



Schooner Community Calendar

September 2023

ROOM KEY

TR = Theater Rm CH = The Chapel CLR = 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
  						
3 Sunday Church Services: 8:45 St Philip Catholic 9:10 St. Michaels 9:10 Park Avenue Methodist 2:30 Episcopal Service in person with Rev. George Sheats All welcome (Study)	4 LABOR DAY NO TRANSPORTATION TODAY 9:30 Exercise Class (THR/1390) 10:00 Fitness Foundations (CLR) 10:30 Cards with Skip (CLR) 11:00 BP Clinic (CMLR) 3:30 Scrabble (CL)	5 9:30 Exercise (1390) 9:30 Shopping Shuttle 10:00 AL Coffee Klatch (CLR) 10:00 Communion (CLR) 10:15 In the News w/John Rice (THR) 1:30 AL Tenant Council (CLR) 2:15 Bridge (CL) 2:30 Pictionary (THR) 4:00 LCR (THR)	6 9:30 Exercise (THR/1390) 10:00 Fitness Foundations (CLR) 11:30 Lunch out to Sea 40 1:00 L/A Senior College Re*imagining. Held at Walling- fords (sign up) 2:30 pm - Corey Mulherin from Fortin Funeral Home (THR) 4:30 Action Hour (VG)	7 9:30 Exercise (1390) 9:30 Shopping Shuttle 10:15 Creative Group (THR) 2:30 Music: Jim Ciampi (VG) 4:00 Social Hour (THR)	8 9:30 Exercise Class (THR/1390) 10:15 Scattergories (THR) 11:00 BP Clinic (VG) 12:30 Opening Minds through Art—Art Exhibition—Sign up 2:30 BINGO (VG) 4:00 LCR (THR)	9 9:30 Coffee Klatch (THR) 10:30 Exercise (1390) 2:15 Cribbage (HPD) 2:30 MUSIC: Christina Ariola (VG)
10 Sunday Church Services: 8:45 St Philip Catholic 9:10 St. Michaels 9:10 Park Avenue Methodist	11 9:30 Exercise Class (THR)/(1390) 10:00 Fitness Foundations (CLR) 10:30 Cards with Skip (CLR) 11:00 BP Clinic (CMLR) 1:30 Ladies Nails (CLR) 2:30 Music: Sapphire Lane (VG) 3:30 Scrabble (CL) 4:30 Action Hour (VG)	12 9:30 Exercise (1390) 9:30 Shopping Shuttle 10:00 AL Coffee Klatch (CLR) 10:15 In the News w/John Rice (THR) 2:15 Bridge (CL) 2:30 Intriguing People— Bridgett (CLR) 2:30 Pictionary (THR) 4:00 LCR (THR)	13 9:30 Exercise (THR/1390) 10:00 Fitness Foundations (CLR) OKTOBERFEST COOKOUT AT YOUR LUNCH TIME  2:30 Bingo (VG) 3:30 Popcorn & Trivia (THR) 4:30 Action Hour (VG)	14 9:30 Exercise (1390) 9:30 Shopping Shuttle 10:15 Creative Group (THR) 2:30 Music: David Stone (CMLR) 4:00 Social Hour (THR)	15 9:30 Exercise Class (THR/1390) 10:15 Scattergories (THR) 11:00 BP Clinic (VG) 1:00 Sawyer Memorial Program Shuttle. Leave at 1:00 for the 2:00 show. See info on back page. SIGN UP 2:30 BINGO (VG) 4:00 LCR (THR)	16 9:30 Coffee Klatch (THR) 10:00 am Poland Springs Heritage Day— SIGN UP 10:15 Bible Share (Study) 10:30 Exercise (1390) 2:15 Cribbage (HPD)
17 Sunday Church Services: 8:45 St Philip Catholic 9:10 St. Michaels 9:10 Park Avenue Methodist	18 9:30 Exercise Class (THR)/(1390) 10:00 Fitness Foundations (CLR) 10:30 Cards with Skip (CLR) 11:00 BP Clinic (CMLR) 1:30 Ladies Nails (CLR) 2:30 Bingo (VG) 3:30 Scrabble (CL) 4:30 Action Hour (VG)	19 9:30 Exercise (1390) 9:30 Shopping Shuttle 10:00 AL Coffee Klatch (CLR) 10:00 Communion (THR) 10:15 In the News w/John Rice (THR) 2:30 Tenant Council Meet (THR) 4:00 LCR (THR)	20 9:30 Exercise (1390 only) 10:00 Fitness Foundations (CLR) 10:30 Lunch out to Willows awake Winery— Leeds (Sign-up) 2:00 Auburn Library (CLR) 2:30 Bingo (VG) 3:00 Julie White, massage talk (CLR) 3:30 Popcorn & Trivia (CMLR) 4:30 Action Hour (VG)	21 9:30 Exercise (1390) 9:30 Shopping Shuttle 10:15 Creative Group - (THR) 2:30 Music: Marc Mailhot (VG) 4:30 Camp Sunshine BBQ Fundraiser (Castine Patio) Sign up.	22 Massage Therapy w/Julie White, cost \$40.00 Sign up for your time. CLR 9:30 Exercise (1390 only) 10:00 Prot. Service (CLR) 10:15 Scattergories (THR) 11:00 BP Clinic (VG) 2:30 BINGO (VG) 4:00 LCR (THR)	23 AUTUMN BEGINS 9:30 Coffee Klatch (THR) 10:30 Exercise (1390) 2:15 Cribbage (HPD) 2:30 Music: Freddie Prez (VG)
24 Sunday Church Services: 8:45 St Philip Catholic 9:10 St. Michaels 9:10 Park Avenue Methodist	25 9:30 Exercise (1390) 10:00 Fitness Foundations (CLR) 10:30 Cards with Skip (CLR) 11:00 BP Clinic (CMLR) 2:00-4:30 6 week Course: Living with Chronic Pain. (THR) See back pg. Sign up. 2:30 Bingo (VG) 3:30 Scrabble (CL)	26 9:30 Exercise (1390) 9:30 Shopping Shuttle 10:00 AL Coffee Klatch (CLR) 10:15 In the News w/John Rice (THR) 2:15 Bridge (CL) 2:30 Pictionary - (THR) 4:00 LCR (THR)	27 9:30 Exercise (1390 only) 10:00 Fitness Foundations (CLR) 10:30 Lunch out Sea Basket— Wiscasset (Sign-up) 2:30 Bingo (VG) 3:30 Popcorn & Trivia (THR) 4:30 Action Hour (VG)	28 9:30 Exercise (1390) 9:30 Shopping Shuttle 10:15 Creative Group - (THR) 2:30 Music: Mary Murphy (VG) 4:00 Social Hour (THR)	29 9:30 Exercise Class (1390 only) 10:15 Scattergories (THR) 11:00 BP Clinic (VG) 12:30 Last Lobster Bake of the season. Castine Patio. Sign up. 2:30 BINGO (VG) 4:00 LCR (THR)	30 9:30 Coffee Klatch (THR) 10:30 Exercise (1390) 2:15 Cribbage (HPD) 5:00 pm Make your own Pizza (THR) Sign up



Schooner Estates

SEPTEMBER 2023 ** Community Activity Calendar



“INTRIGUING PEOPLE”

Hosted by Bridget Nota, she will use video, describing a biography of intriguing people. Followed by a discussion about their accomplishments will certainly be interesting and leave you wondering if you could have endured such an adventure?

TUESDAY, SEPTEMBER 12TH
AT 2:30 PM IN THE CASTINE LIVING ROOM

WEDNESDAY LUNCH OUTS ***

Please sign up for all

September 6th: 11:30 - SEA 40. A wide selection of Asian foods to choose from.

September 20th: 10:30 - WILLOWS AWAKE WINERY. Situated in a picturesque vineyard, Willows Awake Winery in Leeds features farm-to-fork dining and several varieties of wines made on-site. Choose from fresh pizzas, salads, sandwiches, specials and more while dining inside, on the porch, or at the tables spread out in the lawn.

September 27th: 10:30 - SEA BASKET IN WISCASSET. Enjoy the finest in Maine seafood.

SEPTEMBER OUTINGS and EVENTS: Please sign up at the Front Desk.

Sat. Sep. 2nd: Songo River Queen - Our last boat trip of the year. Box lunches provided. The cost is \$30.00 dollars. Couples that sign up get a discount \$50.00. **We will leave at 10:30 am.**

Weds, Sep. 6th: L/A Senior College is emerging from the pandemic a new and improved organization. We plan to start this year with a celebration of where we have been, and where we are going. So we are inviting members of the Lewiston/Auburn community to join us at Wallingford's on Sept. 6. Come meet old friends and new. And, hear about the changes we've made. You will enjoy: Door prizes, Gift bags, Wallingford's tasty goodies. All the fun that Wallingford's has to offer at harvest time. **Leave at 1:00 pm.**

Weds, Sep. 6th: Join Corey Mulherin from the Fortin Funeral Home, as he discusses what one can do to plan in advance, for the inevitable. Held in the Tenants Harbor Room. **At 2:30 pm.**

Fri, Sep. 8th: OMA Art Exhibition - Come celebrate our Androscoggin County OMA artists and the art they created. Western Maine's designated Area Agency on Aging, will present an Opening Minds through Art (OMA) art show at the agency's Lewiston headquarters from 1 to 3 p.m. The event is free, open to the public and refreshments will be provided. Meet the artists, see their work, and learn more about OMA, an award-winning, evidence-based, art-making program. **Leave Schooner at 12:30.**

Weds, Sep. 13th: OCTOBERFEST BBQ - On our front lawn outside Res Care. Village Green if rain. Come down at your lunch time. Sign up your guests, \$15.00 per ticket.

Fri, Sep. 15th: Sawyer Memorial Program - "ALLAGASH: NEW ENGLAND'S WILD RIVER" Presentation By Tim CAVERLY. Narrated by retired Maine Park Ranger Supervisor, Tim Caverly. The audience will virtually canoe the 92-mile Allagash River and hear the lore and legends from Maine's wilderness. Caverly's presentations are always both informative and fun! Funded in part by the Maine Humanities Council. **Leave at 1 pm for the 2 pm show.**

Sat, Sep. 16th: Poland Spring Heritage Day - Please join us for the 15th Annual Poland Spring Heritage Day, held on the grounds of the historic Poland Spring Resort and Preservation Park. Visitors are invited to come and enjoy. There is fun for all ages activities, including kid's games, inflatables, local craft vendors, and historic tours of the Maine State Building, All Souls Chapel, and recently upgraded Poland Spring Water Museum. **Leave at 10:00 am.**

Weds, Sep. 20th: Massage Therapist Talk - Julie White, a massage therapist, will be here at 3:00 pm to discuss the different techniques of massage and the variety of benefits received. For those who attend. Your name will be entered into a drawing for a free massage on Friday. Held in the Castine Living Room. **Sign up and receive your time, for half hour massages with Julie for Friday, Sep. 22nd. Cost: \$40.00.**

Thurs, Sep. 21st: Camp Sunshine BBQ Fundraiser - Held on the Castine Patio. \$8.00 Deal: One hotdog, or burger, chips, soda and a cookie. \$12.00 Deal: Two hotdogs, or Two burgers, chips, cookie and soda. Sign up. **Held at 4:30 pm.**

Mon, Sep. 25th: A Course: Living with Chronic Pain, Living Well with Chronic Pain is an interactive, group workshop that includes 6 weekly, 2.5-hour class sessions. (Sign up at the front desk). Enroll in a course to learn how to better manage chronic pain, designed for people who have a diagnosis of chronic pain, offering strategies for dealing with their symptoms. **2-4:30 pm.** In the Tenants Harbor Room. Sign up.

ACTION HOUR At 4:30 pm on selected Mondays and Wednesdays in the Village Green.

Enjoy games that promote fitness, fun, and socialization!