


Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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|  295 Lafayette Rd. Rye, NH 03870 (603) 379-1898 | | 9:30 PE Move and Groove 1 10:00 CE Word Play 11:00 PE What Can You Do? 1:30 PE Chair Dancing 3:00 LL Time for Tea 6:00 LL Hand Massages | 9:30 PE Let's Move to the Beat 2 10:00 CE Trivia 11:00 PE How Good is Your Aim? 1:30 PE Strengthen and Tone 3:00 AE Centerpiece Work 6:00 LL Hallmark TV | 9:30 PE Morning Stretch 3 10:00 CE Jeopardy 11:00 AE Flighty as a Feather 1:30 PE Tai Chi 2:00 CE Techie Talk 3:00 AE Art in Motion 6:00 LL Poetry | 9:30 PE Moving and Grooving 4 10:00 CE A Rhyme in Time 11:00 PE Just a Drop in the Bucket 1:30 PE Strength Building 3:30 LL Entertainment Billy Glynn 6:00 LL Friday Night at the Movies | 9:30 PE Saturday Morning Stretches 5 10:00 CE Scategories 11:00 PE Toss Across 1:30 PE Seventh Inning Stretch 2:00 LL Pampering Time 3:00 CC Project Linus 6:00 LL Laughter is the Best Medicine |
| 9:30 PE Sunday Morning Stretch 6 10:00 LL Sunday Funny Papers 11:00 SS Sunday Devotions 1:30 PE Tai Chi 2:00 LL Pictionary 3:00 CE Armchair Traveler 6:00 LL Sunday Evening Story Telling | 9:30 PE Moving on Monday 7 10:00 CE What's in the Word 11:00 PE That's a Ringer! 1:30 PE Chair Yoga 2:00 AE Art with Joe 6:00 LL Musical Monday | 9:30 PE Light and Lively 8 10:00 CC The "Bear" Necessities 11:00 CE What Am I? 1:30 PE Fab and Flexible 2:00 AE Build Your "Fluffanutta" 3:30 LL Entertainment John and Linda 6:00 SS Aromatherapy | 9:30 PE Let's Move and Groove 9 10:00 CE Word Detective 11:00 PE Categories 1:30 PE Strengthen and Tone with Kayla 3:30 LL Piano Time with Duke Snyder 6:00 LL Hallmark Movie | 9:30 PE Moving and Grooving 10 10:00 AE What's My Line? 11:00 PE Noodle Polo 1:30 PE Afternoon Slow Stretch 2:00 AE Cultivating Curves 6:00 LL Lighthouse Readings | 9:30 PE Morning Wake Up Stretch 11 10:00 CE Wacky Wordies 11:00 PE Up Tap and Away 1:30 PE A Good Build Up with Ashley 3:00 AE Spinning a Yarn 6:00 LL Across America | 9:30 PE Stretching on Saturday 12 10:00 CE Word Distinction 11:00 PE It's All in the Wrist 1:30 PE Chair Waltzing 2:00 CE The Farm Life for Me 3:00 LL Manicures and a Movie 6:00 LL Laughter is the Best Medicine |
| 9:30 PE Sunday Morning Stretches 13 10:00 AE Music time with Jordan 11:00 SS Sunday Church Service 1:30 PE Tai Chi 3:00 LL Pampering Time 6:00 LL Poetry Readings | Columbus Day 14 9:30 PE Moving and Grooving 10:00 CE All Aboard the "Ship" 11:00 PE What Can You Do? 1:30 PE Moving on Mondays 2:00 AE Art in Motion 6:00 LL Hallmark TV | 9:30 PE We are Light and Lively 15 10:00 CE Trivia Tuesday 1:30 PE Stretching in the Afternoon 2:00 CC Reminisce: Fall Days 3:00 LL Tea on Tuesday 6:00 LL Tribute to I Love Lucy | 9:30 PE Move to the Music 16 10:00 CE We've Got a Way With Words on Wednesday 11:00 PE Tappin' to the Beat 1:30 PE Wednesday Workout 3:00 LL Girls Who Gather 6:00 LL Handmassages | 9:30 PE Morning Stretches 17 10:00 CE Word Detective 11:00 CE Name That Tune 1:30 PE Sit and Be Fit 2:00 AE Art Therapy 6:00 LL Evening Readings | 9:30 PE Fitness on Friday 18 10:00 CE Let's Discuss 11:00 CC Project Linus 1:30 PE Friday Fab and Fit 3:00 LL Our October Birthday Bash 6:00 LL Evening Poetry | 9:30 PE Let's Move to the Beat 19 10:00 AE A Picture Says a Thousand Words 11:00 CE Give Me a Letter 1:30 PE Sit and Stretch 2:00 CE Pictionary 3:00 LL Manicures and a Movie 6:00 AE Aromatherapy |
| 9:30 PE Morning Stretch 20 10:00 CE Word Play 11:00 SS Sunday Service 1:30 PE Tai Chi 3:00 LL Puzzles and Table Games 6:00 LL Sunday Readings | 9:30 PE Light and Lively 21 10:00 CE Scategories 11:00 PE Going Through Hoops 1:30 PE Moving on Monday 2:00 AE Art in the Afternoon 6:00 LL Hand Massages | 9:30 PE Tuesday Tapping to the Beat 22 10:00 AE Baking with Brenda 11:00 LL Discussion: Fall Baking 1:30 PE Slow Stretching 3:30 CC Portsmouth Symphony Orchestra Talk and Performance 6:00 LL Poetry | 9:30 PE We Are Light and Lively 23 10:00 CE All Scrambled Up 11:00 PE Balloon Tap 1:30 PE Strength Training 3:00 CC Caps and Blankets 6:00 LL Evening Readings | 9:30 PE Let's Move to the Beat 24 10:00 CE Who Am I? 11:00 SS Spiritual Service Christ Church 1:30 PE Slow Chair Dancing 2:00 AE Pumpkin Carving 6:00 LL Hallmark TV | 9:30 PE Friday Moving Fitness 25 10:00 CE Words of Wisdom 11:00 AE What's in the Box? 1:30 PE Strength Building 3:00 PE Bowling Bash 6:00 LL Hand Massages | 9:30 PE Moves and Grooves 26 10:00 CE What's in the Word 11:00 PE What in the World! 1:30 PE Chair Yoga 3:00 CE What is Cho Han? 6:00 LL Saturday Musical |
| 9:30 PE Sunday Morning Stretch 27 10:00 CE Word Play 11:00 SS Sunday Devotions 1:30 PE Tai Chi 3:30 LL Karaoke Time with Josef Nocera 6:00 LL Chicken Soup for the Soul | 9:30 PE Making the Morning Moves 28 10:00 CE Build a Word Tree 11:00 AE Movie Charades 2:00 CE Finish the Lyrics 3:30 SS Entertainment Sunshine Singers 6:00 LL Aromatherapy | 9:30 PE Let's Get Moving 29 10:00 CC Halloween Goody Bag Makings 11:00 PE What Can We Do? 1:30 PE Chair Dancing 2:00 LL Taste & Tell with Chef Rob 6:00 LL Evening Readings | 9:30 PE Morning Wake Up 30 10:00 CE New England Tales 11:00 CE Finish My Line 1:30 PE Strengthen and Tone 3:30 LL Entertainment Irish Music Guy 6:00 LL Evening Readings | Halloween 31 9:30 PE Light and Lively 10:00 CC Discussion: Halloween in Your Town 11:00 PE That's a Ringer! 2:00 LL Halloween Gathering and Parade 4:00 PE Table Ball Toss 6:00 LL Hallmark Movie | AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support Healthy Snacks & Hydration offered throughout each day! | |