

# MAY 2017 – Cottages & Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>1 May Day</b> <b>9:30-10:15 am</b> Fitness Class (FR) <b>1 pm</b> Yoga (FR)* <b>3 pm</b> Activities Committee (MR) <b>3-4 pm</b> Book Club (L) <b>4:30 pm</b> Piano with Mary (MR)	<b>2</b> <b>10 am</b> Camden Shopping** <b>10 am</b> Men's Group (GR) <b>12 noon-2 pm</b> Parkinson's Support Group (MR, GR) <b>12:15 pm departure</b> Opera, <i>Eugene Oregin</i> (Strand Theatre)* ** <b>2-3 pm</b> Blood Pressure Clinic <b>3-4 pm</b> Volunteer Recognition Tea, by invitation (M/LR)* <b>4:30 pm</b> Piano with Mary (MR) <b>6-7 pm</b> Alzheimer's Support (LR) <b>6:15 pm departure</b> Author Anita Shreve (Camden Public Library)* **	<b>3</b> <b>9:30 am</b> Rockland Shopping** <b>9:30-10:15 am</b> Fitness Class (FR) <b>10-11:30 am</b> Volunteer Opportunities in the Midcoast and Beyond (M/LR)* <b>1 pm</b> Wii Sports (MR) <b>2:30 pm</b> Walking Group (Lobby) <b>4:30 pm</b> Piano with Mary (MR)	<b>4</b> <b>1:30 pm</b> Knitting & Handcrafts (LR)	<b>5</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>7 pm</b> Movie Night (MR)	<b>6</b> Kentucky Derby Viewing/Party: <b>4:30 pm</b> Pre-race TV Coverage (M/LR) <b>6 pm</b> Party (M/LR)	
<b>7</b> <b>1:30 pm</b> Nondenominational Service (Followed by Communion) Hosted by Episcopal Church (2nd Floor, Terraces)	<b>8</b> <b>9:30-10:15 am</b> Fitness Class (FR) <b>1 pm</b> Yoga (FR)* <b>3-4 pm</b> Going Strong, "Behind the Numbers: What You Need to Know About Hypertension" (M/LR)* <b>4:30 pm</b> Piano with Mary (MR)	<b>9</b> <b>10 am</b> Camden Shopping** <b>10 am</b> Men's Group (GR) <b>10:30 am</b> Women's Cancer Support Group (LR) <b>2-3 pm</b> Blood Pressure Clinic <b>4:30 pm</b> Piano with Mary (MR)	<b>10</b> <b>9:30-10:15 am</b> Fitness Class (FR) <b>1 pm</b> Wii Sports (MR) <b>2:30 pm</b> Walking Group (Lobby) <b>4:30 pm</b> Piano with Mary (MR)	<b>11</b> <b>1:30 pm</b> Knitting & Handcrafts (LR)	<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 Mother's Day</b> <b>11 am-1 pm</b> Special Mother's Day Brunch (DR)* <b>1:30 pm</b> Nondenominational Service Led by Judy Cucinotta (2nd Floor, Terraces)	<b>15</b> <b>9:30-10:15 am</b> Fitness Class (FR) <b>1 pm</b> Yoga (FR)* <b>4:30 pm</b> Piano with Mary (MR)	<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>4:30 pm</b> Piano with Mary (MR) <b>6:15 pm departure</b> Spring Choral Concert (Strom Auditorium, CHRHS)* **	<b>17</b> <b>9:30 am</b> Rockland Shopping** <b>9:30-10:15 am</b> Fitness Class <b>10:30 am</b> Adventures in Living Well, "Rockland's Maritime Heritage" (M/LR)* <b>1 pm</b> Wii Sports (MR) <b>2:30 pm</b> Walking Group (Lobby) <b>4:30 pm</b> Piano with Mary (MR)	<b>18</b> <b>1:30 pm</b> Knitting & Handcrafts (LR)	<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>3-5 pm</b> Pre-Yard Sale for Residents & Staff (Anderson Inn Parking) <b>7 pm</b> Pianist Masanobu Ikemiya (M/LR)	<b>20 Armed Forces Day</b> <b>8 am-12 noon</b> Yard Sale (Anderson Inn Parking)	
<b>21</b> <b>1:30 pm</b> Nondenominational Service Led by Pastor Gabriele (2nd Floor, Terraces)	<b>22</b> <b>9:30-10:15 am</b> Fitness Class (FR) <b>1 pm</b> Yoga (FR)* <b>4:30 pm</b> Piano with Mary (MR)	<b>23</b> <b>10 am</b> Camden Shopping** <b>10 am</b> Men's Group (GR) <b>11:30 am</b> Cottage Association Board Meeting (DR) <b>11:45 am departure</b> Opera, <i>Der Rosenkavalier</i> (Strand Theatre)* ** <b>2-3 pm</b> Blood Pressure Clinic <b>4:30 pm</b> Piano with Mary (MR)	<b>24</b> <b>9:30-10:15 am</b> Fitness Class (FR) <b>1 pm</b> Wii Sports (MR) <b>2:30 pm</b> Walking Group (Lobby) <b>4:30 pm</b> Piano with Mary (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 Hosted by Methodist Church (2nd Floor, Terraces)	<b>29 Memorial Day Observed</b> <b>2 pm</b> Memorial Day Observance (Anderson Inn Parking) <b>4:30 pm</b> Piano with Mary (MR)	<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>4:30 pm</b> Piano with Mary (MR)	<b>31</b> <b>9:30-10:15 am</b> Fitness Class (FR) <b>1 pm</b> Wii Sports (MR) <b>2:30 pm</b> Walking Group (Lobby) <b>4:30 pm</b> Piano with Mary (MR)	*Signup required **Transportation provided, weather and ridership permitting			