

JULY 2018



MARTHA BALLARD
ASSISTED LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1:30 Trip to Heartwood Theater, Down Along the Cove 2:00 Scrabble (LFR)	2 9:30 Seated Fitness (MR) 10:30 Coffee Club (R) 11:00 Word Game (AL) 11:00 Toning (MR) 1:00 Wii Bowling (MB) 2:00 Poetry by Booth (MR) 2:30 Cribbage (BR) 3:30 Crossword (AL) 6:00 Hymns with Henry Berry (LR)	3 8:30 Pool Class 9:30 Toning (MR) 10:00 Standing Fitness (MR) 10:30 Coffee Club (R) 11:00 History of Independence Day (AL) 11:00 Balance (MR) 12:00 4th of July BBQ (Patio) 2:00-2:30 BP Clinic (AL) 2:30 Mexican Train (BR) 3:30 Word Game (AL)	4 <i>The Office is Closed Today</i> 2:00 Quarters Bingo (BR) 2:00 Scrabble (LFR) Independence Day	5 8:30 Pool Class 9:30 Range of Movement (MR) 10:00 Toning w Bands (MR) 10:00 Word Scramble (AL) 10:30 Coffee Club (R) 11:00 Balance (MR) 11:00-1:30 Shopping Trip 1:00 Drumming (MR) 2:00 Billiards Games 3:00 Knitting Group (BR)	6 9:30 Fit & Tone (MR) 10:15 Relaxation (MR) 10:30 Coffee Club (R) 11:00 Balance (MR) 11:00 UNO with Trisha (AL) 1:00 Art Group (BR) 4:00 Penny Ante (AL) 6:45 Game Night (Downstairs Bistro AL) HAT DAY!	7 11:00 Tea & Trivia (BR) 1:30 Movie & Popcorn (AL) <i>See Friday Flyer for details</i> 2:00 Scrabble (LFR)
8 2:00 Scrabble (LFR) 3:45 Devotional Gathering (LR)	9 9:30 Seated Fitness (MR) 10:30 Coffee Club (R) 11:00 Word Game (AL) 11:00 Toning (MR) 11:45 Capital Park Picnic and Walk 2:30 Cribbage (BR) 3:30 Crossword (AL)	10 8:30 Pool Class 9:30 Toning (MR) 10:00 Standing Fitness (MR) 10:30 Coffee Club (R) 11:00 History of Father's Day (AL) 11:00 Balance (MR) 12:00 Depression & Anxiety Support Group (LFR) 2:00 July Birthday Party with the Country Gentleman 2:00-2:30 BP Clinic (AL) 2:30 Mexican Train (BR) 3:30 Word Game (AL)	11 9:30 Seated Fitness (MR) 10:00 Interval Exercise (MR) 10:30 Coffee Club (R) 10:30 In-Depth Book Group (LR) 11:00 Golf Cart Rides (AL) 11:00 Toning (MR) 11:00 Picnic Trip to Bicentennial Park 1:00 Hubbard Library Visit (LR) 2:00 Quarters Bingo (BR) 2:00 Scrabble (LFR)	12 8:30 Pool Class 9:00 Men's Breakfast (DR) 9:25 Speaker (DR) 10:00 Toning w Bands (MR) 10:00 Word Scramble (AL) 10:30 GHE Book Group (BR) 10:30 Coffee Club (R) 11:00 Balance (MR) 11:00-1:30 Shopping Trip 1:00 Drumming (MR) 2:00 Billiards Games 3:00 Knitting Group (BR) 4:00 Meet the Artist (LR)	13 9:30 Fit & Tone (MR) 10:15 Relaxation (MR) 10:30 Coffee Club (R) 11:00 Balance (MR) 11:00 UNO with Trisha (AL) 1:00 Art Group (BR) 2:00 Seated Pilates (MR) 3:00 Olympian Julia Clukey (MR) 4:00 Penny Ante (AL) 6:45 Game Night (Downstairs Bistro AL)	14 10:00 a.m. – 2:00 p.m. Hallowell Garden Tour 11:00 Tea & Trivia (BR) 1:30 Movie & Popcorn (AL) 2:00 Scrabble (LFR)
15 2:00 Scrabble (LFR)	16 9:30 Seated Fitness (MR) 10:30 Coffee Club (R) 11:00 Word Game (AL) 11:00 Toning (MR) 1:00 Wii Bowling (MB) 3:00 Cribbage (BR) 3:30 Crossword (AL)	17 8:30 Pool Class 9:30 Toning (MR) 10:00 Standing Fitness (MR) 10:30 Coffee Club (R) 11:00 Lodge Crossword (LR) 11:00 Balance (MR) 2:00-2:30 BP Clinic (AL) 2:00 Ice Cream Soda Social (Patio) 2:30 Mexican Train (BR) 3:30 Word Game (AL)	18 9:30 Seated Fitness (MR) 10:00 Interval Exercise (MR) 10:30 Coffee Club (R) 11:00 Golf Cart Rides (AL) 11:00 Toning (MR) 12:15 Snow Pond Cruise 2:00 Quarters Bingo (BR) 2:00 Scrabble (LFR) 4:00 Mad Libs (AL)	19 8:30 Pool Class 9:30 Range of Movement (MR) 10:00 Toning w Bands (MR) 10:30 Coffee Club (R) 11:00 Balance (MR) 1:00 Drumming (MR) 2:00 Billiards Games 3:00 Knitting Group (BR) 4:00 Social Hour (LR)	20 9:30 Fit & Tone (MR) 10:15 Relaxation (MR) 10:30 Coffee Club (R) 11:00 Balance (MR) 11:00 UNO with Trisha (AL) 1:00 Trip to The Wall That Heals in Gardiner 1:00 Art Group (BR) 2:00 Seated Pilates (MR) 4:00 Word Game (AL) 6:45 Game Night (Downstairs Bistro AL)	21 11:00 Tea & Trivia (BR) 1:30 Movie & Popcorn (AL) <i>See Friday Flyer for details</i> 2:00 Scrabble (LFR)

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22 2:00 Scrabble (LFR)	23 9:30 Seated Fitness (MR) 10:30 Coffee Club (R) 11:00 Word Game (AL) 11:00 Toning (MR) 1:00 Wii Bowling (MB) 2:30 Cribbage (BR) 3:30 Crossword (AL)	24 8:30 Pool Class 9:30 Toning (MR) 10:00 Standing Fitness (MR) 10:30 Coffee Club (R) 11:00 Summer Trivia (AL) 11:00 Balance (MR) 2:00-2:30 BP Clinic (AL) 2:30 Mexican Train (BR)	25 9:30 Seated Fitness(MR) 10:00 Interval Exercise (MR) 10:00 Trip to Lakewood Theater 10:30 Coffee Club (R) 10:30 In-Depth Book Group (LR) 11:00 Golf Cart Rides (AL) 11:00 Toning (MR) 2:00 Quarters Bingo(BR) 2:00 Scrabble (LFR)	26 8:30 Pool Class 9:30 Range of Movement (MR) 10:00 Toning w Bands (MR) 10:30 Coffee Club (R) 11:00 Balance (MR) 11:00-1:30 Shopping Trip 1:00 Drumming (MR) 2:00 Billiards Games 3:00 Knitting Group (BR) 3:00 Cocktails and Chat (AL)	27 9:30 Fit & Tone (MR) 10:15 Relaxation (MR) 10:30 Coffee Club (R) 11:00 Balance (MR) 11:00 UNO with Trisha (AL) 1:00 Art Group (BR) 2:00 Seated Pilates (MR) 4:00 Penny Ante (AL) 6:45 Game Night (Downstairs Bistro AL)	28 11:00 Tea & Trivia (BR) 12:15 Pride and Prejudice Theater at Monmouth 1:30 Movie & Popcorn (AL) <i>See Friday Flyer for details</i> 2:00 Scrabble (LFR)								
29 2:00 Scrabble (LFR)	30 9:30 Seated Fitness (MR) 10:30 Coffee Club (R) 11:00 Word Game (AL) 11:00 Toning (MR) 1:00 Wii Bowling (MB) 2:30 Cribbage (BR) 3:30 Crossword (AL)	31 8:30 Pool Class 9:30 Toning (MR) 10:00 Standing Fitness (MR) 10:30 Coffee Club (R) 11:00 Word Pairs (AL) 11:00 Balance (MR) 1:00 Mind Exercises (BR) 2:00-2:30 BP Clinic (AL) 2:00 Lithgow Library Visit (LR) 2:30 Mexican Train (BR)	GHE Rooms: Assisted Living (AL) Ballard Room (BR) Computer Room (CR) Dining Room (DR) Living Room (LR) Longfellow Room (LFR) Media Room (MR) Reflections (R)	JULY BIRTHDAYS <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; text-align: center;"><i>8th Sheila Bennett</i></td> <td style="width: 50%; text-align: center;"><i>14th Mary Bayer</i></td> </tr> <tr> <td style="text-align: center;"><i>9th Lynn Biebel</i></td> <td style="text-align: center;"><i>17th Doris Leclerc</i></td> </tr> <tr> <td style="text-align: center;"><i>12th Robin Pirruccello</i></td> <td style="text-align: center;"><i>23rd Steve Shepherd</i></td> </tr> <tr> <td style="text-align: center;"><i>13th Mary Jane O'Connor</i></td> <td style="text-align: center;"><i>28th Richard Goodwin</i></td> </tr> </table>		<i>8th Sheila Bennett</i>	<i>14th Mary Bayer</i>	<i>9th Lynn Biebel</i>	<i>17th Doris Leclerc</i>	<i>12th Robin Pirruccello</i>	<i>23rd Steve Shepherd</i>	<i>13th Mary Jane O'Connor</i>	<i>28th Richard Goodwin</i>	
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Granite Hill Estates
FRONT DESK: 626-7786
After-Hours Maintenance:
626-3745
KITCHEN: 624-3874

Hair Salon
Tues., Wed. & Thurs.
8 a.m. – 2 p.m.
624-3818
Erin Coco

Massage Therapy
Tuesday & Wednesday
10 a.m.–4 p.m.
623-6651
Mary Lambert

Kennebec Savings Bank
Tuesday & Thursday
9 a.m. – 12:00 p.m.
626-7715
Stephanie Hippler