















**SCHOONER ESTATES CHANNEL 1390 (on your T.V.) \*\* Weekly Tune-ins. \*\* January 18th through January 24th, 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>Martin Luther King, Jr. Day</b> <b>MONDAY,</b> <b>January 18th</b>	Exercise - Ch. 1390 	Great Courses - Ch. 1390 Lecture 41 & 42	Lunch Relaxation Session - Channel 1390 <b>11:15 am</b>	<b>L u n c h</b>	Show on 1390: "Train ride in fresh snow" (2 hr)			
<b>TUESDAY,</b> <b>January 19th</b>	Exercise - Ch. 1390 	<b>On T.V. channel 1390:</b> <b>"Schooner Morning            Show"</b> <b>BETTY HAYES</b>	Lunch Relaxation Session - Channel 1390 <b>11:15 am</b>		Movie on 1390: "All of Me" Comedy (1 hr 31 min)	<div style="border: 2px dashed brown; padding: 5px;"> <b>DOOR TO DOOR</b>            Hot cocoa            Put YES or NO            signs on your door            please         </div>		
<b>WEDNESDAY,</b> <b>January 20th</b>	Exercise - Ch. 1390 	Great Courses - Ch. 1390 Lecture 43 & 44	Lunch Relaxation Session - Channel 1390 <b>11:15 am</b>	<div style="border: 2px dashed red; padding: 5px;"> <b>12:00</b>  <b>INAUGURATION</b> </div>	Show on 1390: "Shirley Temple" (1 hr 33 min)			<b>INAUGURATION DAY!</b>
<b>THURSDAY,</b> <b>January 21st</b>	Exercise Ch. 1390 	<b>On T.V. channel 1390:</b> <b>"Schooner Morning            Show"</b> <b>RUTH SOUTHWORTH</b>	Lunch Relaxation Session - Channel 1390 <b>11:15 am</b>	<div style="border: 2px dashed red; padding: 5px;"> <b>On Channel 1390:</b>  <b>Great Falls Forum</b>  <b>Dr. Nirav Shah</b>  <b>Plans for 2021 from</b>  <b>the Maine CDC</b>  <b>1:00 - 1:45</b> </div>	Documentary on 1390: "The Crash of 29" (52 min)	<div style="border: 2px dashed red; padding: 5px;"> <b>Special Drinks</b>  <b>Thursday, 2:30 pm</b>  <b>In the</b>  <b>Camden Lobby</b>  <b>Come &amp; get one!</b> </div>	<div style="border: 2px dashed blue; padding: 5px;"> <b>Schooner News</b>  <b>Updates with Mark...</b>  <b>Channel 1390</b>  <b>3:00 pm</b>  <b>Thursday</b> </div>	
<b>FRIDAY,</b> <b>January 22nd</b>	Exercise Ch. 1390 	Great Courses - Ch. 1390 Lecture 45 & 46	Lunch Relaxation Session - Channel 1390 <b>11:15 am</b>	<b>L u n c h</b>	Show on 1390: "Comedy-Military Mr. Bean" (47 min)	<div style="border: 2px dashed red; padding: 5px;">  <b>POPCORN</b>  <b>AT 3 PM.</b>  <b>COME AND GET IT! In the Camden Lobby</b> </div>		
<b>SATURDAY,</b> <b>January 23rd</b>							Weekly Movie on Ch. 1390.	<div style="border: 2px dashed blue; padding: 5px;"> <b>MEMORIES &amp; HAPPY THOUGHTS....</b>  <b>Tell about a fishing</b>  <b>or hunting experience</b> </div>
<b>SUNDAY,</b> <b>January 24th</b>						Weekly Movie on Ch. 1390.		

**ALL DAY - OUTSIDE / INSIDE WALKS**  
**CHANNEL 1390 MUSIC / RELAXATION**

 **NOW OPEN...**

**Come Back to Eat in the Dining Rooms !!**

Searsport Dining Room at 11:45 am

Camden Dining Room at 1:00 pm

Just make a reservation! At the Front Desk

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**Reservations Required.**

If interested, sign up by calling the front desk  
at 784-2900 or extension 100

 **On Channel 1390**

**Thursday, January 21st**

**1:00 - 1:45**

**GREAT FALLS FORUM**

**At the Lewiston Public Library**  
**Dr. Nirav Shah**

Interviewed by local public health professional Katie Boss representing Healthy Androscoggin,

**Plans for 2021 from the Maine CDC**

***New Year's Resolutions for Maine's Health: COVID-19, Vaccines, Mental Health and Looking Ahead.***



**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**

**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**

**Are you wearing your FACE MASK?**



**INAUGURATION DAY!**

**January 20th**

**12:00 noon**



**Tune in for Schooner news - with Mark, Resident Services Director... Thursdays at 3:00 p.m. on channel 1390.**



**"GREAT COURSES"**



**On your TV Channel 1390**

**AT 10:05 AM**

**"AMERICAN CIVIL WAR"**

48 Lectures, 30 minutes each.

One hour per program shown.

Monday, Wednesday, & Friday each week.