



April 2015 – Cottages & Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 April Fool's Day 9:30 am Rockland Shopping** 9:30-10:15 am Fitness Class (FR) 10 am Coffee Talk (MR) 1 pm Wii Bowling (MR) 2 pm Wii Golf (MR)	2 8:30 am departure Senior College AM classes* ** 1 pm Your Health Matters, "Veterans Benefits" (M/LR) 1:30 pm Knitting and Handcrafts (GR)	3 Good Friday; Passover Begins 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)	4
5 Easter Sunday 11 am-1:30 pm Easter Brunch Buffet (DR)* 1:30 pm Nondenom. Service by Catholic Church (2T)	6 8 am-12:30 pm AARP Driver Safety Course (M/LR)* 9:30-10:15 am Fitness Class (FR) 3 pm Activities Committee (MR) 3 pm Book Club (L)	7 10 am Camden Shopping** 10 am Men's Group (GR) 12 noon Parkinson's Support (MR, GR) 12 pm departure Opera at Strand, <i>La Donna Del Lago</i> ** * 12 pm departure Lunch @ MCST Café ** * 2-3 pm Blood Pressure Clinic	8 9:30 am Rockland Shopping** 9:30-10:15 am Fitness Class (FR)	9 8:30 am departure Senior College AM classes* ** 1 pm Reading Buddies w/ Kids from Sweet Tree Arts (GR) 1:30 pm Knitting and Handcrafts (GR)	10 9:30-10:15 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 7 pm Movie Night (MR)	11 4-5 pm Birthday Social (M/LR)
12 1:30 pm Nondenom. Service by Episcopal Church (2T)	13 9:30-10:15 am Fitness Class (FR) 12 noon-1:30 pm Volunteer Recognition Buffet Lunch, <u>by invitation</u> (DR)	14 10 am Camden Shopping** 10 am Men's Group (GR) 2-3 pm Blood Pressure Clinic	15 9:30 am Rockland Shopping** 9:30-10:15 am Fitness Class (FR) 10:30 pm Adventures in Living Well, "Foods of the Gods" (DR)* 1 pm Wii Bowling (MR) 2 pm Wii Golf (MR) 1:30 pm departure "Clay for a Day" (Lincolnville. Ctr.)* **	16 Holocaust Remembrance Day 8:30 am departure Senior College AM classes* ** 1:30 pm Knitting and Handcrafts (GR)	17 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)	18 2 pm Rep. Joan Welsh, "What's Happening in Augusta" (MR)
19 1:30 pm Nondenominational Lay-led Service by Judy (2T)	20 9:30-10:15 am Fitness Class (FR) 10:30 am-12:30 pm Documentary/Discussion Group (MR)	21 9 am-12 noon "Exploring Joint Health" (Pen Bay YMCA)* ** 10 am Camden Shopping** 10 am Men's Group (GR) 10:30 am Women's Cancer Support Group (MR) 2-3 pm Blood Pressure Clinic	22 Earth Day 9:30 am Rockland Shopping** 9:30-10:15 am Fitness Class (FR) 1 pm Wii Bowling (MR) 2 pm Wii Golf (MR)	23 8:30 am departure Senior College AM classes* ** 1:30 pm Knitting and Handcrafts w/ kids from Sweet Tree Arts (GR)	24 9:30-10:15 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 7 pm Movie Night (MR)	25 4-5 pm Wine & Cheese Social (M/LR)
26 1:30 pm Nondenom. Service by Coastal Christian (2T)	27 9:30-10:15 am Fitness Class (FR)	28 10 am Camden Shopping** 10 am Men's Group (GR) 2-3 pm Blood Pressure Clinic	29 9:30 am Rockland Shopping** 9:30-10:15 am Fitness Class (FR) 1 pm Wii Bowling (MR) 2 pm Wii Golf (MR)	30 8:30 am departure Senior College AM classes* ** 1:30 pm Knitting and Handcrafts (GR)		*Signup required **Transportation provided, weather and ridership permitting