

February 2016 – Cottages & Apartments						
	1 9:30-10:15 am Fitness Class (FR) 11 am Your Health Matters, "Safe Medication Storage & Disposal" (M/LR) 3 pm Book Club (L) 3 pm Activities Committee (MR)	2 Groundhog Day 10 am Camden Shopping** 10 am Men's Group (GR) 12 noon-1:45 pm Parkinson's Support Group (MR, GR) 2-3 pm Blood Pressure Clinic 6-7 pm Alzheimer's Support Group (LR)	3 9:30 am Rockland Shopping** 9:30-10:15 am Fitness Class (FR) 10 am Coffee Talk (MR) 1 pm Wii Sports (MR)	4 8:30 am departure Senior College* ** 12:15 pm departure Senior College* ** 1:30 pm Knitting & Handcrafts (LR)	5 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)	6
7 1:30 pm Nondenominational Service Led by Dwight & Sylvia Johnson (2T)	8 9:30-10:15 am Fitness Class (FR) 10:30 am-12:30 pm Documentary/Discussion Group (MR) 6:15 pm departure Dessert Cabaret (CHRHS)* **	9 10 am Camden Shopping** 10 am Men's Group (GR) 10:30 am Women's Cancer Support Group (LR) 11am Mardi Gras Pancake Extravaganza (DR) 2-3 pm Blood Pressure Clinic	10 Ash Wednesday 9:30-10:15 am Fitness Class (FR) 1 pm Wii Sports (MR)	11 8:30 am departure Senior College* ** 12:15 pm departure Senior College* ** 1:30 pm Knitting & Handcrafts (LR)	12 9:30-10:15 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 7 pm Movie Night (MR)	13 4-5 pm Birthday/Valentine's Social (M/LR)
14 Valentine's Day 1:30 pm Nondenominational Service Led by Judy Cucinotta (2T) 2 pm Opera with Peggy, <i>Iolanthe</i> (MR)	15 Presidents Day 9:30-10:15 am Fitness Class (FR)	16 10 am Camden Shopping** 10 am Men's Group (GR)	17 9:30 am Rockland Shopping** 9:30-10:15 am Fitness Class (FR) 10:30 am Adventures in Living Well, "Bixby & Co.: Rockland's New Chocolate Bar Factory" (M/LR) 1 pm Wii Sports (MR)	18 1:30 pm Knitting & Handcrafts (LR)	19 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)	20
21 1:30 pm Nondenominational Service Hosted by Methodist Church (2T)	22 9:30-10:15 am Fitness Class (FR)	23 10 am Camden Shopping** 10 am Men's Group (GR) 2-3 pm Blood Pressure Clinic	24 9:30-10:15 am Fitness Class (FR) 11:30 am departure "Soup's On" Lunch (First Congregational Church) 1 pm Wii Sports (MR)	25 1:30 pm Knitting & Handcrafts (LR)	26 9:30-10:15 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 7 pm Movie Night (MR)	27 1 pm departure Snowmobiling* ** 4-5 pm Wine & Cheese Social (M/LR)
28 1:30 pm Nondenominational Service Hosted by Congregational Church (2T)	29 Leap Day 9:30-10:15 am Fitness Class (FR)	*Signup required **Transportation provided, weather and ridership permitting				