

# June 2019




GRANITE HILL ESTATES



MARTHA BALLARD ASSISTED LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>GHE Rooms:</b></p> <ul style="list-style-type: none"> <li>Assisted Living (AL)</li> <li>AL Lower Bistro (ALLB)</li> <li>Ballard Room (BR)</li> <li>Computer Room (CR)</li> <li>Dining Room (DR)</li> <li>Granite Room (GR)</li> <li>Living Room (LR)</li> <li>Longfellow Room (LFR)</li> <li>Maine Lodge Lobby (MLL)</li> <li>Media Room (MR)</li> <li>Reflections (R)</li> </ul>	<p><i>Happy Birthday!</i></p> <p>2 Priscilla Worster</p> <p>4 Anita Lapointe</p> <p>6 Ruth McGary</p> <p>9 Rita Oellers</p> <p>15 Carol Oakes</p>			<p>18 Robert Rowell</p> <p>19 Jane Coryell</p> <p>22 Edna Smith</p> <p>25 Martha Briggs</p> <p>25 Mary Nunan</p>		<p><b>1</b></p> <p>9:30 Pilates Video (MR)</p> <p>11:00 Tea &amp; Trivia (BR)</p> <p>11:00 Foot Spas (AL)</p> <p>1:30 Movie &amp; Popcorn (AL)</p> <p>2:00 Scrabble (LFR)</p> <p>2:00 Manicures (R)</p>
<p><b>2</b></p> <p>10:00 Foot Spas (R)</p> <p>10:30 Catholic Communion (LR)</p> <p>11:30-12:30 Sunday Brunch (DR)</p> <p>2:00 Scrabble (LFR)</p> <p>2:00 Manicures (AL)</p> <p>2:00 Mexican Train (BR)</p> <p>6:00 Movie &amp; Popcorn (R)</p>	<p><b>3</b></p> <p>9:30 Seated Fitness (MR)</p> <p>11:00 Toning (MR)</p> <p>11:00 Hand Massages (R)</p> <p>1:00 Golf Cart Rides (AL)</p> <p>1:00 Support Group (LFR)</p> <p>2:00 Therapy Exercises (MR)</p> <p>2:00 Cribbage (BR)</p> <p>3:00 Sharing Memories (LR)</p> <p>3:30 Crossword (AL)</p> <p>3:30 Fitness with Jayne (R)</p> <p>6:00 Hymns with Henry (LR)</p>	<p><b>4</b></p> <p>9:30 Toning Video (MR)</p> <p>10:30 Coffee Club (R)</p> <p>11:00 Fitness Video (MR)</p> <p>1:30 Putting on the Green</p> <p>2:00 - 2:30 BP Clinic (AL)</p> <p>2:00 Author Mary Morton Cowan (MR)</p> <p>2:00 Card Game (R)</p> <p>2:30 Mexican Train (BR)</p> <p>3:00 Just for Fun BINGO (ALLB)</p>	<p><b>5</b></p> <p>9:30 Seated Fitness (MR)</p> <p>10:00 Hand Massages (AL)</p> <p>10:00 Interval Exercise (MR)</p> <p>11:00 Toning (MR)</p> <p>11:00 Gardening (R)</p> <p>1:00 Hubbard Library Visit (LR)</p> <p>1:00 Repotting Plants (Patio)</p> <p>2:00 Quarters Bingo (BR)</p> <p>2:00 Scrabble (LFR)</p> <p>3:30 Card Game (AL)</p> <p>3:30 Fitness with Jayne (R)</p>	<p><b>6</b></p> <p>8:30 Pool Class</p> <p>9:30 Range of Movement (MR)</p> <p>10:00 Toning with Bands (MR)</p> <p>10:30 Coffee Club (R)</p> <p>11:00 Balance (MR)</p> <p>11:00 - 1:30 Shopping Trip</p> <p>2:00 Chewonki Owls (MR)</p> <p>2:00 Billiards</p> <p>3:00 BINGO (ALLB)</p> <p>3:00 Handwork Group (BR)</p> <p>3:30 Books with Shannon (R)</p>	<p><b>7</b></p> <p>9:30 Fit &amp; Tone (MR)</p> <p>10:15 Relaxation (MR)</p> <p>10:45 UNO with Trisha (AL)</p> <p>11:00 Modeling with Clay (R)</p> <p>11:00 Balance (MR)</p> <p>12:00 Seated Pilates (MR)</p> <p>1:00 Art Group (BR)</p> <p>1:00 Trip to Sawyer Theater</p> <p>3:30 Fitness with Jayne (R)</p> <p>6:45 Game Night (ALLB)</p>	<p><b>8</b></p> <p>9:30 Pilates Video (MR)</p> <p>10:00 Foot Spas (AL)</p> <p>11:00 Tea &amp; Trivia (BR)</p> <p>12:00 Trip to WW&amp;F Railway</p> <p>1:30 Movie &amp; Popcorn (AL)</p> <p>2:00 Scrabble (LFR)</p> <p>2:00 Manicures (R)</p>
<p><b>9</b></p> <p>10:00 Foot Spas (R)</p> <p>10:30 Catholic Communion (LR)</p> <p>11:30-12:30 Sunday Brunch (DR)</p> <p>2:00 Scrabble (LFR)</p> <p>2:00 Manicures (AL)</p> <p>2:00 Mexican Train (BR)</p> <p>3:45 Devotional Gathering "Living Water" (MR)</p> <p>6:00 Movie &amp; Popcorn (R)</p>	<p><b>10</b></p> <p>9:30 Seated Fitness (MR)</p> <p>11:00 Toning (MR)</p> <p>11:00 Hand Massages (R)</p> <p>1:00 Resident Council Mtg. (AL)</p> <p>1:00 Support Group (LFR)</p> <p>2:00 Therapy Exercises (MR)</p> <p>2:00 Cribbage (BR)</p> <p>2:30 Iced Tea &amp; Lemonade on the Patio</p> <p>3:00 Sharing Memories (LR)</p> <p>3:30 Fitness with Jayne (R)</p> <p>3:30 Crossword (AL)</p>	<p><b>11</b></p> <p>8:30 Pool Class</p> <p>9:00 Golf Cart Rides (AL)</p> <p>9:30 Toning (MR)</p> <p>10:00 Standing Fitness (MR)</p> <p>10:30 Coffee Club (R)</p> <p>11:00 Balance (MR)</p> <p>1:00 Card Game (R)</p> <p>1:30 Putting on the Green</p> <p>2:00 Osteoporosis Talk (MR)</p> <p>2:00 - 2:30 BP Clinic (AL)</p> <p>2:30 Mexican Train (BR)</p> <p>4:00 Social Hour with Music by Dave &amp; Andy (MLL)</p>	<p><b>12</b></p> <p>9:30 Seated Fitness (MR)</p> <p>10:00 Interval Exercise (MR)</p> <p>10:00 Hand Massages (AL)</p> <p>10:30 Gardening (R)</p> <p>11:00 Toning (MR)</p> <p>11:30 Lunch Trip to The Taste of Maine</p> <p>2:00 Quarters Bingo (BR)</p> <p>2:00 Scrabble (LFR)</p> <p>3:30 Card Game (AL)</p> <p>3:30 Fitness with Jayne (R)</p>	<p><b>13</b></p> <p>8:30 Pool Class</p> <p>9:30 Range of Movement (MR)</p> <p>9:00 Women's Breakfast (DR)</p> <p>9:25 Speaker (DR)</p> <p>10:00 Toning w Bands (MR)</p> <p>10:30 Coffee Club (R)</p> <p>10:30 GHE Book Group (BR)</p> <p>11:00 Balance (MR)</p> <p>11:00 - 1:30 Shopping Trip</p> <p>1:30 Michael Perry Show (MR)</p> <p>2:00 Billiards</p> <p>2:00 Indoor Bowling (R)</p> <p>3:00 Handwork Group (BR)</p> <p>3:00 BINGO (ALLB)</p>	<p><b>14</b></p> <p>9:30 Fit &amp; Tone (MR)</p> <p>10:15 Relaxation (MR)</p> <p>10:45 UNO with Trisha (AL)</p> <p>11:00 Show &amp; Tell (R)</p> <p>11:00 Balance (MR)</p> <p>11:30 Father's Day Cookout (Patio)</p> <p>12:00 Seated Pilates (DR)</p> <p>1:00 Art Group (BR)</p> <p>3:30 Crossword (AL)</p> <p>3:30 Fitness with Jayne (R)</p> <p>6:45 Game Night (ALLB)</p>	<p><b>15</b></p> <p>9:30 Pilates Video (MR)</p> <p>10:00 Foot Spas (AL)</p> <p>11:00 Tea &amp; Trivia (BR)</p> <p>1:30 Movie &amp; Popcorn (AL)</p> <p>2:00 Scrabble (LFR)</p> <p>2:00 Manicures (R)</p>

\*\*Reminder to Sign Up for Women's Breakfast at the Main Office by Wednesday, 6/12/19\*\*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>16</b> 10:00 Foot Spas (R) 10:30 Catholic Communion (LR) 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) 	<b>17</b> 9:30 Fitness Video (MR) 11:00 Toning Video (MR) 11:00 Hand Massages (R) 1:00 Modge Podge (AL) 1:00 Support Group (LFR) 2:00 Cribbage (BR) 3:00 Sharing Memories (LR) 3:00 Name 5 (R) 3:30 Crossword (AL)	<b>18</b> 9:30 Toning Video (MR) 10:30 Coffee Club (R) 11:00 Balance Video (MR) 11:00 Trip to Readfield Union Meeting House 1:00 Golf Cart Rides (AL) 1:30 Putting on the Green 2:00 - 2:30 BP Clinic (AL) 2:30 Mexican Train (BR) 3:30 Finish the Phrase (R)	<b>19</b> 9:30 Fitness Video (MR) 10:00 Hand Massages (AL) 10:30 In-Depth Book Group 11:00 Armchair Travel (R) 11:00 Toning Video (MR) 1:00 Gardening (R) 2:00 Quarters Bingo (BR) 2:00 Scrabble (LFR) 3:00 New England Music Camp Chamber Music (DR) 3:30 Card Game (AL)	<b>20</b> 9:00 Resident Breakfast (DR) 9:30 GHERA Meeting (DR) 10:30 Coffee Club (R) 11:00 Balance Video (MR) 11:00 - 1:30 Shopping Trip 1:00 Wii Bowling (MR) 2:00 Billiards 2:00 BINGO (ALLB) 3:00 Handwork Group (BR) 3:30 Books with Shannon (R)	<b>21</b> 9:30 Fitness Video (MR) 10:45 UNO with Trisha (AL) 11:00 Fitness Video (MR) 11:00 Foot Spas (R) 1:00 Crossword (AL) 1:00 Art Group (BR) 2:00 June Birthday Party with The Lighthouse Jubilees (DR) 3:00 Golf Cart Rides (R) 6:45 Game Night (ALLB)	<b>22</b> 9:30 Pilates Video (MR) 10:00 Foot Spas (AL) 10:30 Trip to Hallowell Farmers Market 11:00 Tea & Trivia (BR) 1:30 Movie & Popcorn (AL) 2:00 Scrabble (LFR) 2:00 Manicures (R)
<b>23</b> 10:00 Foot Spas (R) 10:30 Catholic Communion (LR) 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)	<b>24</b> 9:30 Seated Fitness (MR) 11:00 Toning (MR) 11:00 Hand Massages (R) 1:00 Shopping Trip to The Marketplace 1:00 Support Group (LFR) 2:00 Therapy Exercises (MR) 2:00 Cribbage (BR) 3:00 Sharing Memories (LR) 3:30 Fitness with Jayne (R) 3:30 Crossword (AL) <i>National Wear Pink Day!</i>	<b>25</b> 8:30 Pool Class 9:30 Toning (MR) 10:00 Standing Fitness (MR) 10:00 Coffee Club (R) 11:00 Trip to Longfellows (AL) 11:00 Balance (MR) 1:00 Watercolors (ALLB) 1:00 Mind Exercises (BR) 1:30 Putting on the Green 2:00 Lithgow Library (LR) 2:00 - 2:30 BP Clinic (AL) 2:30 Mexican Train (BR) 3:00 BINGO (ALLB)	<b>26</b> 9:30 Seated Fitness (MR) 10:00 Interval Exercise (MR) 10:00 Hand Massages (AL) 10:00 Trip to Lakewood 11:00 Toning (MR) 1:00 Armchair Travel (R) 2:00 Quarters Bingo (BR) 2:00 Scrabble (LFR) 3:30 Card Game (AL) 3:30 Fitness with Jayne (R)	<b>27</b> 8:30 Pool Class 9:30 Range of Movement (MR) 9:00 Golf Cart Rides (AL) 10:00 Toning with Bands (MR) 10:30 Coffee Club (R) 11:00 Balance (MR) 11:00 - 1:30 Shopping Trip 1:00 Alzheimer's Support (LFR) 1:00 Wii Bowling (MR) 2:00 Billiards 3:00 BINGO (ALLB) 3:00 Handwork Group (BR) 3:30 Books with Sherry (R) 4:00 Episcopal Service (Apt. 216)	<b>28</b> 9:30 Fit & Tone (MR) 10:15 Relaxation (MR) 10:45 UNO with Trisha (AL) 11:00 Balance (MR) 11:00 Show and Tell (R) 12:00 Seated Pilates (MR) 1:00 Smoothies (Patio) 1:00 Art Group (BR) 1:00 Crossword (AL) 3:00 Sodium Matters (MR) 3:30 Fitness with Jayne (R) 6:45 Game Night (ALLB)	<b>29</b> 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)
<b>30</b> 10:00 Foot Spas (R) 10:30 Catholic Communion (LR) 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)			<b>GRANITE HILL ESTATES IMPORTANT NUMBERS</b>  <b>Front Desk: 626-7786</b>  <b>After-Hours Emergency Maintenance: 626-3745</b>  <b>Kitchen: 624-3874</b>  <b>To Cancel Emergency Pendant (Maine Lodge Only) Call: 626-3003</b>	<b>Aged to Perfection Hair Salon</b>  <b>Tues., Wed. &amp; Thurs. 8 a.m. - 2 p.m.</b>  <b>624-3818</b>  <b>Erin Coco</b>	<b>Kennebec Savings Bank</b>  <b>Tuesday &amp; Thursday 9 a.m. - 12:00 p.m.</b> <b>626-7715</b>  <b>Lisa DeSchamp</b>	<b>Massage Therapy</b>  <b>Tuesday &amp; Wednesday 10 a.m. - 4 p.m.</b>  <b>623-6651</b>  <b>Mary Lambert</b>