



OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Please remember that all programs require registration. Register online by visiting our website!				
			1 9:00 Cardio Dance ◇ 10:00 Octets Bridge 10:00 Tai Chi ◇ 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukulele Group	2 8:30 – 3:30 Crane Estate Tour ◇ 9:00 Open House 10:00 Gentle Vinyasa Yoga with Leslie ◇ 10:00 Knitting Group 1:00 Cribbage (intermediate)
5 10:00 Elder Elves Meeting 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	6 9:00 Cardio Dance ◇ 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◇ 10:00 Mindfulness with Nancy 1:00 Conversational French 1:00 Open Game Day	7 9:00 Bridge Group 9:00 Strength & Balance with Serina ◇ 10:00 Craft Group 10:00 Boxwood Tree Bow Making 10:30 Chair Zumba ◇ 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	8 9:00 Cardio 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	9 9:00 Open House 10:00 Learn to Calligraphy Class (Rescheduled) 10:00 Gentle Vinyasa Yoga with Leslie ◇ 10:00 Knitting Group 1:00 Cribbage (intermediate)
12 CLOSED FOR PROGRAMMING IN OBSERVANCE OF COLUMBUS DAY	13 9:00 Cardio Dance ◇ 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◇ 10:00 Mindfulness with Nancy 12:30 Men's Lunch Bunch @ Sebago Brewing ◇ 1:00 Open Game Day	14 9:00 Bridge Group 9:00 Strength & Balance with Serina ◇ 10:00 Craft Group 10:00 Boxwood Tree Bow Making 10:30 Chair Zumba ◇ 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	15 9:00 Cardio Dance ◇ 10:00 Octets Bridge 10:00 Tai Chi ◇ 10:00-2:30 Intro to Mindfulness Workshop ◇ 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukulele Group	16 9:00 Open House 9:00 Hike @ Cascade Falls Trail ◇ 10:00 Gentle Vinyasa Yoga with Leslie ◇ 10:00 Knitting Group 1:00 Cribbage (intermediate) 1:00-3:00 Poetry Reading 2:00 Parkinson's Support



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19 10:00 Men's Coffee and Conversation 10:00 American Mahjong (Beginner) 10:30 Chair Zumba ◇ 11:00 Caregiver Support Group 1:00 Dewey's Travel Talk 1:00 Cribbage 1:00 Hand & Foot	20 9:00 Cardio Dance ◇ 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◇ 10:00 Mindfulness with Nancy 12:00 SMAA Community Café ◇ 1:00 Conversational French 1:00 Open Game Day	21 9:00 Bridge Group 9:00 Strength & Balance with Serina ◇ 10:00 Gut Health Nutrition Class ◇ 10:00 Craft Group 10:30 Chair Zumba ◇ 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	22 9:00 Cardio Dance ◇ 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 2:00 Medicare Workshop - Aetna	23 9:00 Open House 10:00 Gentle Vinyasa Yoga with Leslie ◇ 10:00 Knitting Group 1:00 Cribbage (intermediate) 1:00 Creative Expression Workshop ◇
26 10:00 Elder Elves Meeting 10:00 Men's Coffee and Conversation 10:00 American Mahjong (Beginner) 10:00 Mah Jongg Lessons ◇ 10:30 Chair Zumba ◇ 11:00 Caregiver Support Group 1:00 Cribbage 1:00 Hand & Foot	27 9:00 Cardio Dance ◇ 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◇ 10:00 Mindfulness with Nancy 11:30 Fall Flower Arranging ◇ 1:00 Senior Investment Fraud Presentation 1:00 Open Game Day	28 9:00 Bridge Group 9:00 Strength & Balance with Serina ◇ 10:00 Craft Group 10:30 Chair Zumba ◇ 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate) 1:00 Book Club 5:00 Bubbles, Bites, & Crafts ◇	29 9:00 Cardio Dance ◇ 9:00 Keep it Legal 10:00 Octets Bridge 10:00 Tai Chi ◇ 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukulele Group	30 9:00 Open House 10:00 Gentle Vinyasa Yoga with Leslie ◇ 10:00 Knitting Group 11:30 Bridget's Lunch Bunch @ Old Port Sea Grill ◇ 1:00 Cribbage (intermediate)

KEY

Highlighted Program = New & Noteworthy

◇ = Program Fee

Bold Program = Off-Site Program or Fundraiser