

# September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Please remember that all programs require registration. Register online by visiting our website!</b>				
				<b>1</b> 9:00 Open House 10:00 Knitting Group <b>10:00 Beginner Line dancing</b> <b>12:00 Maintaining Independence with Reform PT</b> 1:00 Cribbage (intermediate)
<b>4</b>  <b>Closed – Labor Day</b>	<b>5</b> 10:00 Art Workshop 10:00 Mindfulness with Nancy <b>10:00 Coffee with a Cop</b> 10:00 Gentle Vinyasa Yoga with Leslie 1:00 French Club <b>1:00 Canasta</b>	<b>6</b> 9:00 Bridge Group 10:00 Walking Group at The Center 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	<b>7</b> 10:00 Octets Bridge <b>12:00 Bridget’s Lunch Bunch</b> 1:00 American Mahjong (novice) 1:00 Cribbage (beginner) <b>1:00 Adult Coloring Group</b> 2:00 Ukelele Group	<b>8</b> 9:00 Open House 10:00 Knitting Group <b>10:00 Beginner Line dancing</b> 1:00 Cribbage (intermediate)
<b>11</b> <b>10:00 The Center Annual Meeting</b>	<b>12</b> 10:00 Art Workshop 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie 1:00 Caregiver Support Group <b>1:00 Canasta</b> <b>1:30 Healthy Living for your Brain and Body with Maine Chapter Alzheimer’s Association</b>	<b>13</b> 9:00 Bridge Group 10:00 Walking Group at The Center 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate) <b>1:00 Miniatures with Arlene</b>	<b>14</b> 10:00 Octets Bridge <b>11:30 Get to Know CORHealth</b> 1:00 American Mahjong (novice) 1:00 Cribbage (beginner) <b>1:00 Center for Grieving Children Presentation</b> 2:00 Ukelele Group	<b>15</b> 9:00 Open House 10:00 Knitting Group <b>10:00 Beginner Line dancing</b> 1:00 Cribbage (intermediate) <b>5:30 Harp Concert Fundraiser</b>



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<b>18</b> 9:30 Spunky Spades Bridge 9:30 Keep it Legal with Sarah Neault, Esq. <b>10:00 Chair Massage with Spa Voyage</b> 10:30 Caregiver Support Group 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:30 Hand & Foot	<b>19</b> 10:00 Art Workshop 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie <b>12:00 Luncheon</b> 1:00 French Club <b>1:00 Canasta</b>	<b>20</b> 9:00 Bridge Group 10:00 Walking Group at The Center 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate) <b>6:30 Paint &amp; Sip Evening at the Center</b>	<b>21</b> 10:00 Octets Bridge <b>10:00 "Secrets of the Salt Marsh" at Laudholm Farm</b> <b>11:00 Home Health Basics with CenterWell</b> 1:00 American Mahjong (novice) 1:00 Cribbage (beginner) <b>1:00 Adult Coloring Group</b> 2:00 Ukelele Group <b>3:00 World Travels with Dewey – Glacier National Park</b>	<b>22</b> 9:00 Open House <b>10:00 Beginner Line Dancing</b> 10:00 Knitting Group 1:00 Cribbage (intermediate)
<b>25</b> 9:30 Spunky Spades Bridge 10:30 Caregiver Support Group 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:30 Hand & Foot	<b>26</b> 10:00 Art Workshop 10:00 Mindfulness with Nancy <b>1:00 Canasta</b> <b>1:30 Monthly Bingo</b>	<b>27</b> 9:00 Bridge Group 10:00 Walking Group at The Center 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate) 1:00 Book Club	<b>28</b> 10:00 Octets Bridge 1:00 American Mahjong (novice) 1:00 Cribbage (beginner) 2:00 Ukelele Group	<b>29</b> 9:00 Open House <b>10:00 Beginner Line Dancing</b> 10:00 Knitting Group 1:00 Cribbage (intermediate) 1:00 Cornhole

## KEY

**Highlighted Program = New & Noteworthy**

**Bold Program = Off-Site Program or Fundraiser**

