

April 2019

Cottages & Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 am Fitness Class (MR) 11 am Walking Group (Lobby) 3 pm Book Club (Library, 3 rd Floor, Anderson Inn) 3 pm Activities Committee (GR) 4:30 pm Piano with Mary (MR)	2 9:30-11:30 am YMCA Swim** 10 am Camden Shopping** 12 noon-2 pm Parkinson's Support Group (MR, GR) 2-3 pm Blood Pressure Clinic 4:30 pm Piano with Mary (MR) 6-7 pm Alzheimer's Support	3 9:30 am Rockland Shopping** 9:30 am Fitness Class (MR) 1 pm Wii Golf (MR) 4:30 pm Piano with Mary (MR)	4 8:30 am departure Senior College, Morning Classes * ** 9:30 am Zumba (2T) 12:15 pm departure Senior College, Afternoon Classes * ** 1:30 pm Knitting & Handcrafts	5 9:30 am Fitness Class (MR) 11 am New Pathways for Parkinson's (MR) 3 pm Poetry, Tea & Thee (LR) 7 pm Movie Night (MR)	6
7 12:15 pm departure Ballet at the Strand, <i>Mademoiselle Margot</i> , Rockland * ** 1:30 pm Nondenominational Service Hosted by Congregational Church (2 nd Floor, Terraces)	8 9:30 am Fitness Class (FR) 10:30 am Documentary & Discussion (MR) 11 am Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	9 9:30-11:30 am YMCA Swim** 10 am Camden Shopping** 10:30 am Women's Cancer Support Group (LR) 12:15 pm departure Opera at the Strand, <i>Die Walkure</i> , Rockland * ** 4:30 pm Piano with Mary (MR) 6:15 pm departure "The World of Musicals," Strom Auditorium, CHRHS * **	10 9:30 am Fitness Class (MR) 1 pm Wii Golf (MR) 4:30 pm Piano with Mary (MR)	11 8:30 am departure Senior College, Morning Classes * ** 9:30 am Zumba (2T) 12:15 pm departure Senior College, Afternoon Classes * ** 1:30 pm Knitting & Handcrafts	12 9:30 am Fitness Class (FR) 10 am AARP Driver Safety Course (MR) * 7 pm Movie Night (MR)	13 4-5 pm Birthday Social (M/LR)
14 1:30 pm Nondenominational Service Hosted by Catholic Church (2 nd Floor, Terraces)	15 9:30 am Fitness Class (MR) 11 am Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	16 9:30-11:30 am YMCA Swim** 10 am Camden Shopping** 10:30 am Catholic Mass with Father Hyacinth (2 nd Floor, Terraces) 2-3 pm Blood Pressure Clinic 4:30 pm Piano with Mary (MR)	17 9:30 am Rockland Shopping** 9:30 am Fitness Class (MR) 1 pm Wii Golf (MR) 1 pm departure "Creatures of the South Pacific" (Camden Library) * ** 4:30 pm Piano with Mary (MR)	18 8:30 am departure Senior College, Morning Classes * ** 9:30 am Zumba (2T) 12:15 pm departure Senior College, Afternoon Classes * ** 1:30 pm Knitting & Handcrafts	19 Good Friday 9:30 am Fitness Class (MR) 11 am New Pathways for Parkinson's (MR) 2 pm Henry Lunn Talk on Revolutionary War Expedition (2T) 3 pm Poetry, Tea & Thee (LR) 7 pm Movie Night (MR)	20
21 Easter 11 am-1 pm Easter Buffet Brunch, by reservation (DR) 1:30 pm Special Easter Nondenominational Service and Communion Hosted by Episcopal Church (2 nd Floor, Terraces)	22 9:30 am Fitness Class (MR) 11 am Walking Group (Lobby)	23 9:30-11:30 am YMCA Swim** 10 am Camden Shopping** 11:30 am departure Lunch Out, Trackside Station, Rockland*** 2-3 pm Blood Pressure Clinic 4:30 pm Piano with Mary (MR)	24 9:30 am Fitness Class (MR) 1 pm Wii Golf (MR) 4:30 pm Piano with Mary (MR)	25 8:30 am departure Senior College, Morning Classes * ** 9:30 am Zumba (2T) 12:15 pm departure Senior College, Afternoon Classes * ** 1:30 pm Knitting & Handcrafts	26 9:30 am Fitness Class (MR) 11 am New Pathways for Parkinson's (MR) 7 pm Movie Night (MR)	27 4-5 pm Wine & Cheese Social (M/LR)
28 1:30 pm Nondenominational Lay Service Led by Mrs. Gabriele (2 nd Floor, Terraces)	29 9:30 am Fitness Class (MR) 11 am Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	30 9:30-11:30 am YMCA Swim** 10 am Camden Shopping** 2-3 pm Blood Pressure Clinic		*Signup required **Transportation provided, weather and ridership permitting		