



## January 2015 – Cottages & Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Signup required **Transportation provided, weather and ridership permitting				<b>1 New Year's Day</b>	<b>2</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>3</b>
<b>4</b> <b>1:30 pm</b> Nondenom. Service by Congregational Church (2T)	<b>5</b> <b>9:30-10:15 am</b> Fitness Class (FR) <b>3 pm</b> Activities Committee (MR) <b>3 pm</b> Book Club (L)	<b>6</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>3 pm</b> Presentation by Mark Biscone (MR) <b>6 pm</b> Alzheimer's Supp. (MR)	<b>7</b> <b>9:30 am</b> Rockland Shopping** <b>9:30-10:15 am</b> Fitness Class (FR) <b>11:45 departure</b> "Soup's On" Lunch, Congregational Church, Camden* **	<b>8</b> <b>1:30 pm</b> Knitting and Handcrafts (LR)	<b>9</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 (MR)	<b>10</b> <b>4-5 pm</b> Birthday Social (M/LR)
<b>11</b> <b>1:30 pm</b> Nondenom. Service by Catholic Church (2T)	<b>12</b> <b>9:30-10:15 am</b> Fitness Class (FR) <b>10:30 am-12:30 pm</b> Documentary/Discussion Group (MR)	<b>13</b> <b>10 am</b> Camden Shopping** <b>10 am</b> Men's Group (GR) <b>10:30 am</b> Women's Cancer Support Group (MR) <b>1 pm</b> Wii Bowling (MR) <b>2 pm</b> Wii Golf (MR) <b>2-3 pm</b> Blood Pressure Clinic	<b>14</b> <b>9:30 am</b> Rockland Shopping** <b>9:30-10:15 am</b> Fitness Class (FR) <b>3:30 pm</b> Celebration of Life (MR)	<b>15</b> <b>8:30 am departure</b> Senior College* ** <b>12:15 pm departure</b> Senior College* ** <b>1:30 pm</b> Knitting and Handcrafts (LR)	<b>16</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>17</b>
<b>18</b> <b>1:30 pm</b> Nondenom. Service Hosted by Episcopal Church (2T)	<b>19 M. L. King, Jr., Day</b> <b>9:30-10:15 am</b> Fitness Class (FR) <b>10:30 am</b> Craft Session, Card Making w/Flo (CR)	<b>20</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>21</b> <b>9:30 am</b> Rockland Shopping** <b>9:30-10:15 am</b> Fitness Class (FR) <b>3 pm</b> Introduction to Watercolor Painting (CR)	<b>22</b> <b>8:30 am departure</b> Senior College* ** <b>12:15 pm departure</b> Senior College* ** <b>1:30 pm</b> Knitting and Handcrafts (LR)	<b>23</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 (MR)	<b>24</b>
<b>25</b> <b>1:30 pm</b> Nondenom. Service Hosted by Coastal Christian Church (2T)	<b>26</b> <b>9:30-10:15 am</b> Fitness Class (FR) <b>3 pm</b> New Residents Tea (M/LR)	<b>27</b> <b>10 am</b> Camden Shopping** <b>10 am</b> Men's Group (GR) <b>12:30 pm departure</b> Opera @ Strand, <i>Merry Widow</i> * ** <b>1 pm</b> Wii Bowling (MR) <b>2 pm</b> Wii Golf (MR) <b>2-3 pm</b> Blood Pressure Clinic	<b>28</b> <b>9:30 am</b> Rockland Shopping** <b>9:30-10:15 am</b> Fitness Class (FR)	<b>29</b> <b>8:30 am departure</b> Senior College* ** <b>12:15 pm departure</b> Senior College* ** <b>1:30 pm</b> Knitting and Handcrafts (LR)	<b>30</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 (MR)	<b>31</b> <b>4-5 pm</b> Wine & Cheese Social (M/LR)