</b>	Exercise - Ch. 1390 	Great Courses - Ch. 1390 Lecture 5 & 6	Lunch Relaxation Session - Channel 1390 11:15 am		Movie on 1390: "The Cheap Detective" w/Peter Falk-comedy (1 hr 32 min)		<b>TAKE OUT NIGHT...</b> Kentucky Fried Chicken Feb. 3rd. Delivered to your home by 5:30. See back page.		
<b>THURSDAY, February 4th</b>	Exercise Ch. 1390 	On T.V. channel 1390: "Schooner Morning Show" <b>JOYCE RICHARD</b>	<u>Rerun Interview</u> 10:30 <b>CORNELIA BOWE</b>		Show on 1390: "Top 15 Silly Looking Houses" (20 min)	<b>Special Drinks Thursday, 2:30 pm</b> In the Camden Lobby Come & get one!	<b>Schooner News Updates with Mark...</b> Channel 1390 3:00 pm		
<b>FRIDAY, February 5th</b> <b>WEAR RED DAY!</b>	Exercise Ch. 1390 	Great Courses - Ch. 1390 Lecture 7 & 8	Lunch Relaxation Session - Channel 1390 11:15 am		Show on 1390: "Mr. Bean, Time to cool off" (1 hr 34 min)	<b>POPCORN door to door</b> 2:30 - 3:30 Put up Yes/No door signs			
<b>SATURDAY, February 6th</b>	Exercise Ch. 1390 	<b>ALL DAY - OUTSIDE / INSIDE WALKS CHANNEL 1390 MUSIC / RELAXATION</b>				Weekly Movie on Ch. 1390.			
<b>SUNDAY, February 7th</b>	Exercise Ch. 1390 							Weekly Movie on Ch. 1390.	



# **WEAR RED**



**For Women's Heart Health**  
**THIS Friday, February 5th**

**ALL DAY**

**Please buy a heart or a pin or key chain. Help us reach our goal to donate \$3,000 this year!**

**Call the front desk**  
**784-2900 (ext. 100)**

**POPCORN coming door to door**  
**Every Friday 2:30—3:30**  
**Use YES or NO signs on your door.**

## **WEDNESDAY TAKE OUT NIGHT!**

**KFC - Kentucky Fried Chicken**  
**Wednesday, February 3rd**

**Combo meal:**

- \*White breast meat
- \*Thigh
- \*Mashed potato w/gravy
- \*Coleslaw \*Biscuit
- \*Cookie \*Soda

**All for**  
**\$6.00**

**Order by 2:00 pm Tuesday, February 2nd**  
**Delivered to your home by 5:30 pm**



**WINDOW VISITS**  
**ARE PERMITTED**  
**4 (FOUR stations)**

- 2 in Castine building
- 2 in Harpswell building

**INDOOR VISITS ARE**  
**TEMPORARILY SUSPENDED**

## **HAIR SALON OPEN**

**HAIR CUTS - Men & Women**  
**PERMS, WASH, DRY, SET**  
**& NAILS**  
**CALL EXT. 139**



## **SCHOONER MORNING** **SHOW**

**Every Tuesday & Thursday**  
**Mornings...**

**At 10:05 am - Meet someone**  
**at Schooner Estates. We'll**  
**interview a new Tenant or**  
**Staff member (twice)**  
**a week.**

**TUNE IN!! ON**  
**TV CHANNEL 1390**  
**Reruns right after!**  
**One Tenant re run each day!**

**DAILY EXERCISE**  
**CLASSES AT 9:30**  
**Now being offered**  
**on weekends**  
**Starting Saturday,**  
**January 23rd.**  
**Channel 1390**

- \*Hot cocoa comes around door to door every Tuesday 2:30-3:30
  - \*Special Drinks every Thursday at 2:30 in the Camden lobby
  - \*Popcorn coming door to door every Friday 2:30-3:30
- Use YES or NO signs on your door**

**COMING UP \*\*\* Portland Symphony**  
**Orchestra Concerts**  
**Look for these virtual concerts in**  
**your future calendars:**

- "The Science of Sound", a video presentation featuring Eckart Preu and the musicians of the PSO.
- PSO musician Greg Spiridopoulos, where he performs a multi-track arrangement of "Napoli, Variations on an Italian Tune."
- PSO Principal Harpist Ina Zdorovetchi
- PSO's own Richard Noyes with his sons, Joel and Benjamin, along with PSO bassist Brian Thacker.



## **"GREAT COURSES"**

**On your TV \* Channel 1390**  
**AT 10:05 AM**

**New Lecture:**

**"EARTH AT THE CROSSROADS"**  
**Understanding the Ecology of a**  
**Changing Planet — 36 lectures**

**One hour per program shown.**  
**Monday, Wednesday, & Friday each week.**  
**(Not on holidays)**