


October 2016 – Cottages & Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2 Rosh Hashanah Begins at Sundown 1:30 pm Nondenominational Service Hosted by Catholic Church (2T)	3 9:30-10:15 am Fitness Class (FR) 3 pm Activities Committee (MR) 3-4 pm Book Club (L)	4 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)	5 9:30 am Rockland Shopping** 9:30-10:15 am Fitness Class (FR) 10:30 am Coffee Talk (M/LR) 1 pm Wii Sports (MR)	6 8:30 am departure Senior College* ** 12:15 pm departure Senior College* ** 1:30 pm Knitting & Handcrafts (LR)	7 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)	8 4-5 pm Birthday Social (M/LR) 5:30 pm departure "Mainly Maine Steeple Fundraiser (Chestnut Street Baptist Church, Camden)* **
9 1:30 pm Nondenominational Service (Followed by Communion) Hosted by Episcopal Church (2T)	10 Columbus Day 9:30-10:15 am Fitness Class (FR) 10:30 am-12:30 pm Documentary/Discussion Group (MR)	11 Yom Kippur Begins at Sundown 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	12 9:30-10:15 am Fitness Class (FR) 1 pm Wii Sports (MR)	13 8:30 am departure Senior College* ** 12:15 pm departure Senior College* ** 1:30 pm Knitting & Handcrafts (LR)	14 9:30-10:15 am Fitness Class (FR) 10 am-3pm AARP Driver Safety Course (M/LR)* 7 pm Movie Night (MR)	15 3 pm Penobscot Bay Ringers, "Autumn Ring" (DR)
16 1:30 pm Nondenominational Service Led by Pastor Gabriele (2T)	17 9:30-10:15 am Fitness Class (FR)	18 10 am Camden Shopping** 10 am Men's Group (GR) 10 am Residents Council Meeting (MR) 11:15 am departure Encore Opera Series, "Tristan und Isolde" (Strand Theatre, Rockland)* ** 2-3 pm Blood Pressure Clinic	19 9:30 am Rockland Shopping** 9:30-10:15 am Fitness Class (FR) 10:30 am Adventures in Living Well, "Wild by Nature" (M/LR)* 1 pm Wii Sports (MR)	20 8:30 am departure Senior College* ** 12:15 pm departure Senior College* ** 1:30 pm Knitting & Handcrafts (LR)	21 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)	22
23 1:30 pm Nondenominational Service Led by Judy Cucinotta (2T)	24 9:30-10:15 am Fitness Class (FR) 3 pm Spiritual Discussion Group (M/LR) 4:30 pm Annual Cottage Shareholders Meeting (M/LR)	25 10 am Camden Shopping** 10 am Men's Group (GR) 2-3 pm Blood Pressure Clinic	26 9:30-10:15 am Fitness Class (FR) 2 pm David Hohle, "Time Is Not a Factor in Your Life" (MR)*	27 9 am-12 noon Women After 50, "Finding Ourselves in the Ever-changing Female Image" (M/LR)* 1:30 pm Knitting & Handcrafts (LR)	28 9:30-10:15 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 7 pm Movie Night (MR)	29 4-5 pm Wine & Cheese Social (M/LR)
30 1:30 pm Nondenominational Service Hosted by Methodist Church (2T)	31 Halloween 9:30-10:15 am Fitness Class (FR) 	*Signup required **Transportation provided, weather and ridership permitting				