

NOVEMBER 2017 – Cottages & Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 am Rockland Shopping** 9:30 am Fitness Class (FR) 1 pm Wii Sports (MR) 2:30 pm Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	2 1:30 pm Knitting & Handcrafts (LR) 5:45 pm departure CHRHS Fall Musical, <i>In the Heights</i> * **	3 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)	4
5 Daylight Saving Time Ends, Turn Clocks BACK 1 Hr. 1:30 pm Nondenominational Service Led by Judy Cucinotta (2nd Floor, Terraces)	6 9:30 am Fitness Class (FR) 1 pm Yoga with Toni (FR)* 1:30 pm Community Service Committee (L) 3 pm Going Strong, "Osteoporosis" (MR)* 3 pm Book Club (L) 4:30 pm Piano with Mary (MR)	7 Election Day 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)	8 9:30 am Fitness Class (FR) 1 pm Wii Sports (MR) 2 pm Theatre Group (3 rd Floor, Terraces) 2:30 pm Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	9 10 am Activities Committee (GR) 1:15 pm departure Cashmere Goat with Knitting & Handcrafts Group*	10 9:30 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 7 pm Movie Night (MR)	11 Veterans Day 9:30 am Veterans Breakfast (DR) 4-5 pm Birthday Social (M/LR)
12 1:30 pm Nondenominational Service Hosted by Methodist Church (2nd Floor, Terraces)	13 9:30 am Fitness Class (FR) 10:30 am Doc./Discussion Group, <i>Being Mortal</i> (MR)* 1 pm Yoga with Toni (FR)* 4:30 pm Piano with Mary (MR)	14 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)	15 9:30 am Rockland Shopping** 9:30 am Fitness Class (FR) 10:30 am Adventures in Living Well, "Good Man with a Dog" (MR)* 2 pm Reception for Dr. Maureen Savage (M/LR) 2:30 pm Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	16 1:30 pm Knitting & Handcrafts (LR)	17 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)	18
19 1:30 pm Nondenominational Service Hosted by Congregational Church (2nd Floor, Terraces)	20 9:30 am Fitness Class (FR) 1 pm Yoga with Toni (FR)* 4:30 pm Piano with Mary (MR)	21 10 am Camden Shopping** 10 am Men's Group (GR) 2-3 pm Blood Pressure Clinic 4:30 pm Piano with Mary (MR)	22 9:30 am Fitness Class (FR) 1 pm Wii Sports (MR) 2:30 pm Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	23 Thanksgiving 12 noon-2 pm Thanksgiving Buffet (DR)*	24 9:30 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 7 pm Movie Night (MR)	25 4-5 pm Wine & Cheese Social (M/LR)
26 1:30 pm Nondenominational Service Hosted by Catholic Church (2nd Floor, Terraces)	27 9:30 am Fitness Class (FR) 4:30 pm Piano with Mary (MR)	28 10 am Camden Shopping** 10 am Men's Group (GR) 12:15 pm departure Opera at Strand, <i>The Exterminating Angel</i> (Strand Theatre, Rockland)* ** 2-3 pm Blood Pressure Clinic 4:30 pm Piano with Mary (MR)	29 9:30 am Fitness Class (FR) 11 am departure Lunch at Delvinos & Tour of Penobscot Shores (Belfast)* ** 1 pm Wii Sports (MR) 2:30 pm Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	30 1:30 pm Knitting & Handcrafts (LR)	*Signup required **Transportation provided, weather and ridership permitting	