







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
<div>    </div>						
4 Sunday Church Services: 8:45 St Philip Catholic 9:10 St. Michaels 10:00 Park Avenue Methodist 10:15 Sacred Heart 2:30 Episcopal Service in person Rev. George Sheats All welcome	5 *9:30 Exercise Class (THR/1390) 10:00 Magdalana (CSLR) 11:00 BP Clinic (CMLR) 2:30 Cyber Hygiene Dr. Felch and Sarah (THR) 2:30 Bingo (VG) *3:30 Scrabble (CL)	6 9:30 Exercise (1390) 9:30 Shopping Shuttle 10:00 Communion (CSLR) 10:15 In the News w/John Rice (THR) 1:30 Tenant Council (CSLR) 2:00 Virtual Travel Club (CSLR/TR) *2:15 Bridge (CL) 2:30 Pictionary (THR) *4:00 LCR (THR) 4:30 Action Hour (VG)	7 *9:30 Exercise Class (THR/1390) 10:00 Fitness Foundations (VG) 11:30 Lunch out—Chick-a-dee Lewiston (Sign-up) 2:30 Bingo (VG) 3:30 Popcorn & Trivia (THR) 4:30 Action Hour (VG)	8 9:30 Exercise (1390) 9:30 Shopping Shuttle 11:00 Virtual Travel Club (CSLR/TR) 2:30 Music: Todd Glacy (VG) 4:00 Social Hour (THR)	9 WEAR RED DAY 9:00 Massage- \$40.00. (Sign up) *9:30 Exercise Class (THR/1390) 10:00 Fitness Foundations (VG) 10:15 Scattergories (CL) 10:30 Care Givers Support group (TR) 10:30 Sunshine Group (Study) 11:00 BP Clinic (VG) 2:30 BINGO (VG) *4:00 LCR (THR) 	3 9:30 Coffee Klatch (THR) *10:15 Bible Share (Study) 10:30 Exercise (1390) *2:15 Cribbage (HPD) 2:30 Public Theatre "Incident at our Lady of Perpetual Help" Tickets \$20.00. Sign up 7:00 pm <u>Movie:</u> (1390) - "On Golden Pond"
11 Sunday Church Services: 8:45 St Philip Catholic 9:10 St. Michaels 10:00 Park Avenue Methodist 10:15 Sacred Heart	12 *9:30 Exercise Class (THR)/(1390) 10:00 Fitness Foundations (VG) 10:30 Creative Group (THR) 11:00 BP Clinic (CMLR) 1:30 Manicures (CSLR) 2:30 Bingo (VG) *3:30 Scrabble (CL)	13 MARDI GRAS  9:30 Exercise (1390) 9:30 Shopping Shuttle 10:00 In the News w/John Rice (THR) New Orleans Style Buffet Lunch in the Village green (at your lunch time) *2:15 Bridge (CL) 3:00 Mardi Gras Parade - (VG) *4:00 LCR (THR)	14 VALENTINES DAY 8-10 am Pancake Breakfast (VG) Sign up at front desk * 9:30 Exercise Class (1390 only) 10:00 Ash Wednesday service (THR) 2:30 Bingo (VG) 3:30 Popcorn & Trivia (THR) 4:30 Action Hour (VG)	15 9:30 to 11:00 Presidential Primary Election Voting (THR) 9:30 Exercise (1390) 9:30 Shopping Shuttle 11:00 Virtual Travel Club (CSLR/TR) 2:30 Music: Jim Ciampi (VG) 4:00 Social Hour (THR)	16 9:00 Massage \$40.00. (Sign up) *9:30 Exercise Class (THR/1390) 10:00 Fitness Foundations (VG) 10:15 Scattergories (CL) 10:30 Care Givers Support group (TR) 10:30 Sunshine Group (Study) 11:00 BP Clinic (VG) 2:30 BINGO (VG) *4:00 LCR (THR)	17 9:30 Coffee Klatch (THR) *10:15 Bible Share (Study) 10:30 Exercise (1390) *2:15 Cribbage (HPD) 3:00 pm Tai Chi (THR) 7:00 pm <u>Movie:</u> (1390) "Rich and Strange"
18 Sunday Church Services: 8:45 St Philip Catholic 9:10 St. Michaels 10:00 Park Avenue Methodist 10:15 Sacred Heart	19 PRESIDENTS DAY *9:30 Exercise Class (THR)/(1390) 10:00 Fitness Foundations (VG) 11:00 BP Clinic (CMLR) 2:30 Bingo (VG) *3:30 Scrabble (CL)	20 9:30 Exercise (1390) 9:30 Shopping Shuttle 10:00 Communion (THR) 10:15 In the News w/John Rice (THR) *2:15 Bridge (CL) 2:00 Virtual Travel Club (CSLR/TR) 2:30 Tenant Council Meeting (THR) *4:00 LCR (THR)	21 * 9:30 Exercise Class (THR/1390) 10:00 Fitness Foundations (VG) 10:30 "Intriguing people" (CSLR) (see back for details.) 2:00 pm Auburn Library (CSLR) 2:30 Bingo (VG) 3:30 Popcorn & Trivia (Study) 4:30 Action Hour (VG)	22 9:30 Exercise (1390) 9:30 Shopping Shuttle 10:00 LA Senior College "Art Lovers Club" (THR) Sign Up. 11:00 Virtual Travel Club (CSLR/TR) 2:30 Music: Dave Stone (CMLR) 4:00 Social Hour (THR)	23 9:00 Massage \$40.00. (Sign up) *9:30 Exercise Class (THR/1390) 10:00 Prot. Service (CSLR) 10:15 Scattergories (CL) 11:00 BP Clinic (VG) 2:30 Fun "Fund Raiser Friday" (VG) - games, prizes.... *4:00 LCR (THR)	24 9:30 Coffee Klatch (THR) 10:30 Exercise (1390) 10:30 English Gardens, from Cozy to Colossal— Judy Hierstein (THR) *2:15 Cribbage (HPD) 3:00 pm Tai Chi (THR) 7:00 pm <u>Movie:</u> (1390) Title to be announced
25 Sunday Church Services: 8:45 St Philip Catholic 9:10 St. Michaels 10:00 Park Avenue Methodist 10:15 Sacred Heart	26 *9:30 Exercise Class (THR)/(1390) 10:00 Fitness Foundations (VG) 10:30 Creative Group (THR) 11:00 BP Clinic (CMLR) 1:30 Manicures (CSLR) 2:30 Bingo (VG) *3:30 Scrabble (CL)	27 9:30 Exercise (1390) 9:30 Shopping Shuttle 10:15 In the News w/John Rice (THR) 2:00 Virtual Travel Club (CSLR/TR) *2:15 Bridge (CL) 2:30 Pictionary (THR) *4:00 LCR (THR)	28 * 9:30 Exercise Class (THR/1390) 10:00 Fitness Foundations (VG) 11:30 Lunch out—Antigoni's Pizza (Sign-up) 2:30 Bingo (VG) 3:30 Popcorn & Trivia (THR) 4:30 Action Hour (VG)	29 9:30 Exercise (1390) 9:30 Shopping Shuttle 10:00 LA Senior College "Art Lovers Club" (THR) Sign Up. 11:00 Virtual Travel Club (CSLR/TR) 2:30 Music: Jay Staples (VG) 4:00 Social Hour (THR)	<div> <p>Please let the Front Desk know two hours prior to an event, if you would like an escort to an activity. (207)784-2900</p>  </div>	

Schooner Estates

FEBRUARY 2024 ** Community Activity Calendar

Caregiver's support group

1st and 3rd Friday of every month 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.

February 2nd & 16th: "The Sunshine Group", Meets on the 1st & 3rd Fridays of the month. Activities such as singing, games, and crafts are designed to promote social interaction and foster a sense of community among residents dealing with cognitive issues.

Tai Chi

Significantly reduces falls.
Improves your health, balance and quality of life.
First class starts Saturday the 17th at 3:00 pm (THR)

Check out the following
"Tenant Run Activities"

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**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)**

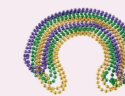


## IT'S MARDI GRAS TIME!

**Tuesday, February 13th**

**Buffet held in the Village Green -  
at your regular lunch time.**

**Celebrate Mardi Gras at Schooner!  
Join in the parade at 3:00 p.m. in the Village Green!**



### WEDNESDAY LUNCH OUTS

#### Please sign up

**Feb. 7th: 11:30 "The Chickadee Restaurant" in Lewiston.**

Their menu features fresh items in a variety of cuisines. Seafood, Steak, Sandwiches, Salads, Soups, their famous fresh seafood, and so much more!

**Feb. 28th: 11:30 "Antigoni's Pizza" in Lewiston.**

A tasty menu including hot subs, salads, and their delicious homemade specialty pizzas

## National Wear Red Day

**FRIDAY, FEB. 2ND**

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

**#WearRedDay**  
nhlbi.nih.gov



### "INTRIGUING PEOPLE"

**At 10:30 Castine Living Room / Wednesday, Feb. 21st**

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?

## SPECIAL EVENTS



**February 2nd & 16th: "The Sunshine Group"**, Meets on the 1st & 3rd Fridays of the month. Activities such as singing, games, and crafts are designed to promote social interaction and foster a sense of community among residents dealing with cognitive issues.

### Wowzitude's Award-Winning Travel Club

TUESDAY'S at 2:00 PM and THURSDAY'S at 11:00 am – All welcome for an Interactive, moderated live-streamed virtual walking tours . We will join the Local guides on virtual walks in cities around the world. Join us in the Castine Living Room or The Theater Room

**February 5th 10:00 am Magdalana Grace Siegel** -Magdalana is a consultant with many years' experience as a therapist. Her unique senior discussions., "Live, Learn & Pass It On with Magdalana", consisting of 30 topics is designed to support the emotional wellbeing and the enhancement of dignity for seniors.

**February 5th at 2:30 pm Presentation from Dr. Henry Felch and research Student Sarah** from the University of Maine in Augusta, will help us learn how to protect our personal information, thwart cyber threats, and navigate the online landscape with confidence. ( THR)

**February 9th, 1:00 pm to 4:00 pm BAKE SALE, in the Village Green.** Proceeds go to the American Heart Association .

**February 13th, MARDI GRAS DAY OF CELEBRATION.** A Buffet in the Village Green, arrive at your lunch time.

**February 13th, 3:00 pm MARDI GRAS DAY PARADE** in the Village Green: Dress up, Join in on the parade! Each department will demonstrate their creative side by designing a float for the parade. Vote for your favorite float displayed during the parade.

**February 14th, 8:00 am to 10:00 am Valentines Day: A Pancake Breakfast.** In the Village Green Sign up & pay (\$8.00) at front desk. Proceeds go to the AHA.

**Starting Feb 22nd, at 10 am, runs for 5 weeks In Tenants Harbor Room "Lewiston Auburn Senior College at Schooner - Art Lovers Club"**

**IN-PERSON. Cost for Class is \$25.00 Please sign up at the front desk .**

Each week a member of LASC Art Lovers' club will present a fun, one-day art activity for you to enjoy. This class will also be presented in the ZOOM. Judy Hierstein will facilitate, instructors will zoom in. *If you are a Schooner Resident the Supplies will be provided for you.*

If you have questions, please see the Director of Resident services **Shannon Cook, ext. 132**, For details.

**February 23rd 2:30 pm Fund Raising Friday:** In the Village Green– Have fun, win prizes, all supporting a great cause. Buy a bracelet at the event for \$5.00 to play all games. Proceeds go to the American Heart Assoc.

**February 24th 10:30 am, Judy Hierstein Presents : ENGLISH GARDENS, FROM COZY TO COLOSSAL.**

So varied, so lovely, so, so many! Join Judy in the Tenants Harbor Room, as she takes us to visit her English cousin's favorites, from the very small, like William Cowper's garden in Olney which inspired John Newton to write "Amazing Grace", to the magnificent Kew Gardens. Judy loves to garden, but now has an inferiority complex after seeing so much botanical loveliness.