



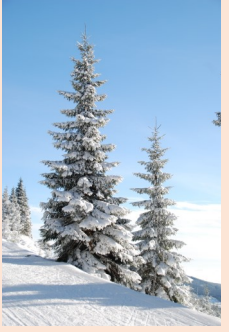













SCHOONER ESTATES CHANNEL 1390 (on your T.V.) ** Weekly Tune-ins. ** January 25th through January 31st, 2021

DAY / TIME	9:30 am	10:05 am	11:15 am	1:00 pm	2:00 pm	2:30 pm	3:00 pm	Info
MONDAY, January 25th	Exercise - Ch. 1390 	Avoiding Scams From Seniors Plus ★ 10 - 11 am Channel 1390	Lunch Relaxation Session - Channel 1390 11:15 am	L	Movie on 1390: "A Good Woman" (1 hr 33 min)		Sign up for Take Out Night! January 27th	
TUESDAY, January 26th	Exercise - Ch. 1390 	On T.V. channel 1390: "Schooner Morning Show" BOB DAVIS	Lunch Relaxation Session - Channel 1390 11:15 am	u	Shows on 1390: "Amanda Gorman - Inaugural Poem" (6 min) 15 Silly Looking Houses (19 min)	DOOR TO DOOR Hot cocoa Put YES or NO signs on your door please		
WEDNESDAY, January 27th	Exercise - Ch. 1390 	Great Courses - Ch. 1390 Lecture 47 & 48	Lunch Relaxation Session - Channel 1390 11:15 am	n	Movie on 1390: "The Great Train Robbery" (1 hr 50 min)		TAKE OUT NIGHT...Ward's Market - Italian Sandwiches. January 27th - 3:30 - 4:30 MORE INFO ON BACK PAGE	
THURSDAY, January 28th	Exercise Ch. 1390 	On T.V. channel 1390: "Schooner Morning Show" SUSI WASCHAUER	Lunch Relaxation Session - Channel 1390 11:15 am	c	Show on 1390: "Beautiful Medieval Town of Europe" (34 min) "Amanda Gorman Inaugural Poem" 6 min	Special Drinks Thursday, 2:30 pm In the Camden Lobby Come & get one!		
FRIDAY, January 29th	Exercise Ch. 1390 	Great Courses - Ch. 1390 Lecture 1 & 2	Lunch Relaxation Session - Channel 1390 11:15 am	h	Show on 1390: "Mr. Bean Shopping" (49 min)	 POPCORN AT 3 PM. COME AND GET IT! In the Camden Lobby		
SATURDAY, January 30th	Exercise Ch. 1390 	ALL DAY - OUTSIDE / INSIDE WALKS				Weekly Movie on Ch. 1390.	MEMORIES & HAPPY THOUGHTS....	
SUNDAY, January 31st	Exercise Ch. 1390 	CHANNEL 1390 MUSIC / RELAXATION				Weekly Movie on Ch. 1390.	What do you think brings you good or bad luck?	



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

Reservations Required.

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



ITALIAN SANDWICH

TAKE OUT SPECIAL

From Ward's Market

WEDNESDAY, JANUARY 27th

Full size Ham Italian Sandwich

Ham, cheese, veggies on

Italian Rolls \$ 4.00

chips/soda/cookie

Delivered to your apartment

between: 3:30 - 4:30

Sign up no later than 11:00 am,
on that day, or sooner please.



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 some-
one at Schooner Estates.

We'll interview a new
Tenant or Staff member
(twice) a week.

**TUNE IN!! ON
TV CHANNEL 1390**

**DAILY EXERCISE
CLASSES AT 9:30**

Now being offered
on weekends

Starting Saturday,
January 23rd.
Channel 1390



AVOIDING SCAMS

From Seniors Plus *** Monday, January 25th
From 10 –11 am.

A ZOOM session, on channel 1390

"GREAT COURSES"



On your TV * Channel 1390

Last two shows on Jan. 27th of:

"AMERICAN CIVIL WAR"

AT 10:05 AM (No show on Jan. 25th)

New Lecture starting on January 29th:

"EARTH AT THE CROSSROADS"

**Understanding the Ecology of a
Changing Planet — 36 lectures**

One hour per program shown.

Monday, Wednesday, & Friday each week.