

## August 2016 – Cottages & Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <b>9:30-10:15 am</b> Fitness Class (FR) <b>3 pm</b> Activities Committee (MR)	<b>2</b> <b>10 am</b> Camden Shopping** <b>10 am</b> Men's Group (GR) <b>12 noon-1:45 pm</b> Parkinson's Support Group (MR, GR) <b>6-7 pm</b> Alzheimer's Support Group (LR)	<b>3</b> <b>9:30 am</b> Rockland Shopping** <b>9:30-10:15 am</b> Fitness Class (FR) <b>1 pm</b> Wii Sports (MR)	<b>4</b> <b>1:30 pm</b> Knitting & Handcrafts (LR) <b>7 pm departure</b> Bay Chambers Concerts, "Music for Winds" (Rockport Opera House)* **	<b>5</b> <b>9:30-10:15 am</b> Fitness Class (FR) <b>10 am</b> New Pathways for Parkinson's (MR) <b>11:30 am departure</b> Lunch at Rhumb Line* ** <b>3 pm</b> Poetry, Tea & Thee (LR) <b>7 pm</b> Movie Night (MR)	<b>6</b>
<b>7</b> <b>1:30 pm</b> Nondenominational Service Hosted by Methodist Church (2T) <b>4:30 pm departure</b> Music at Rockport Harbor* **	<b>8</b> <b>9:30-10:15 am</b> Fitness Class (FR)	<b>9</b> <b>10 am</b> Camden Shopping** <b>10 am</b> Men's Group (GR) <b>2-3 pm</b> Blood Pressure Clinic	<b>10</b> <b>9:30-10:15 am</b> Fitness Class (FR) <b>1 pm</b> Wii Sports (MR)	<b>11</b> <b>1:30 pm</b> Knitting & Handcrafts (LR) <b>7 pm departure</b> Bay Chambers Concerts, "Palaver Strings " (Rockport Opera House)* **	<b>12</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>13</b> <b>4-5 pm</b> Birthday Social (M/LR)
<b>14</b> <b>1:30 pm</b> Nondenominational Service Hosted by Congregational Church (2T)	<b>15</b> <b>9:30-10:15 am</b> Fitness Class (FR)	<b>16</b> <b>10 am</b> Camden Shopping** <b>10 am</b> Men's Group (GR) <b>2-3 pm</b> Blood Pressure Clinic	<b>17</b> <b>9:30 am</b> Rockland Shopping** <b>9:30-10:15 am</b> Fitness Class (FR) <b>10:30 am</b> Adventures in Living Well, "Hootenannies to Rock and Roll: A Musical History of Swan's Island" (M/LR)* <b>1 pm</b> Wii Sports (MR)	<b>18</b> <b>1:30 pm</b> Knitting & Handcrafts (LR) <b>7 pm departure</b> Bay Chambers Concerts, "Chira Quartet" (Rockport Opera House)* **	<b>19</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>4:30-6:30 pm</b> Lobster Bake (Anderson Inn Parking Area)*	<b>20</b> <b>2 pm departure:</b> Wine & Cheese Pontoon Boat Cruise on Megunticook Lake* **
<b>21</b> <b>1:30 pm</b> Nondenominational Service Hosted by Catholic Church (2T)	<b>22</b> <b>9:30-10:15 am</b> Fitness Class (FR)	<b>23</b> <b>10 am</b> Camden Shopping** <b>10 am</b> Men's Group (GR) <b>2-3 pm</b> Blood Pressure Clinic	<b>24</b> <b>9:30-10:15 am</b> Fitness Class (FR) <b>1 pm</b> Wii Sports (MR)	<b>25</b> <b>1:30 pm</b> Knitting & Handcrafts (LR)	<b>26</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>27</b> <b>4-5 pm</b> Wine & Cheese Social (M/LR)
<b>28</b> <b>1:30 pm</b> Nondenominational Service (Followed by Communion) Hosted by Episcopal Church (2T)	<b>29</b> <b>9:30-10:15 am</b> Fitness Class (FR)	<b>30</b> <b>10 am</b> Camden Shopping** <b>10 am</b> Men's Group (GR) <b>2-3 pm</b> Blood Pressure Clinic	<b>31</b> <b>9:30-10:15 am</b> Fitness Class (FR) <b>1 pm</b> Wii Sports (MR)	*Signup required **Transportation provided, weather and ridership permitting		