

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1 Daylight Savings Time Ends at Midnight Tonight!</b> <b>12:30 pm</b> Movie & Popcorn (MR)
<b>2</b> <b>1:30 pm</b> Nondenom. Service Hosted by Coastal Christian Church (2T)	<b>3</b> <b>9:30-10:15 am</b> Fitness Class (FR)	<b>4 Election Day</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>5</b> <b>9:30 am</b> Rockland Shopping** <b>9:30-10:15 am</b> Fitness Class (FR) <b>10 am</b> Coffee Talk Hour formerly Senior Breakfast (MR) <b>3 pm</b> Activities Committee (L)	<b>6</b> <b>1:30 pm</b> Knitting/Handcrafts (LR) <b>6 pm departure</b> <i>Cinderella</i> (CHRHS)* **	<b>7</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>8</b> <b>12:30 pm</b> Movie & Popcorn (MR) <b>4-5 pm</b> Birthday Social (M/LR)
<b>9</b> <b>1:30 pm</b> Nondenom. Service by Congregational Church by (2T)	<b>10</b> <b>9:30-10:15 am</b> Fitness Class (FR) <b>10:30 am-12:30 pm</b> Documentary/Discussion Group (MR) <b>3-4 pm</b> Going Strong, "Bladder Issues" (M/LR)*	<b>11 Veterans Day</b> <b>9:30 am</b> Veterans Day Observance (M/LR) <b>10 am</b> Camden Shopping** <b>10 am</b> Men's Group (GR) <b>10:30-11:30 am</b> Women's Cancer Support Group (DR sun porch <i>this date only</i> ) <b>12:30 pm departure</b> Opera @ Strand, <i>Carmen</i> * ** <b>1 pm</b> Wii Bowling (MR) <b>2 pm</b> Wii Golf (MR) <b>2-3 pm</b> Blood Pressure Clinic	<b>12</b> <b>9:30 am</b> Rockland Shopping** <b>9:30-10:15 am</b> Fitness Class (FR) <b>11:45 am departure</b> Soup Lunch at Congregational Church, Camden* ** <b>3-4 pm</b> Your Health Matters, "MyChart/MyPenBay" (M/LR)*	<b>13</b> <b>1:30 pm</b> Knitting/Handcrafts (LR)	<b>14</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>15</b> <b>12:30 pm</b> Movie & Popcorn (MR)
<b>16</b> <b>1:30 pm</b> Nondenom. Service by Methodist Church (2T)	<b>17</b> <b>9:30-10:15 am</b> Fitness Class (FR) <b>10:30 am</b> Craft Session, details to be announced (MR)*	<b>18</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>19</b> <b>9:30 am</b> Rockland Shopping** <b>9:30-10:15 am</b> Fitness Class (FR) <b>10:30 am-12 noon</b> Adventures in Living Well, "Terra Optima" (M/LR)*	<b>20</b> <b>1:30 pm</b> Knitting/Handcrafts (LR)	<b>21</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>22</b> <b>12:30 pm</b> Movie & Popcorn (MR)
<b>23</b> <b>1:30 pm</b> Nondenom. Service by Congregational Church (2T)	<b>24</b> <b>9:30-10:15 am</b> Fitness Class (FR)	<b>25</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>26</b> <b>9:30 am</b> Rockland Shopping** <b>9:30-10:15 am</b> Fitness Class (FR)	<b>27 Thanksgiving</b> <b>12 noon-2 pm</b> Thanksgiving Dinner (DR)*	<b>28</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>29</b> <b>12:30 pm</b> Movie & Popcorn (MR) <b>4-5 pm</b> Wine & Cheese Social (M/LR)
<b>30</b> <b>1:30 pm</b> Nondenom. Service by Catholic Church (2T)						*Signup required  **Transportation provided, weather and ridership permitting