

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 Labor Day</b>	<b>2</b> <b>10 am</b> Camden Shopping** <b>10 am</b> Men’s Group (GR) <b>12 noon</b> Parkinson’s Support (MR, GR) <b>2-3 pm</b> Blood Pressure Clinic <b>2 pm</b> Wii Bowling (MR) <b>3 pm</b> Wii Golf (MR) <b>6 pm</b> Alzheimer’s Supp. (MR)	<b>3</b> <b>9:30 am</b> Rockland Shopping** <b>9:30-10:15 am</b> Fitness Class (FR) <b>10 am</b> Senior Breakfast (MR) <b>3 pm</b> Activities Committee (L)	<b>4</b> <b>10 am departure</b> Lighthouse Cruise from Port Clyde <b>1:30 pm</b> Knitting/Handcrafts (LR)	<b>5</b> <b>9:30-10:15 am</b> Fitness Class (FR) <b>10 am</b> New Pathways for Parkinson’s (MR) <b>3 pm</b> Poetry, Tea & Thee (LR) <b>7 pm</b> Movie Night (MR)	<b>6</b>
<b>7</b> <b>1:30 pm</b> Nondenom. Service Hosted by Catholic Church (2T)	<b>8</b> <b>9:30-10:15 am</b> Fitness Class (FR) <b>10:30 am-12:30 pm</b> Documentary/Discussion Group (MR)	<b>9</b> <b>10 am</b> Camden Shopping** <b>10 am</b> Men’s Group (GR) <b>1 pm</b> Wii Bowling (MR) <b>2 pm</b> Wii Golf (MR) <b>2-3 pm</b> Blood Pressure Clinic	<b>10</b> <b>9:30 am</b> Rockland Shopping** <b>9:30-10:15 am</b> Fitness Class (FR) <b>5-6:30 pm</b> Assisted Living Open House (2T)	<b>11</b> <b>1:30 pm</b> Knitting/Handcrafts (LR) <b>3 pm</b> Apartment Residents Meeting (MR)	<b>12</b> <b>9:30-10:15 am</b> Fitness Class (FR) <b>10 am</b> New Pathways for Parkinson’s (MR) <b>2 pm</b> Author Susan Poulin, <i>Finding Your Inner Moose</i> (MR) <b>7 pm</b> Movie Night	<b>13</b> <b>12:30 pm</b> Movie & Popcorn (MR) <b>1-3 pm</b> Cottage Open House <b>4-5 pm</b> Birthday Social (M/LR)
<b>14</b> <b>1:30 pm</b> Nondenom. Service Hosted by Episcopal Church (2T)	<b>15</b> <b>9:30-10:15 am</b> Fitness Class (FR)	<b>16</b> <b>10 am</b> Camden Shopping** <b>10 am</b> Men’s Group (GR) <b>1 pm</b> Wii Bowling (MR) <b>2 pm</b> Wii Golf (MR) <b>2-3 pm</b> Blood Pressure Clinic	<b>17</b> <b>9:30 am</b> Rockland Shopping** <b>9:30-10:15 am</b> Fitness Class <b>10:30 am-12 noon</b> Adventures in Living Well, “Going Bats!” (M/LR) *	<b>18</b> <b>8:30 am departure</b> Senior College* ** <b>12:15 pm departure</b> Senior College* ** <b>1:30 pm</b> Knitting/Handcrafts (GR)	<b>19</b> <b>9:30-10:15 am</b> Fitness Class (FR) <b>10 am</b> New Pathways for Parkinson’s (MR) <b>3 pm</b> Poetry, Tea & Thee (LR) <b>7 pm</b> Movie Night (MR)	<b>20</b> <b>3 pm (doors open 2:30 pm)</b> Penobscot Bay Bell Ringers, “Autumn Ring” (DR)
<b>21</b> <b>1:30 pm</b> Nondenom. Lay-led Service (2T) <b>2:30 pm departure</b> Everyman Repertory Theatre, <i>Vanya and Sonya and Masha and Spike</i> * **	<b>22 Autumn Begins</b> <b>9:30-10:15 am</b> Fitness Class (FR)	<b>23</b> <b>10 am</b> Camden Shopping** <b>10 am</b> Men’s Group (GR) <b>1 pm</b> Wii Bowling (MR) <b>2 pm</b> Wii Golf (MR) <b>2-3 pm</b> Blood Pressure Clinic	<b>24 Rosh Hashanah Begins at Sundown</b> <b>9:30 am</b> Rockland Shopping** <b>9:30-10:15 am</b> Fitness Class (FR)	<b>25</b> <b>8:30 am departure</b> Senior College* ** <b>12:15 pm departure</b> Senior College* ** <b>1:30 pm</b> Knitting/Handcrafts (LR)	<b>26</b> <b>9:30-10:15 am</b> Fitness Class (FR) <b>10 am</b> New Pathways for Parkinson’s (MR) <b>7 pm</b> Movie Night	<b>27</b> <b>12:30 pm</b> Movie & Popcorn (MR) <b>4-5 pm</b> Wine & Cheese Social (M/LR)
<b>28</b> <b>1:30 pm</b> Nondenom. Service Hosted by Coastal Christian Church (2T)	<b>29</b> <b>9:30-10:15 am</b> Fitness Class (FR) <b>3:00-4:30 pm</b> Going Strong, “Joint Replacement” (M/LR) *	<b>30</b> <b>10 am</b> Camden Shopping** <b>10 am</b> Men’s Group (GR) <b>1 pm</b> Wii Bowling (MR) <b>2 pm</b> Wii Golf (MR) <b>2-3 pm</b> Blood Pressure Clinic				*Signup required  **Transportation provided, weather and ridership permitting