

November 2015 – Cottages & Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Saving Time Ended at Midnight, 10/31—Turn Clocks BACK 1 Hour 1:30 pm Nondenominational Service Hosted by Catholic Church (2T)	2 9:30-10:15 am Fitness Class (FR) 3 pm Book Club (L) 3 pm Activities Committee (MR)	3 Election Day 10 am Camden Shopping** 10 am Men's Group (GR) 12 noon-1:45 pm Parkinson's Support Group (MR, GR) 11:15 am departure Opera at Strand, <i>Tannhauser</i> * ** 2-3 pm Blood Pressure Clinic 6-7 pm Alzheimer's Support Group (LR)	4 9:30 am Rockland Shopping** 9:30-10:15 am Fitness Class (FR) 10 am Coffee Talk (M/LR) 1 pm Wii Sports (MR)	5 11 am Prayer Group (2T) 1:30 pm Knitting & Handcrafts (LR) 6 pm departure <i>Addams Family</i> , CHRHS* **	6 9:30-10:15 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 3 pm Poetry, Tea & Thee (LR) 7 pm Movie Night (MR)	7
8 1:30 pm Nondenominational Service Hosted by Episcopal Church (2T)	9 9:30-10:15 am Fitness Class (FR) 10:30 am-12:30 pm Documentary/Discussion Group (MR)	10 10 am Camden Shopping** 10 am Men's Group (GR) 10:30 am Women's Cancer Support Group (LR) 2-3 pm Blood Pressure Clinic	11 Veterans Day 9 am Veterans Day Breakfast (DR) 9:30 am Rockland Shopping** 9:30-10:15 am Fitness Class (FR) 12 noon-1:30 pm Caregivers Support Group (L) 1 pm Wii Sports (MR)	12 11 am Prayer Group (2T) 1:30 pm Knitting & Handcrafts (LR)	13 9:30-10:15 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 7 pm Movie Night (MR)	14 4-5 pm Birthday Social (M/LR)
15 1:30 pm Nondenominational Service Led by Pastor Gabriel (2T)	16 9:30-10:15 am Fitness Class (FR)	17 10 am Camden Shopping** 10 am Men's Group (GR) 2-3 pm Blood Pressure Clinic	18 9:30 am Rockland Shopping** 9:30-10:15 am Fitness Class (FR) 10:30 am-12 noon Adventures in Living Well, "Making Sense of Vertigo and Dizziness" (M/LR)*	19 11 am Prayer Group (2T) 1:30 pm Knitting & Handcrafts (LR)	20 9:30-10:15 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 3 pm Poetry, Tea & Thee (LR) 7 pm Movie Night (MR)	21
22 1:30 pm Nondenominational Service Led by Judy Cucinotta (2T)	23 9:30-10:15 am Fitness Class (FR) 3-4 pm Going Strong, "Managing Chronic Pain" (M/LR)*	24 10 am Camden Shopping** 10 am Men's Group (GR) 2-3 pm Blood Pressure Clinic	25 9:30 am Rockland Shopping** 9:30-10:15 am Fitness Class (FR) 1 pm Wii Sports (MR)	26 Thanksgiving Day	27 9:30-10:15 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 7 pm Movie Night (MR)	28 4-5 pm Wine & Cheese Social (M/LR)
29 1:30 pm Nondenominational Service Hosted by Methodist Church (2T)	30 9:30-10:15 am Fitness Class (FR)					