






FEBRUARY 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>GHE Rooms:</p> <ul style="list-style-type: none"> Assisted Living (AL) AL Lower Bistro (ALLB) Ballard Room (BR) Computer Room (CR) Dining Room (DR) Living Room (LR) Longfellow Room (LFR) Maine Lodge Lobby (MLL) Media Room (MR) Reflections (R) 					<p>1 Wear Red Today!</p> <ul style="list-style-type: none"> 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 Birds of YouTube (R) 1:00 Art Group (BR) 2:00 Funny Outfit Show Meeting (MR) 3:30 Fitness with Jayne (R) 3:30 Fireside Chat (AL) 6:45 Game Night (ALLB) 	<p>2</p> <ul style="list-style-type: none"> 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>3</p> <ul style="list-style-type: none"> 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) 5:00 SUPERBOWL PARTY (MR) <p><i>**Reminder to Sign Up for Women's Breakfast at the Main Office by Thursday, 2/6/19**</i></p>	<p>4</p> <ul style="list-style-type: none"> 9:30 Seated Fitness (MR) 10:00 Word Games (AL) 11:00 Toning (MR) 11:00 Ukulele Lessons (BR) 1:00 Drumming Circle (MR) 1:00 Cribbage (BR) 2:00 Birthday Party featuring "Country Gentlemen" (DR) 3:00 Storytelling Group (LR) 3:30 Crossword (AL) 3:30 Fitness with Jayne (R) 6:00 Hymns with Henry Berry (LR) 	<p>5</p> <ul style="list-style-type: none"> 8:30 Pool Class 9:30 Toning (MR) 10:00 Standing Fitness (MR) 10:30 Coffee Club (R) 11:00 Support Group (LFR) 11:00 Balance (MR) 11:30 50 States Trivia (AL) 1:00 Wii Bowling (MR) 2:00 - 2:30 BP Clinic (AL) 2:00 Yahtzee (AL) 2:30 Mexican Train (BR) 3:00 Catholic Service (LR) 	<p>6</p> <ul style="list-style-type: none"> 9:30 Seated Fitness (MR) 10:00 Interval Exercise (MR) 10:30 Door Decorations (AL) 11:00 Toning (MR) 1:00 Hubbard Library Visit (LR) 1:00 BINGO (R) 2:00 Heavy Horsepower: Netflix (AL) 2:00 Quarters Bingo (BR) 2:00 Scrabble (LFR) 3:30 Fitness with Jayne (R) 4:00 Word Game (AL) 	<p>7</p> <ul style="list-style-type: none"> 8:30 Pool Class 9:00 Women's Breakfast (DR) 9:25 Speaker Jo Warmkessel (DR) 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 2:00 Billiards 2:30 Afternoon Tea (AL) 3:00 Handwork Group (BR) 3:30 Books with Martha (R) 4:00 Word Scramble (AL) 	<p>8</p> <ul style="list-style-type: none"> 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) 1:30 PB & J Food Drive 2:00 Cozy Sneakers (MLL) 3:30 Fitness with Jayne (R) 6:45 Game Night (ALLB) 	<p>9</p> <ul style="list-style-type: none"> 9:30 Pilates Video (MR) 10:00 Foot Spas (AL) 11:00 Tea & Trivia (BR) 1:30 Movie & Popcorn (AL) 2:00 Danica Spaulding Sings (AL) 2:00 Scrabble (LFR) 2:00 Manicures (R)
<p>10</p> <ul style="list-style-type: none"> 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>KINDNESS WEEK BEGINS TODAY! </p>	<p>11</p> <ul style="list-style-type: none"> 9:30 Seated Fitness (MR) 10:00 Word Games (AL) 11:00 Toning (MR) 11:00 Ukulele Lessons (BR) 1:00 Drumming (MR) 2:00 Afternoon Crafts (AL) 2:00 Cribbage (BR) 3:00 Storytelling Group (LR) 3:30 Fitness with Jayne (R) 3:30 Crossword (AL) 	<p>12</p> <ul style="list-style-type: none"> 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) 1:00 Wii Bowling (MR) 2:00 Funny Outfit Show Meeting (MR) 2:00 - 2:30 BP Clinic (AL) 2:00 Baking Cookies (R) 2:30 Mexican Train (BR) 4:00 Yahtzee (AL) 	<p>13</p> <ul style="list-style-type: none"> 9:30 Seated Fitness (MR) 10:00 Interval Exercise (MR) 10:30 Word Games (AL) 10:30 In-Depth Book Group (LR) 11:00 Toning (MR) 1:00 Cozy Sneakers (MLL) 2:00 National Park Adventure: Netflix (AL) 2:00 Quarters Bingo (BR) 2:00 Scrabble (LFR) 3:30 Fitness with Jayne (R) 	<p>14 </p> <ul style="list-style-type: none"> 8:30 Pool Class 9:30 Range of Movement (MR) 10:00 Toning w Bands (MR) 10:30 GHE Book Group (BR) 10:30 Coffee Club (R) 11:00 Balance (MR) 11:00 - 1:30 Shopping Trip 11:30 Word Scramble (AL) 1:00 Taste of Chocolate (DR) 2:00 Card Game (R) 2:00 Billiards 3:00 Handwork Group (BR) 3:30 Books with Martha (R) 	<p>15</p> <ul style="list-style-type: none"> 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 Art Group (BR) 1:00 Squirrels & Birds (R) 3:30 Fitness with Jayne (R) 3:45 - 6:00 Pineland Suzuki Rehearsal (MR) 6:45 Game Night (ALLB) 	<p>16</p> <ul style="list-style-type: none"> 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>WEAR: Your favorite shirt KIND ACT: Be kind to yourself; do something you love!</p>	<p>WEAR: Your favorite sports team shirt or gear KIND ACT: Cooperate with others</p>	<p>WEAR: Superhero shirt KIND ACT: Go out of your way to be helpful today</p>	<p>WEAR: Tie-dye or wild pattern KIND ACT: Call someone you haven't talked to in a while!</p>	<p>WEAR: Red, pink or hearts KIND ACT: Do something kind for someone you don't know</p>	<p>WEAR: Wacky Hair Day KIND ACT: Compliment someone for a unique quality!</p>	<p>WEAR: Bright colors KIND ACT: Greet everyone you see with a BIG SMILE!</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 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) *No Devotional Gathering 6:00 Movie & Popcorn (R)	18 <i>The Front Office is Closed Today in Observance of</i>  2:00 Cribbage (BR)	19 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 Crossword (AL) 12:00 Cozy Sneakers (MLL) 1:00 Wii Bowling (MR) 2:00 - 2:30 BP Clinic (AL) 2:00 Marianne Perry: Flowers (MR) 2:30 Mexican Train (BR) 4:00 Yahtzee (AL)	20 9:30 Seated Fitness (MR) 10:00 Interval Exercise (MR) 11:00 Toning (MR) 11:30 Fireside Chat (AL) 12:00 Lunch trip to Olive Garden 2:00 Italian Gardens: Netflix (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)	21 9:00 Resident Breakfast (DR) 9:30 Resident Assoc. Mtg. (DR) 10:30 Coffee Club (R) 11:00 Balance (MR) 11:00 - 1:30 Shopping Trip 11:30 Word Scramble (AL) 2:00 Card Game (R) 2:00 Billiards 2:30 Pokeno (AL) 3:00 Handwork Group (BR) 3:30 Books with Martha (R)	22 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) 2:00 Word Game (AL) 3:30 Fitness with Jayne (R) 4:00 Social Hour (MLL) 6:45 Game Night (ALLB)	23 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)
24 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 (MR) 6:00 Movie & Popcorn (R)	25 9:30 Seated Fitness (MR) 10:00 Word Games (AL) 11:00 Toning (MR) 11:00 Ukulele Lessons (BR) 1:00 Drumming (MR) 2:00 Afternoon Crafts (AL) 2:00 Cribbage (BR) 3:30 Fitness with Jayne (R) 3:30 Crossword (AL)	26 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 Crossword (AL) 2:00 Funny Outfit Show (DR) 2:00 - 2:30 BP Clinic (AL) 2:30 Mexican Train (BR) 4:00 The Lion in Your Living Room: Netflix (AL)	27 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 Yahtzee (AL) 2:00 Quarters Bingo (BR) 2:00 Scrabble (LFR) 3:30 Fitness with Jayne (R) 3:30 Cocktails and Chat (AL)	28 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) 1:00 Alzheimer's Support (LFR) 2:00 Billiards 2:30 Pokeno (AL) 3:00 Handwork Group (BR) 3:00 Cozy Sneakers (MLL) 3:30 Books with Martha (R) 4:00 Hangman (AL)	 February Birthdays 4 Kathy Nathan 19 Bruce Baker 13 Florence Moore 21 Dorothy Matson 13 Robert Fylstra 23 Herb Spencer 17 Gloria Bilodeau 24 Laura Buker 18 John Kirschner 28 Maralie O'Brien	

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

Kennebec Savings Bank

Tuesday & Thursday
9 a.m. - 12:00 p.m.

626-7715

Stephanie Hippler

Massage Therapy

Tuesday & Wednesday
10 a.m. - 4 p.m.

623-6651

Mary Lambert