

# Events of Interest

# September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
See the reverse side for this month's newsletter!					1	2 <i>Lois's Birthday</i>
3	4 <b>5pm Labor Day BBQ</b>	5 <i>Paul's Birthday</i>	6	7 <b>11am Walk to End Alz. Meeting</b>	8	9
10	11 <b>11:30am Lunch Out to Warren's **Sign up**</b>	12  <b>10am Sunshine Meeting</b>	13 <b>1pm Cribbage</b>	14	15	16
17	18	19	20 <b>11am Medicare 101 Presentation</b>	21 <b>12 Noon Potluck BBQ</b> 	22	23 <i>First Day of Fall</i> 
24	25	26 <b>3pm Foot Clinic **sign up**</b>	27	28	29	30

# The Goings On and the On Goings – September 2023

## Newsletter for Covered Bridge Manor

### CBM Programs and Activities:

1. We will be celebrating Labor Day with a **BBQ** on **Monday, September 4<sup>th</sup> at 5pm**. Arlene is organizing the event, please watch the bulletin board for details!

2. We will once again participate in the **WALK TO END ALZHEIMER'S** on *Sunday, October 1<sup>st</sup> at 9am* in Portsmouth. We will have a **PLANNING MEETING** on **Thursday, September 7<sup>th</sup> at 11am** for those who wish to participate and help to fundraise.

3. **LUNCH OUT** this month will be at **Warren's Lobster House in Kittery** on **Monday, September 11<sup>th</sup> at 11:30am**. Come join us for lunch at this popular restaurant and then a scenic drive along the coastal area. Danielle will drive the bus. Please sign up!

4. Let's play **CRIBBAGE** on **Wednesday, September 13<sup>th</sup> at 1pm**. We have a couple of boards and are willing to teach the game. If we have enough interest, we will make it a weekly game!

Also, we are looking for more **WHIST** players to join the weekly games on **Tuesdays and Saturdays at 10:30am!**  
The more the merrier!

5. Join us for a **MEDICARE 101** presentation on **Wednesday, September 20<sup>th</sup> at 11am**. The Medicare Annual Enrollment Period is coming up in October. Learn about Medicare basics like eligibility, enrollment periods, Medicare plans and Prescription Drug plans.

6. The September **POTLUCK BBQ** will be held on **Thursday, September 21<sup>st</sup> at Noon**. We hope to again feature a few vegetables from our garden! We will grill one last time for the season!

7. We will host a **FOOT CLINIC** on **Tuesday, September 26<sup>th</sup> at 3pm**. This service is held every other month. Please sign up if interested!

**BIRTHDAYS:** **September** is the birth month of **Lois and Paul**. Please stop by to sign the cards of best wishes in the community room!