

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>March 2025</h1>						1
2	3 10 am: Bingo (2T) 3 pm: Mahjong (2T) 4 pm: Bereavement Support Group (IL Game Room)	4 9:30 am: Activities Shops for Residents 10 am: Pet Therapy Visits w/ Angus 2 pm: Movie: <i>Daddy's Home 2</i> (2T) (Disney+, Comedy, 1 hr., 36 min.) 4 pm: Awareness Series, "The Point of Acupuncture" (IL Media/Living Room), Sign Up <div>Mardi Gras</div>	5 9 am: Manicures (3T) 10 am: Creative Coloring (2T Sunroom) 10:30 am: Our Lady of Good Hope Catholic Church Service (2T) 2 pm: Live Music w/ Chris Heard (2T) <div>Ash Wednesday</div>	6 Lynne Off 10 am: Resident Council Meeting (2T) 10:30 am: Men's Group (IL Game Room) 2:30 pm: Seated Yoga (2T)	7 9:30 am Departure: Walmart, Thomaston, Sign Up 10 am: Sit & Be Fit (2T) 2 pm: Creative Stitchery (3T)	8 11 am Departure: Maine Drama Festival: One-Act Competition, Medomak Valley High School, Waldoboro, Sign Up
9 <div>Daylight Saving Time Begins</div>	10 Holli Off 10 am: Bingo (2T) 12 noon: Parkinson's Support Group (IL Media/Living Room) 2 pm: Creative Stitchery (3T) <div>Mix Match Day</div>	11 9:30 am: Activities Shops for Residents 10 am: Pet Therapy Visits w/ Angus 2 pm: Dietary Meeting (2T) 2:30 pm: Reading Group w/ Holli (2T Living Room)	12 10 am: Introduction to Computer Navigation, Sign Up (3T) 10 am: Our Lady of Good Hope Catholic Church Service (2T) 2 pm: "Let's Chat" Women's Social w/ Refreshments (2T)	13 Lynne Off 10 am: Chat w/ Lorriman & Ellen (2T) 10:30 am: Men's Group (IL Game Room) 2:30 pm: Seated Yoga (2T)	14 9 am: Baking w/ Holli (3T), Sign Up 10 am: Creative Coloring (2T) 2 pm: Live Music w/ Jim Gibson (2T) <div>National Potato Chip Day</div>	15 12 noon to 3:30 pm: Pies on Parade, (IL Lobby)
16 Lynne On	17 10 am: Bingo (2T) 11 am: Lucky Charm Trivia w/ Holiday Refreshments (2T) 2 pm: Music w/ Multi-Instrumentalists John Pranio & Ethan Tischler (IL Media/Living Room) <div>St. Patrick's Day</div>	18 9:30 am: Activities Shops for Residents 9:30 am: Sit & Be Fit (2T) 10 am: Pet Therapy Visits w/ Angus 11 am: Enrichment Series, "Marine Mammals of Maine: A Rescue Story" (IL Media/Living Room)	19 9 am: Manicures (3T) 10 am: Creative Coloring (2T) 2 pm: Documentary: <i>Race to the Summit</i> (2T) (Netflix, 90 min.)	20 Lynne Off 10 am: Craft: Mosaic Flowers, Part 1 (2T) 10:30 am: Men's Group (IL Game Room) 1 pm: CMCA Art Studio (Gardens Dining Room) 2:30 pm: Seated Yoga (2T) 3:30 pm: Caregiver Support Group (IL Media/Living Room) <div>Spring Begins</div>	21 Lynne Off 10 am: Craft: Mosaic Flowers, Part 2 (2T) 2 pm Departure: Dairy Queen, Rockland, Sign Up	22 Lynne On 10 am: Bingo (2T) 11:30 am Departure: Applebee's, Thomaston, Sign Up 2 pm: Creative Stitchery (3T)
23 Lynne On 10 am: Po-Ke-No (2T) 1:30 pm: Chestnut Street Baptist Church Service (2T) 2:30 pm: Scrabble (2T)	24 10 am: Bingo (2T) 2 pm: Piano by George (2T) 3:30 pm: Mahjong (2T)	25 9:30 am: Activities Shops for Residents 10 am: Pet Therapy Visits w/ Angus 2 pm: Reading Group w/ Holli (2T Living Room) 2:30 pm: Creative Coloring (2T)	26 Lynne Off 8 am: Men's Breakfast (IL Dining Room) 10 am: Craft: Fishbowl Snowman (Craft Room) 10 am: Our Lady of Good Hope Catholic Church Service (2T) 2 pm: Live Accordion Music w/ Eric Tolman (2T)	27 Lynne Off 10 am: Flip It (2T) 10:30 am: Men's Group (IL) 2:30 pm: Seated Yoga (2T)	28 9:30 am: Creative Stitchery (3T) 10 am: Sit & Be Fit (2T) 2 pm: Play a Game w/ The Riley School Children (2T), Sign Up	29
30	31 Holli Off 10 am: Bingo (2T) 2 pm: Creative Coloring (2T) 2 pm: Preferred Therapy Education Session, "Knee Replacement Surgery" (IL Media /Living Room)	 <h1>Terraces</h1>				

Activities Details Subject to Change