

SEPTEMBER 2017 – Cottages & Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Signup required **Transportation provided, weather and ridership permitting					1 9:30 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 3 pm Poetry, Tea & Thee (LR) 7 pm Movie Night (MR)	2
3 1:30 pm Nondenominational Service Hosted by Congregational Church (2nd Floor, Terraces)	4 Labor Day 4:30 pm Piano with Mary (MR)	5 10 am Camden Shopping** 10 am Men's Group (GR) 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 Group (LR)	6 9:30 am Rockland Shopping** 9:30 am Fitness Class (FR) 10 am "The Heart of Our Town: Camden Public Library" (M/LR)* 1 pm Wii Sports (MR) 2:30 pm Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	7 1:30 pm Knitting & Handcrafts (LR)	8 9:30 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 7 pm Movie Night (MR)	9 4-5 pm Birthday Social (M/LR)
10 Grandparents Day 1:30 pm Nondenominational Service and Communion, Hosted by Episcopal Church (2nd Floor, Terraces)	11 9:30 am Fitness Class (FR) 10:30 am Doc./Discussion Group (MR) 11 am departure Lunch at Deerfoot Farm, Appleton 1-3 pm Savvy Caregiver (M/LR)* 3 pm Activities Comm. (GR) 4:30 pm Piano with Mary (MR)	12 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 4:30 pm Piano with Mary (MR)	13 9:30 am Fitness Class (FR) 1 pm Wii Sports (MR) 2:30 pm Walking Group (Lobby) 4:30 pm Piano with Mary (MR) 5-6 pm Assisted Living Open House (Terraces)	14 11 am-12 noon Town Hall Meeting with Coastal Healthcare CEO Dr. Mark Fourrée (M/LR) 1:30 pm Knitting & Handcrafts (LR) 3 pm Apartment Residents Meeting (M/LR)	15 9:30 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 3 pm Poetry, Tea & Thee (LR) 7 pm Movie Night (MR)	16 1-3 pm Cottage Open House
17 1:30 pm Nondenominational Service Led by Pastor Gabriele (2nd Floor, Terraces)	18 9:30 am Fitness Class (FR) 10:30 am Your Health Matters, "Pharmacies" (M/LR)* 1-3 pm Savvy Caregiver (M/LR)* 4:30 pm Piano with Mary (MR)	19 10 am Camden Shopping** 10 am Men's Group (GR) 2-3 pm Blood Pressure Clinic 4:30 pm Piano with Mary (MR)	20 Rosh Hashanah @ Sundown 9:30 am Rockland Shopping** 9:30 am Fitness Class (FR) 10:30 am-noon ALW, "Art of Nonviolent Communication" (M/LR)* 1 pm Wii Sports (MR) 2:30 pm Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	21 8:30 am departure Senior College, AM* ** 10:30 am Cooking Class (MR) 12:15 pm departure Senior College, PM* ** 1:30 pm Knitting & Handcrafts (LR)	22 Autumn Begins 9:30 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 7 pm Movie Night (MR)	23
24 1:30 pm Nondenominational Service Led by Judy Cucinotta (2nd Floor, Terraces)	25 9:30 am Fitness Class (FR) 3 pm Going Strong, "Exploring Joint Issues: Shoulders" (M/LR) 4:30 pm Piano with Mary (MR)	26 10 am Camden Shopping** 10 am Men's Group (GR) 11:30 am Cottage Association Board Meeting (DR) 2-3 pm Blood Pressure Clinic 4:30 pm Piano with Mary (MR)	27 9:30 am Fitness Class (FR) 10:30 am Backpacks for School Kids (M/LR) 1 pm Wii Sports (MR) 1:30 pm Art history-Odilon Redon 3T LR 2:30 pm Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	28 8:30 am Senior College 12:15 pm Senior college 1:30 pm Knitting & Handcrafts (LR) 1:30 pm Writing Across Generations (WAG) (2nd Floor, Terraces, DR)	29 Yom Kippur @ Sundown 9:30 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 2:30 pm Wine Tasting, Breakwater Vineyard, Owls Head* ** 7 pm Movie Night (MR)	30 4-5 pm Wine & Cheese Social (M/LR)