



SEPTEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Please remember that all programs require registration. Register online by visiting our website!				
	1 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◇ 10:00 Mindfulness with Nancy 1:00 Open Game Day	2 9:00 Bridge Group 9:00 Strength & Balance with Serina ◇ 10:30 Chair Zumba ◇ 10:00 Craft Group 11:00 Florence Damon Serenity Garden Dedication 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	3 9:00 Cardio and Dance ◇ 10:00 Octets Bridge 10:00 Tai Chi ◇ 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukulele Group	4 9:00 Open House 9:00 Cardio, Dance, & Core ◇ 10:00 Gentle Vinyasa Yoga with Leslie ◇ 10:00 Knitting Group 1:00 Cribbage (intermediate) 4:00-7:00 Art in the Kennebunks Opening Reception
7 CLOSED FOR PROGRAMMING IN OBSERVATION OF LABOR DAY 6:00 Bingo OPEN TO THE PUBLIC – Doors open at 5	8 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◇ 10:00 Mindfulness with Nancy 1:00 Open Game Day	9 9:00 Bridge Group 9:00 Strength & Balance with Serina ◇ 10:30 Chair Zumba ◇ 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	10 9:00 Cardio and Dance ◇ 10:00 Octets Bridge 10:00 Tai Chi ◇ 11:00 Wise Women Wondering 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukulele Group 2:00 Acupuncture Presentation	11 9:00 Open House 9:00 Cardio, Dance, & Core ◇ 10:00 Gentle Vinyasa Yoga with Leslie ◇ 10:00 Knitting Group 10:00 AARP Safe Driver ◇ 1:00 Cribbage (intermediate)
14 10:00 Men's Coffee and Conversation 10:00 American Mahjong (Beginner) 10:30 Chair Zumba ◇ 11:00 Caregiver Support Group 1:00 Cribbage 1:00 Hand & Foot 1:00 Dewey's Travel Talk 6:00 Bingo OPEN TO THE PUBLIC – Doors open at 5	15 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◇ 10:00 Mindfulness with Nancy 11:00 Maine Coastal Cruisers Car Show 12:00 SMAA Community Café ◇ 1:00 Open Game Day	16 9:00 Bridge Group 9:00 Strength & Balance with Serina ◇ 10:30 Chair Zumba ◇ 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	17 9:00 Cardio and Dance ◇ 10:00 Octets Bridge 10:00 Tai Chi ◇ 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukulele Group	18 8:00 Castle in the Clouds Garden & Lunch ◇ 9:00 Open House 9:00 Cardio, Dance, & Core ◇ 10:00 Gentle Vinyasa Yoga with Leslie ◇ 10:00 Knitting Group 10:00 AARP Safe Driver ◇ 1:00 Cribbage (intermediate) 2:00 Parkinson's Support



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Monday	Tuesday	Wednesday	Thursday	Friday
21 10:00 Men's Coffee and Conversation 10:00 American Mahjong (Beginner) 10:30 Chair Zumba ♦ 11:00 Caregiver Support Group 1:00 Cribbage 1:00 Hand & Foot	22 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ♦ 10:00 Mindfulness with Nancy 12:30 Men's Lunch Bunch @ Bull 'n Claw ♦ 1:00 Open Game Day	23 9:00 Bridge Group 9:00 Strength & Balance with Serina ♦ 10:30 Chair Zumba ♦ 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate) 5:00 Bubbles, Bites, & Crafts – Origami Butterflies ♦	24 7:45 Museum of Fine Arts, Boston Trip ♦ 9:00 Cardio and Dance ♦ 9:00 Keep it Legal 10:00 Octets Bridge 10:00 Tai Chi ♦ 11:00 Social Club 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukulele Group	25 9:00 Open House 9:00 Cardio, Dance, & Core ♦ 10:00 Gentle Vinyasa Yoga with Leslie ♦ 10:00 Knitting Group 10:00 Learn to Calligraphy Class ♦ 12:00 Hike @ Cascade Falls Trail ♦ 1:00 Cribbage (intermediate) 10:00-4:00 Red Cross Blood Drive
28 10:00 Men's Coffee and Conversation 10:00 American Mahjong (Beginner) 10:30 Chair Zumba ♦ 11:00 Caregiver Support Group 12:30 Bridget's Lunch Bunch @ Colony Hotel ♦ 1:00 Cribbage 1:00 Hand & Foot	29 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ♦ 10:00 Mindfulness with Nancy 1:00 Open Game Day	30 9:00 Bridge Group 9:00 Strength & Balance with Serina ♦ 10:30 Chair Zumba ♦ 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate) 1:00 Book Club		

KEY

Highlighted Program = New & Noteworthy

♦ = Program Fee

Bold Program = Off-Site Program or Fundraiser