

DECEMBER 2018

GRANITE
HILL
ESTATES



MARTHA BALLARD
ASSISTED LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>GHE Rooms:</p> <p>Assisted Living (AL) Ballard Room (BR) Computer Room (CR) Dining Room (DR) Living Room (LR) Longfellow Room (LFR) Lower Bistro AL (LBAL) Media Room (MR) Reflections (R)</p>	<p><i>December Birthdays</i></p> <p>2 <i>Yale Marienhoff</i> 12 <i>Bonnie Hayes</i> 26 <i>Royce Miller</i> 9 <i>Marge Henderson</i> 19 <i>Ernestine Sproul</i> 28 <i>Leroy Hussey</i> 9 <i>Ellen Beals</i> 22 <i>Don Mason</i></p>					<p>1</p> <p>9:30 Pilates Video (MR) 10:00 Foot Spas (AL) 11:00 Tea & Trivia (BR) 1:30 Movie & Popcorn (AL) 2:00 Scrabble (LFR) 2:00 Manicures (R)</p>
<p>2</p> <p>10:00 Foot Spas (R) 11:30-12:30 Sunday Brunch (DR) 2:00 Scrabble (LFR) 2:00 Manicures (AL) 2:00 Mexican Train (BR) 3:45 Devotional Gathering (MR) 6:00 Movie & Popcorn (R)</p>	<p>3</p> <p>9:30 Seated Fitness (MR) 11:00 Toning (MR) 11:00 Ukulele Lessons (BR) 11:30 Word Games (AL) 1:00 Drumming Circle (MR) 2:00 Afternoon Movie (AL) 2:00 Cribbage (BR) 3:00 Storytelling Group (LR) 3:30 Crossword (AL) 3:30 Fitness with Jayne (R) 6:00 Hymns with Henry Berry (LR)</p>	<p>4</p> <p>8:30 Pool Class 9:30 Toning (MR) 10:00 Standing Fitness (MR) 10:30 Coffee Club (R) 11:00 Lunch at Kume 11:00 Support Group (LFR) 11:00 Balance (MR) 11:30 50 States Trivia (AL) 2:00 Netflix: Wings of Life (AL) 2:00 - 2:30 BP Clinic (AL) 2:30 Mexican Train (BR) 3:00 "Elder Law" Speaker (MR) 3:30 Sing Along with Keith (R)</p>	<p>5</p> <p>9:30 Seated Fitness (MR) 10:00 Interval Exercise (MR) 11:00 Toning (MR) 11:30 Fireside Chat (AL) 1:00 Hubbard Library Visit (LR) 1:00 BINGO (R) 2:00 Netflix: Father Brown (AL) 2:00 Quarters Bingo (BR) 2:00 Scrabble (LFR) 3:30 Fitness with Jayne (R) 4:00 Scattergories (AL)</p>	<p>6</p> <p>8:30 Pool Class 9:30 Range of Movement (MR) 10:00 Toning w Bands (MR) 10:30 Coffee Club (R) 11:00 Expressive Arts (R) 11:00 Balance (MR) 11:00 - 1:30 Shopping Trip 11:30 Word Scramble (AL) 1:00 Expressive Arts (BR) 2:00 Card Game (R) 2:00 Billiards Games 3:00 Handwork Group (BR) 3:30 Books with Martha (R) 3:30 Snow Pond Students Piano & Voice (MR)</p>	<p>7</p> <p>9:30 Fit & Tone (MR) 10:15 Relaxation (MR) 10:45 UNO with Trisha (AL) 11:00 Balance (MR) 12:00 Seated Pilates (MR) 1:00 A-Z Game (R) 1:00 Art Group (BR) 3:30 Lighthouse Jubilees (MR) 3:30 Fitness with Jayne (R) 6:45 Game Night (LBAL)</p>	<p>8</p> <p>9:30 Pilates Video (MR) 10:00 Foot Spas (AL) 11:00 Tea & Trivia (BR) 1:30 Movie & Popcorn (AL) 2:00 Scrabble (LFR) 2:00 Manicures (R)</p>
<p>9</p> <p>10:00 Foot Spas (R) 11:30 - 12:30 Sunday Brunch (DR) 2:00 Scrabble (LFR) 2:00 Manicures (AL) 2:00 Mexican Train (BR) 3:45 Devotional Gathering (LR) 6:00 Movie & Popcorn (R) 6:30 Trip to Hall-Dale Symphony</p>	<p>10</p> <p>9:30 Seated Fitness (MR) 10:00 Trip to Trader Joe's and Maine Mall 11:00 Toning (MR) 11:00 Ukulele Lessons (BR) 11:30 Word Games (AL) 1:00 Drumming (MR) 2:00 Afternoon Movie (AL) 2:00 Cribbage (BR) 3:00 Storytelling Group (LR) 3:30 Fitness with Jayne (R) 3:30 Crossword (AL)</p>	<p>11</p> <p>8:30 Pool Class 9:30 Toning (MR) 10:00 Standing Fitness (MR) 10:30 Coffee Club (R) 11:00 Balance (MR) 11:00 Support Group (LFR) 11:30 Word Scramble (AL) 2:00 - 2:30 BP Clinic (AL) 2:30 Mexican Train (BR) 2:30 Holiday Traditions (R) 4:30 Snow Pond & GHE Drummers (MR)</p>	<p>12</p> <p>9:30 Seated Fitness (MR) 10:00 Interval Exercise (MR) 10:30 In-Depth Book Group (LR) 11:00 Toning (MR) 11:30 Word Games (AL) 2:00 Netflix: Father Brown (AL) 2:00 Quarters Bingo (BR) 2:00 Scrabble (LFR) 3:00 GHE Holiday Party (LR)</p>	<p>13</p> <p>8:30 Pool Class 9:00 Women's Breakfast (DR) 9:25 Speaker Richard Knight (DR) 9:30 Range of Movement (MR) 10:00 Toning w Bands (MR) 10:30 Coffee Club (R) 10:30 GHE Book Group (BR) 11:00 Expressive Arts (R) 11:00 Balance (MR) 11:00 - 1:30 Shopping Trip 11:30 Word Scramble (AL) 1:00 Expressive Arts (BR) 1:00 Pet Haven Visit (AL) 2:00 Card Game (R) 2:00 Billiards Games 3:00 Handwork Group (BR) 3:30 Books with Martha (R)</p>	<p>14</p> <p>9:30 Fit & Tone (MR) 10:45 UNO with Trisha (AL) 11:00 Balance (MR) 12:00 Seated Pilates (MR) 1:00 Art Group (BR) 1:00 Squirrels & Birds (R) 4:00 Scattergories (AL) 6:45 Game Night (LBAL)</p>	<p>15</p> <p>9:30 Pilates Video (MR) 10:00 Foot Spas (AL) 11:00 Tea & Trivia (BR) 1:30 Movie & Popcorn (AL) 2:00 Scrabble (LFR) 2:00 Manicures (R)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 10:00 Foot Spas (R) 11:30 - 12:30 Sunday Brunch (DR) 2:00 Manicures (AL) 2:00 Scrabble (LFR) 2:00 Mexican Train (BR) 3:45 Devotional Gathering (LR) 6:00 Movie & Popcorn (R)	17 9:30 Seated Fitness (MR) 11:00 Toning (MR) 11:00 Ukulele Lessons (BR) 11:30 Word Game (AL) 1:00 Drumming (MR) 1:00 Cribbage (BR) 2:00 Birthday Party with Flashpoint! (MR) 2:00 Word Scramble (R) 3:30 Fitness with Jayne (R) 3:30 Crossword (AL)	18 8:30 Pool Class 9:30 Toning (MR) 10:00 Standing Fitness (MR) 10:30 Coffee Club (R) 11:00 Balance (MR) 11:00 Support Group (LFR) 11:30 Holiday Trivia (AL) 2:00 - 2:30 BP Clinic (AL) 2:00 Baking Christmas Cookies (R) 2:30 Mexican Train (BR) 3:30 50 States Trivia (AL)	19 9:30 Seated Fitness (MR) 10:00 Fitness Holiday Party (MR) 11:00 Toning (MR) 11:30 Fireside Chat (AL) 2:00 Netflix: Father Brown (AL) 2:00 Quarters Bingo (BR) 2:00 Scrabble (LFR) 2:00 Card Game (R) 3:30 Fitness with Jayne (R) 4:00 Hangman (AL)	20 9:00 Resident Breakfast (DR) 9:30 Resident Assoc. Mtg. (DR) 10:30 Coffee Club (R) 11:00 Expressive Arts (R) 11:00 Balance (MR) 11:00 - 1:30 Shopping Trip 1:00 Expressive Arts (BR) 2:00 History of Christmas Stockings (AL) 2:00 Billiards Games 3:00 Handwork Group (BR) 3:30 Books with Martha (R) 4:00 Word Scramble (AL)	21 9:30 Fit & Tone (MR) 10:15 Relaxation (MR) 10:45 UNO with Trisha (AL) 11:00 Balance (MR) 1:00 A-Z Game (R) 1:00 Art Group (BR) 2:00 Intro to Walking Program "Cozy Sneakers" (MR) 3:30 Fitness with Jayne (R) 4:00 Word Game (AL) 6:45 Game Night (LBAL) Winter Solstice	22 9:30 Pilates Video (MR) 10:00 Foot Spas (AL) 11:00 Tea & Trivia (BR) 1:30 Movie & Popcorn (AL) 2:00 Scrabble (LFR) 2:00 Manicures (R)
23 10:00 Foot Spas (R) 11:30 - 12:30 Sunday Brunch (DR) 2:00 Manicures (AL) 2:00 Scrabble (LFR) 2:00 Mexican Train (BR) 6:00 Movie & Popcorn (R)	24 9:30 Fitness Video (MR) 11:00 Toning Video (MR) 11:00 Ukulele Lessons (BR) 11:30 Word Games (AL) 1:00 Drumming (MR) 2:00 Afternoon Movie (AL) 2:00 Cribbage (BR) 3:30 Crossword (AL)	25  <i>The Main Office is Closed Today</i>	26 9:30 Seated Fitness (MR) 10:00 Interval Exercise (MR) 10:30 In-Depth Book Group (LR) 11:00 Toning (MR) 11:30 Fireside Chat (AL) 1:00 Colorful Birds Video (R) 2:00 Netflix: Father Brown (AL) 2:00 Quarters Bingo (BR) 2:00 Scrabble (LFR) 3:30 Fitness with Jayne (R)	27 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 11:30 Word Scramble (AL) 2:00 Billiards Games 3:00 Handwork Group (BR) 3:30 Books with Martha (R) 4:00 Hangman (AL)	28 9:30 Fit & Tone (MR) 10:15 Relaxation (MR) 10:45 UNO with Trisha (AL) 11:00 Balance (MR) 12:00 Seated Pilates (MR) 1:00 Our Favorite Dogs (R) 1:00 Art Group (BR) 3:30 Fitness with Jayne (R) 3:30 Fireside Chat (AL) 6:45 Game Night (LBAL)	29 9:30 Pilates Video (MR) 10:00 Foot Spas (AL) 11:00 Tea & Trivia (BR) 1:30 Movie & Popcorn (AL) 2:00 Scrabble (LFR) 2:00 Manicures (R)
30 10:00 Foot Spas (R) 11:30 - 12:30 Sunday Brunch (DR) 2:00 Manicures (AL) 2:00 Scrabble (LFR) 2:00 Mexican Train (BR) 3:45 Devotional Gathering (LR) 6:00 Movie & Popcorn (R)	31 9:30 Seated Fitness (MR) 11:00 Toning (MR) 11:00 Ukulele Lessons (BR) 11:30 Word Games (AL) 1:00 Drumming (MR) 2:00 Afternoon Movie (AL) 2:00 Cribbage (BR) 3:30 Crossword (AL) 3:30 Fitness with Jayne (R) 5:00 New Year's Eve Party! (DR)		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