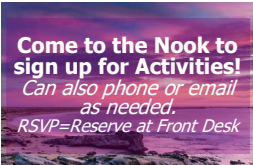


OV & CC LIFESTYLE CALENDAR—OCTOBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OCTOBER 2025 BIRTHDAYS 1 Bonnie Hahn, HFP302 1 Jean Meakin, L108 3 Deb Alford, 121 LAD 6 Bill Slayton, 7 Mallard 7 Barbara Briggs, C54 7 Patty Meyer, 1 Principal 7 Jane Smith, HTL1F 8 David Willcox, C36 9 Howard Corwin, WF9 9 Fred Sheehan, 4 Mallard 10 Margery Parks, L220	10 Mary Beth Morris, B5301 14 Phil Chin, WF27 16 Nancy Stahl, C34 16 Spomenka Banovac, HTL2F 17 Ligia D'Appolito, 1 English 19 Gail Danckert, 2 Firefly 19 Julie O'Gorman, C31 21 Marilyn Mays, L240 21 Kresimir Banovac, HTL2F 22 Jane Eberle, 3 Firefly 24 Walter Yaceshyn, 3 Elementary 25 Rick Kimball, HTL2G	25 Maggie Philbrick, WF11 26 Nancy Cunningham, C22 26 Sally Dunning, 5 Principal 27 Charles Owens, 87 LAD 28 Dave Scarlett, B7402 29 Gail Danckert, L223 29 Judy Hyde, L354 31 Ellen Stacey, HTL1E 31 Mary B Whittemore, WF7 	Yom Kippur begins at sundown 9:30-11 @CC Amy Office Hrs NW 1:00 Mahjong CR 1:00 Caregivers' Support HTL 4:00 Wine & Cheese Party  October Birthdays BBC <i>All Welcome — Please sign up!</i> 6:30 Movie: Stand by Me SR	9:30 Van—Shaw's 10-12:00 Wellness Clinic WO 10:00 Men's Disc. Group HTL 10:00 @CC Stitches Group 11:00-12:30 Chorus BBC 12:30 All Support Painting ML2 12:45 Van-Hannafor 1:00 Poker CR 2:30 Movie: Birder's Guide... SR 3:00 OV Expans. Resident Drop-in ML1c 4:30-7 Whipple Farmhouse Dining 6:30 Bridge CR	IGEP Second Visit 12:30 Duplicate Bridge CR 2:30 Sfz! RS Concert Lunt 2:30 Friday Series: ep 1 & 2 Lost Treasures of Rome S2 SR 4:30-7 Whipple Farmhouse Dining	1:00 Bridge CR 4:30-7 Whipple Farmhouse Dining 5:00 HTL BYOB 6:15 Van—MSMT Fall Concert Series: <i>Rave On! Buddy Holly +</i> 6:30 Movie: Sneakers SR
1:30 Vans—PSO 6:30 Resident Movie TBA SR	11:00-12:30 Chorus BBC 12:30-1:15 Kindergarten Students Visit HTL 1-3:00 Wellness Clinic WO 3:00 Readers Theater Group HTL 6:30 Bridge CR	9-10:00 Bath Savings ML3c 10:00 Bible Fellowship HTL 10:00 Art for Fun/Dabblers ML2 1:00 Tuesday w/Nancy HTL 1:00 Van—Walmart 3:00 Library Committee LIB 6:00 Vans—PSO 6:30 Game Night CR	 American Red Cross 10a-4:00p Lunt 9:30 @CC Van - Sweetser Cider & Donuts trip (meet at Corn. Garden) 10:00 @FH German Conversation Group 11:00 Women's Discussion Group HTL 1:00 Van—Maine Military Museum 1:00 Mahjong CR 6:30 Movie: Kingdom of Heaven SR	Hearing Aid Appts (ML3c) for appt. call 541-9295 Ron Trufant 9:30 Van—Shaw's 10-12:00 Wellness Clinic WO 10:00 AARP Fraud Watch Zoom 10:00 Men's Discussion Group HTL 11:00-12:30 Chorus BBC 12:30 All Support Painting ML2 12:45 Van-Hannafor 1:00 Poker CR 1:00 Van—Portland Stage 2:30 Movie: Bec. Led Zep SR doc 3:00 OV Expans. Resident Drop-in ML1c Whipple Farmhouse Closed 6:30 Bridge CR	1-5:00 Second Chance Gift Shop Sale Donations 9-10 BBC 12:30 Duplicate Bridge CR 2-4:00 Private Function HTL 2:30 Friday Series: ep 3 & 4 Lost Treasures of Rome S2 SR 5:30 Whipple Farmhouse Dining—Asian Night Market 5:00 Blueberry Commons BYOB	10:30-2:30 Private Event HTL 1:00 Opera Saturday 12:45 Van— "Manon" LUNT RSVP 1:00 Bridge CR 5:30 Whipple Farmhouse Dining—Asian Night Market 5:00 HTL BYOB 6:30 Movie: Good Morning Vietnam SR
6:30 Resident Movie TBA SR Please wear your NAME TAG to all social activities! Everyone will find it helpful.	Indigenous Peoples' Day 11:00-12:30 Chorus BBC 1:00 Handcrafters Group CR 1-3:00 Wellness Clinic WO 3:00 Community Council BBC N-to-N Voter Registration after Council see Updates 6:30 Bridge CR	9-10:00 Bath Savings ML3c 9:30-1:30 Private Event HTL 10:00 Bible Fellowship *ML1c 10:00 Art for Fun/Dabblers ML2 10:00 @CC Men's Discussion Grp 2:00 Artists' Dialogue Group ML2 3:00 Medicare 101 for 2026 BBC residents only—pls sign up 5:00 Schoolhouse BYOB Lunt 6:30 Opera/Dance on Film SR 6:30 Game Night CR	9:30-11 @CC Amy Office Hrs NW 10:00 @CC Documentary <i>The Quilters 33m</i> 10:00 Caregivers' Support BBC 11:00 Women's Book Group HTL 11:00 @CC Book Group NW 1:00 Mahjong CR 3:00 Save Democracy speaker Sam Zager 6:30 FCP Travelogue HTL <i>The Croatian Coast with Tim Lynch</i>	9:30 Van—Shaw's 10-12:00 Wellness Clinic WO 10:00 Men's Discussion Group HTL 10:00 @CC Stitches Group 11:00-12:30 Chorus BBC 12:30 All Support Painting ML2 12:45 Van-Hannafor 1:00 Poker CR 2:30 Movie: Beyond...Steps SR 3:00 OV Expans. Resident Drop-in ML1c 4:00 Art Reception & Talk— BBC Arluss Becker & Mabel Gerquest 4:00 @CC Women's Group NW Whipple Farmhouse Closed 6:30 Bridge CR	12:30 Duplicate Bridge CR 1:15 Fitness Presentation: Nutrition That Works! BBC 2:30 Sue Schmitt Concert Ragtime & More HTL all are welcome—sign up! 4:30-7 Whipple Farmhouse Dining	1:00 Van—Good Theater 1:00 Bridge CR 4:30-7 Whipple Farmhouse Dining Resident Potluck Dinner 4:45-5:30 Bev. & Appetizers 5:30 Dinner BBC please sign up 6:45 Movie: Parenthood SR
1:30 Van—PSO Pops 6:30 Resident Movie TBA SR	11:00-12:30 Chorus BBC 1-3:00 Wellness Clinic WO 1-3:00 @CC Cribbage NW 1:00 Poetry Group HTL 3:00 @CC Coffee w/Don NW 3:00 OV + The Environment HTL 6:00 Van—"We Are Water" Portland Ovarations, Merrill Aud. 6:30 Bridge CR	9-10:00 Bath Savings ML3c 10:00 Bible Fellowship HTL 10:00 Art for Fun/Dabblers ML2 11:00 Fraud Talk BBC w/Falmouth Police 1:00 Van—Walmart 6:30 Game Night CR	Podiatry Appts w/ Dr. Rybka Sign up w/Activities starting 10/22 9:30-11 @CC Amy Office Hrs NW 10:00 @FH German Conversation Group 1:00 Mahjong CR 3:30 @CC Speaker Series NW Jane Eberle: <i>A Citizen's Legislation</i> 6:30 Movie: Our Souls at Night SR	9:30 Van—Shaw's 10-12:00 Wellness Clinic WO 10:00 Men's Discussion Group HTL 11:00-12:30 Chorus BBC 12:30 All Support Painting ML2 12:45 Van-Hannafor 1:00 Poker CR 1:30-3 OV Writers Group HTL 2:30 Movie: Paddington/Peru SR 3:00 OV Expans. Resident Drop-in ML1c 4:00 Save Democracy Group HTL Speaker Jenna Mayotte all welcome 4:30-7 Whipple Farmhouse Dining 6:30 Bridge CR	12:30 Duplicate Bridge CR 1-5:00 Second Chance Gift Shop Sale & Donations 9-10 BBC 1:15 Sfz! RS Concert Lunt 2-4:00 Private Function HTL 2:30 Friday Series: ep 5 & 6 Lost Treasures of Rome S2 SR 4:30-7 Whipple Farmhouse Dining 5:00 Blueberry Commons BYOB	1:00 Bridge CR 4:30-7 Whipple Farmhouse Dining 5:00 Community Supper BBC "Italian Feast" RSVP 5:00 HTL BYOB 6:00 Van*—The Cat & The Canary Kotzschmar Organ Concert *tentative, need 6 to send a van 6:30 Movie: The English Patient SR
October 21-23 Drug Take Back Days—see Updates for details						
2:00 Marston-Kotzschmar Club Concert HTL please sign up 6:30 Resident Movie TBA SR	11:00 Laughter Yoga HTL 11:00-12:30 Chorus BBC 1:00 Handcrafters Group CR 1-3:00 Wellness Clinic WO 2:00 Lecture/Discussion HTL Vietnam Jim Bunting (pt 2 of 2) 4:00 Wine Tasting Group RS BBC Sign-up/Cancel by 10/20 6:30 Bridge CR	8:30 Men's Breakfast DR Sign-up/Cancel by 10/24 9-10:00 Bath Savings ML3c 9:00 Van—Artists' Dialogue Colby Art Trip 10:00 Bible Fellowship HTL 10:00 Art for Fun/Dabblers ML2 1:00 Grief Support HTL 1:30 Van—Trader Joe's or-WF 6:00 Vans—PSO 6:30 Game Night CR	9:30-11 @CC Amy Office Hrs NW 11:00 Food Forum BBC 1:00 Mahjong CR 2:00 Van—Sweetser Farm Stand Cider & Donuts Trip 6:30 Movie: The Ghosts of Buxley Hall SR	9:30 Van—Shaw's 10-12:00 Wellness Clinic WO 10:00 Men's Discussion Group HTL 11:00-12:30 Chorus BBC 12:30 All Support Painting ML2 12:45 Van-Hannafor 1:00 Poker CR 1:30-3 OV Writers Group HTL 2:30 Movie: Military Wives SR 3:00 OV Expans. Resident Drop-in ML1c 4:30-7 Whipple Farmhouse Dining 6:30 Bridge CR	 Happy Halloween 12:30 Duplicate Bridge CR 1-5:00 Second Chance Gift Shop Sale & Donations 9-10 BBC 4-6:00 @CC BYOB Party NW 4:30-7 Whipple Farmhouse Dining 6:30 Sfz! RS Concert Lunt	Come to the Nook to sign up for Activities! Can also phone or email as needed. RSVP=Reserve at Front Desk 

COLOR CODE:
Red—Entertainment
BLUE—Education/
Informative/ Instruction
GREEN—Wellness
PURPLE—Social
BLACK—Services
ORANGE—@CC/NW

LOCATION CODES:
BBC—Commons Room in Blueberry Commons
CC—Cumberland Crossing
CR—Card Rm behind LIB
DR—Dining Room, Main Lodge
FH—Falmouth House
FS—Fitness Studio, Hilltop
GG—Gazebo Grille
GR—Game Room
HFP—Hager Fitness Pavilion
HTL—Community Room in Hilltop Lodge
HTLa—Hilltop Amenities Room, lower level
LIB—Library on ML2
LUNT—Lunt Auditorium
ML1c—Main Lodge 1st Floor Conference Room
ML2—Main Lodge Activity Room, 2nd Floor
ML3c—Main Lodge Conference Room, 3rd floor
ML3s—Main Lodge Salon
NW—Northwind Farm@CC
SR—Screening Room
WF—Whipple Farm
WO—Wellness Office ML3

RS = Resident-Sponsored
Private = Reserved for Family, Staff, etc.

Religious services at Falmouth House
A Catholic Communion Service is offered in the Activity Room at Falmouth House Tuesday afternoons at 4pm: open to all residents.

Whipple Farmhouse Dining
Thurs-Fri-Sat 4:30-7pm
Fine Dining & Carry Out
Order/RSVP **anytime!**
Call (207) 274-4935

OV & CC FITNESS CALENDAR—OCTOBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
COLOR CODE: RED—Zoomed LIVE BLUE—Water Instruction / OV Pool GREEN—CC Pool PURPLE—Special Fitness Programming BLACK—Regular Classes ORANGE—@CC			OV Pool Closed for Maintenance 7:00-9:30a 1 9:00-9:45 Floor Cardio/Str HFP 9:00-9:45 Chair Cardio/Str HTL 10:00-10:45 Floor Cardio HFP 10:00-10:45 Chair Cardio/Str 1:15 Water Aerobics 2:00 Bye-Bye Back Pain HFP 2:30 @CC NW Stretch & Balance	8:15-9:00 Lap Swim 2 9:00-9:45 High Intensity Water Aerobics 10:15-11:00 Water Aerobics 11:00-11:45 Lap Swim 9:00 Stretch & Balance FS 10:00 Yoga FS 11:00 @FH Parkinson's Exercise 1:00 Strength & Balance HFP 2:00 Men's Strength & Balance HFP 4:00 @CC Oneness Meditation	8:15-9:00 Lap Swim 3 9:00-9:45 Water Aerobics 9:00-9:45 Floor Cardio/Str HFP 9:00-9:45 Chair Cardio/Str HTL 10:00-10:45 Floor Cardio HFP 10:00-10:45 Chair Cardio/Str 11:00 T'ai Chi w/Teresa 11:00 @CC NW Yoga 1:00 Move & Groove HFP 2:00—3:00 Open/Lap Swim 2:00 TRX Core & More HFP	4
Bye Bye Back Pain Wednesdays 2pm Hager Fitness Pavilion	8:15-9:00 Lap Swim 6 9:00-9:45 Water Aerobics 9:00-9:45 Floor Cardio/Str HFP 9:00-9:45 Chair Cardio/Str HTL 10:00-10:45 Chair Cardio/Str 10:00-10:45 SHORT CIR-CUITS HFP 1:00 Total Body Boxing HFP 2:00-3:00 Open/Lap Swim 2:00 Pilates HFP	8:15-9:00 Lap Swim 7 9:00-9:45 High Intensity Water Aerobics 10:15-11:00 Water Aerobics 9:00 Chair Mobility FS 10:00 Yoga FS 11:00 Oneness Meditation FS 1:00 Strength & Balance HFP 1:00-2:00 Open/Lap Swim 2:00 Men's Strength & Bal HFP	OV Pool Closed for Maintenance 7:00-9:30a 8 9:00-9:45 Floor Cardio/Str HFP 9:00-9:45 Chair Cardio/Str HTL 10:00-10:45 Floor Cardio HFP 10:00-10:45 Chair Cardio/Str 1:15 Water Aerobics 2:00 Bye-Bye Back Pain HFP 2:30 @CC NW Stretch & Balance	8:15-9:00 Lap Swim 9 9:00-9:45 High Intensity Water Aerobics 10:15-11:00 Water Aerobics 11:00-11:45 Lap Swim 9:00 Stretch & Balance FS 10:00 Yoga FS 11:00 @FH Parkinson's Exercise 1:00 Strength & Balance HFP 2:00 Men's Strength & Balance HFP 4:00 @CC Oneness Meditation	8:15-9:00 Lap Swim 10 9:00-9:45 Water Aerobics 9:00-9:45 Floor Cardio/Str HFP 9:00-9:45 Chair Cardio/Str HTL 10:00-10:45 Floor Cardio HFP 10:00-10:45 Chair Cardio/Str 11:00 T'ai Chi w/Teresa 11:00 @CC NW Yoga 1:00 Move & Groove HFP 2:00—3:00 Open/Lap Swim 2:00 TRX Core & More HFP	LOCATION CODES: 11 FS—Fitness Studio, Hilltop Lower Level HFP—Hager Fitness Pavilion HTL—Community Room in Hilltop Lodge @FH—Falmouth House @CC—Northwind Farm
Fitness Presentation “Nutrition That Works” October 17th	8:15-9:00 Lap Swim 13 9:00-9:45 Water Aerobics 9:00-9:45 Floor Cardio/Str HFP 9:00-9:45 Chair Cardio/Str HTL 10:00-10:45 Chair Cardio/Str 10:00-10:45 SHORT CIR-CUITS HFP No Total Body Boxing today 2:00-3:00 Open/Lap Swim 2:00 Pilates HFP	8:15-9:00 Lap Swim 14 9:00-9:45 High Intensity Water Aerobics 10:15-11:00 Water Aerobics 9:00 Chair Mobility FS 10:00 Yoga FS 11:00 Oneness Meditation FS 1:00 Strength & Balance HFP 1:00-2:00 Open/Lap Swim 2:00 Men's Strength & Bal HFP	OV Pool Closed for Maintenance 7:00-9:30a 15 9:00-9:45 Floor Cardio/Str HFP 9:00-9:45 Chair Cardio/Str HTL 10:00-10:45 Floor Cardio HFP 10:00-10:45 Chair Cardio/Str 1:15 Water Aerobics 2:00 Bye-Bye Back Pain HFP 2:30 @CC NW Stretch & Balance	8:15-9:00 Lap Swim 16 9:00-9:45 High Intensity Water Aerobics 10:15-11:00 Water Aerobics 11:00-11:45 Lap Swim 9:00 Stretch & Balance FS 10:00 Yoga FS 11:00 @FH Parkinson's Exercise 1:00 Strength & Balance HFP 2:00 Men's Strength & Balance HFP 4:00 @CC Oneness Meditation	8:15-9:00 Lap Swim 17 9:00-9:45 Water Aerobics 9:00-9:45 Floor Cardio/Str HFP 9:00-9:45 Chair Cardio/Str HTL 10:00-10:45 Floor Cardio HFP 10:00-10:45 Chair Cardio/Str 11:00 T'ai Chi w/Teresa HTL 11:00 @CC NW Yoga No Move and Groove Today 1:15 Fitness Presentation: Nutrition That Works! BBC	Classes that are listed in RED & BOLD will be Zoomed live.
TRX Core & More Starts Fridays 2pm HFP	8:15-9:00 Lap Swim 20 9:00-9:45 Water Aerobics 9:00-9:45 Floor Cardio/Str HFP 9:00-9:45 Chair Cardio/Str HTL 10:00-10:45 Chair Cardio/Str 10:00-10:45 SHORT CIR-CUITS HFP 1:00 Total Body Boxing HFP 2:00-3:00 Open/Lap Swim 2:00 Pilates HFP	8:15-9:00 Lap Swim 21 9:00-9:45 High Intensity Water Aerobics 10:15-11:00 Water Aerobics 11:00-11:45 Lap Swim 9:00 Chair Mobility FS 10:00 Yoga FS 11:00 Oneness Meditation FS 1:00 Strength & Balance HFP 1:00-2:00 Open/Lap Swim 2:00 Men's Strength & Bal HFP	OV Pool Closed for Maintenance 7:00-9:30a 22 9:00-9:45 Floor Cardio/Str HFP 9:00-9:45 Chair Cardio/Str HTL 10:00-10:45 Floor Cardio HFP 10:00-10:45 Chair Cardio/Str 1:15 Water Aerobics 2:00 Bye-Bye Back Pain HFP 2:30 @CC NW Stretch & Balance	8:15-9:00 Lap Swim 23 9:00-9:45 High Intensity Water Aerobics 10:15-11:00 Water Aerobics 11:00-11:45 Lap Swim 9:00 Stretch & Balance FS 10:00 Yoga FS 11:00 @FH Parkinson's Exercise 1:00 Strength & Balance HFP 2:00 Men's Strength & Balance HFP 4:00 @CC Oneness Meditation	8:15-9:00 Lap Swim 24 9:00-9:45 Water Aerobics 9:00-9:45 Floor Cardio/Str HFP 9:00-9:45 Chair Cardio/Str HTL 10:00-10:45 Floor Cardio HFP 10:00-10:45 Chair Cardio/Str 11:00 T'ai Chi w/Teresa HTL 11:00 @CC NW Yoga 1:00 Move & Groove HFP 2:00—3:00 Open/Lap Swim 2:00 TRX Core & More HFP	PWL Fitness Priority Wait List Wednesdays 10/8 and 10/22 10:00-10:45 Chair Cardio/Str Fridays 10/10 and 10/24 9:00-9:45 Water Aerobics 10:00-10:45 Floor Cardio HFP
Strength and Balance Tuesdays/Thursdays 1pm	8:15-9:00 Lap Swim 27 9:00-9:45 Water Aerobics 9:00-9:45 Floor Cardio/Str HFP 9:00-9:45 Chair Cardio/Str HTL 10:00-10:45 Chair Cardio/Str 10:00-10:45 SHORT CIR-CUITS HFP 11:00 Laughter Yoga HTL 1:00 Total Body Boxing HFP 2:00 Pilates HFP	8:15-9:00 Lap Swim 28 9:00-9:45 High Intensity Water Aerobics 10:15-11:00 Water Aerobics 11:00-11:45 Lap Swim 9:00 Chair Mobility FS 10:00 Yoga FS 11:00 Oneness Meditation FS 1:00 Strength & Balance HFP 2:00 Men's Strength & Bal HFP	OV Pool Closed for Maintenance 7:00-9:30a 29 9:00-9:45 Floor Cardio/Str HFP 9:00-9:45 Chair Cardio/Str HTL 10:00-10:45 Floor Cardio HFP 10:00-10:45 Chair Cardio/Str 1:15 Water Aerobics 2:00 Bye-Bye Back Pain HFP 2:30 @CC NW Stretch & Balance	8:15-9:00 Lap Swim 30 9:00-9:45 High Intensity Water Aerobics 10:15-11:00 Water Aerobics 11:00-11:45 Lap Swim 9:00 Stretch & Balance FS 10:00 Yoga FS 11:00 @FH Parkinson's Exercise 1:00 Strength & Balance HFP 2:00 Men's Strength & Balance HFP 4:00 @CC Oneness Meditation	8:15-9:00 Lap Swim 31 9:00-9:45 Water Aerobics 9:00-9:45 Floor Cardio/Str HFP 9:00-9:45 Chair Cardio/Str HTL 10:00-10:45 Floor Cardio HFP 10:00-10:45 Chair Cardio/Str 11:00 T'ai Chi w/Teresa HTL 11:00 @CC NW Yoga 1:00 Move & Groove HFP 2:00—3:00 Open/Lap Swim 2:00 TRX Core & More HFP	