

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div> Schooner Community Calendar March 2024 </div>							
3 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		4 *9:30 Exercise Class (THR/1390) 10:00 Fitness Foundations (THR) 11:00 BP Clinic (CMLR) 1:30 Manicures (CSLR) 2:30 Bingo (VG) *3:30 Scrabble (CL)	5 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) *2:15 Bridge (CL) 2:30 Pictionary (THR) *4:00 LCR (THR) 4:30 Action Hour (VG)	6 *9:30 Exercise Class (THR/1390) 10:15 Chair Yoga (THR) 11:30 Lunch out—Wei Lei (Sign-up) 2:30 Bingo (VG) 3:30 Popcorn & Trivia (THR)	7 9:30 Exercise (1390) 9:30 Shopping Shuttle 10:00 LA Senior College “Art Lovers Club” (THR). 2:30 Music: Mary Murphy (VG) 4:00 Social Hour (THR)	1 *9:30 Exercise Class (THR/1390) 10:00 Fitness Foundations (THR) 10:15 Scattergories (CL) 11:00 BP Clinic (VG) 2:30 BINGO (VG) *4:00 LCR (THR)	2 9:30 Coffee Klatch (THR) *10:15 Bible Share (Study) 10:30 Exercise (1390) *2:15 Cribbage (HPD) 7:00 pm <u>Movie:</u> (1390) - “Maestro”
10 Sunday Church Services: 8:45 St Philip Catholic 9:10 St. Michaels 10:00 Park Avenue Methodist 10:15 Sacred Heart		11 *9:30 Exercise Class (THR/1390) 10:30 am The Fortin Group (THR) 11:00 BP Clinic (CMLR) 1:30 Manicures (CSLR) 2:30 Bingo (VG) *3:30 Scrabble (CL) 4:00 Tai Chi (THR)	12 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) 4:30 Action Hour (VG)	13 *9:30 Exercise Class (THR/1390) 10:15 Chair Yoga (THR) 2:30 Bingo (VG) 3:30 Popcorn & Trivia (THR) 5:00 pm Make Your Own Pizza (THR) \$8.50 (Sign up)	14 9:30 Exercise (1390) 9:30 Shopping Shuttle 10:00 LA Senior College “Art Lovers Club” (THR). 2:30 Music: Sapphire Lane (VG) 4:00 Social Hour (THR)	15 *9:30 Exercise Class (THR/1390) 10:00 Fitness Foundations (THR) 10:15 Scattergories (CL) 10:30 Care Givers Support group (TR) 10:30 Sunshine Group (VG) 11:00 BP Clinic (VG) 2:30 BINGO (VG) *4:00 LCR (THR)	16 9:30 Coffee Klatch (THR) *10:15 Bible Share (Study) 10:30 Exercise (1390) *2:15 Cribbage (HPD) 4:00 pm Tai Chi (THR) 7:00 Bates College Orchestra (Sign up) Free 7:00 pm <u>Movie:</u> (1390) - “The Illusionist”
17 ST. PATRICK’S DAY Sunday Church Services: 8:45 St Philip Catholic 9:10 St. Michaels 10:00 Park Avenue Methodist 10:15 Sacred Heart		18 9:00 AARP TAX AID –By appointment only (CL) *9:30 Exercise Class (THR)/(1390) 10:00 Fitness Foundations (THR) 10:30 Creative Group (THR) 11:00 BP Clinic (CMLR) 1:30 Manicures (CSLR) 2:30 Bingo (VG) *3:30 Scrabble (CL) 4:00 Tai Chi (THR)	19 SPRING BEGINS 9:30 Exercise (1390) 9:30 Shopping Shuttle 10:00 Communion (THR) 10:30 In the News w/John Rice (THR) *2:15 Bridge (CL) 2:30 Tenant Council Meeting (THR) *4:00 LCR (THR)	20 *9:30 Exercise Class (THR/ <u>1390</u>) 10:15 Chair Yoga (THR) 11:30 Lunch out— “Terry and Maxines”Turner (Sign-up) 2:00 pm Auburn Library (CSLR) 2:30 Bingo (VG) 3:30 Popcorn & Trivia (THR)	21 9:30 Exercise (1390) 9:30 Shopping Shuttle 10:00 LA Senior College “Art Lovers Club” (THR) . 2:30 Music: Christina Ariola (VG) 4:00 Social Hour (THR)	22 *9:30 Exercise Class (THR/1390) 10:00 Prot. Service (CSLR) 10:00 Fitness Foundations (THR) 10:15 Scattergories (CL) 11:00 BP Clinic (VG) 2:30 BINGO (VG) *4:00 LCR (THR)	23 9:30 Coffee Klatch (THR) 10:30 Exercise (1390) 11:00 Bingocize (THR) Sign UP *2:15 Cribbage (HPD) 6:15 pm Mid Coast Symphony Orchestra -\$20.00 Franco Center 7:00 pm Movie: (1390) “A Walk In The Woods”
24 Sunday Church Services: 8:45 St Philip Catholic 9:10 St. Michaels 10:00 Park Avenue Methodist 10:15 Sacred Heart 1:30 “Secret Hour” The Public Theatre \$25.00 (Sign Up)		25 *9:30 Exercise Class (THR)/(1390) 10:00 Fitness Foundations (THR) 11:00 BP Clinic (CMLR) 1:30 Manicures (CSLR) 2:30 Bingo (VG) *3:30 Scrabble (CL) 4:00 Tai Chi (THR) 6:30 “ Songs You Remember “ Ross Cunningham (VG)	26 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) *4:00 LCR (THR) 4:30 Action Hour (VG)	27 *9:30 Exercise Class (THR/1390) 10:15 Chair Yoga (THR) 11:00 am Hot Cocoa Social / Show and Tell (THR) 2:30 Bingo (VG) 3:30 Popcorn & Trivia (THR)	28 9:30 Exercise (1390) 9:30 “Intriguing people” (CSLR) (see back for details.) 9:30 Shopping Shuttle 2:30 Music: Dave Stone (CMLR) 4:00 Social Hour (THR)	29 *9:30 Exercise Class (THR/1390) 10:00 Fitness Foundations (THR) 10:15 Scattergories (CL) 11:00 BP Clinic (VG) 2:30 BINGO (VG) *4:00 LCR (THR)	30 9:30 Coffee Klatch (THR) 10:30 Exercise (1390) 11:00 Bingocize (THR) sign up *2:15 Cribbage (HPD) 4:00 pm Tai Chi (THR) 7:00 pm Movie: (1390) Title to be announced
31 Sunday Church Services: 8:45 St Philip Catholic 9:10 St. Michaels 10:00 Park Avenue Methodist 10:15 Sacred Heart		<div> 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 </div>					Please let the Front Desk know two hours prior to an event, if you would like an escort to an activity. (207)784-2900

Schooner Estates

MARCH 2024 ** Community Activity Calendar

Caregiver's support group March 15th 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.

"The Sunshine Group", Meets Friday March 15th in the Village Green. Activities such as singing, games, and crafts are designed to promote social interaction and foster a sense of community among residents. 10:30 Village Green

Tai Chi

Significantly reduces falls.
Improves your health, balance
and quality of life.
Selected Saturdays
4 pm in the Tenants Harbor
Room.

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)

### AARP TAX PREPARATION FOR TENANTS

MONDAY, MARCH 18TH, A REP FROM AARP TAX AID  
WILL COME TO SCHOONER TO HELP YOU  
WITH YOUR TAX PREPARATIONS. (FREE)

Call the front desk to sign up. Please sign up by  
Thursday, March 7th.

You will be notified of your app't time by March 15th.  
They will meet with you in one of the common rooms  
here at Schooner.

### WEDNESDAY LUNCH OUTS

Please sign up

**March 6th - 11:30 Wei Lei in Auburn.** Chinese food  
at its best.

**March 20th -11:30 Terry and Maxines in Turner.**

A family breakfast, lunch & dinner restaurant with local fresh  
ingredients. Fresh baked goods made daily.

### "INTRIGUING PEOPLE"

**At 9:30 Castine Living Room / Thursday, MARCH  
28TH**

Join us as we use video and occasionally in person,  
a biography of intriguing people. The discussion  
about their accomplishments will certainly be inter-  
esting and leave you wondering if you could have  
endured such an adventure?

## SPECIAL EVENTS



Selected Tuesday's at 2:00 pm Wowzitude's Award-Winning Travel Club 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

10:15 am Wednesday's Chair Yoga : Instructor, Josslyn Jalbert RN Discover how chair yoga can: ease back pain, lessen stress, increase flexibility, gain  
strength, better joint mobility, build bones, better balance, and sleep better. ( Tenants Harbor Room)

Saturday 23rd 11 am - Bingocize combines a bingo-like game with exercise and health education. The program has been shown to increase older  
adults' functional fitness, health knowledge, and social engagement. ( Tenants Harbor Room) Please Sign Up

Continuation of: "Lewiston Auburn Senior College at Schooner - Art Lovers Club" Thursdays, runs for 5 weeks at 10:00 am In Tenants Harbor Room IN-  
PERSON. Cost for Class is \$25.00 Please see the Director of Resident Services Shannon Cook, ext. 132, For details. LASC Art Lovers' club will present a  
fun, one-day art activity for you to enjoy. Judy Hierstein will facilitate, instructors will zoom in. *If you are a Schooner Resident the Supplies will be provided  
for you.*

March 9th Saturday 7:00 pm (Free) Presented by The Bates Department of Music: Eli Kushner '24, a student of Christina Chute (Bates Faculty), presents  
his senior recital in cello performance. He will perform work by Rachmoninoff, Shostakovich, Prokofiev and more. The program will include works for solo  
cello, cello and piano (performed by Chiharu Naruse, Bates Faculty) as well as string quartet of assembled local professionals. Olin Arts Center, Bates Col-  
lege (Sign Up)

March 11th Monday at 10:30 "The Fortin Group", Need Help understanding how to plan a funeral? What are your options? The professionals from the  
Fortin Group will give a brief presentation and answer questions. All Welcome. (Tenants Harbor Room)

March 16th Saturday 7:00 pm (Free) The Bates College Orchestra presents it's always riveting Winter Term Concert! (Sign up)

March 23rd Saturday 6:15 pm Mid Coast Symphony Orchestra –Tickets \$20.00 Franco Center Program: Jessie Montgomery: Hymn for Everyone Wolf-  
gang Amadeus Mozart: Symphony No. 38 in D Major, K.504 "Prague," Edward Elgar: Enigma Variations, Op. 36 Concert length with intermission: approxi-  
mately 2 hours (Sign Up)

March 24th Sunday 1:30 pm The Public Theatre "Secret Hour" Tickets \$ 25.00 Entertaining, humorous, poignant, and thought-provoking, if you've ever  
been in a relationship, you'll be talking about this provocative new play all the way home. (Sign Up)

March 27th Wednesday Hot Cocoa Social and "Show and Tell" Residents are invited to show off. Tenants Harbor at 11 am.