

February 2019

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 Groundhog Day
3 1:30 pm Nondenominational Service and Communion Hosted by Episcopal Church (2 nd Floor, Terraces) 6 pm Super Bowl Tailgate Party (M/LR)	4 9:30 am Fitness Class (FR) 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) 6:30 pm depart: Dessert Cabaret CHRHS	5 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 Group (LR)	6 9:30 am Rockland Shopping** 9:30 am Fitness Class (FR) 1 pm Wii Golf (MR) 4:30 pm Piano with Mary (MR)	7 8:30 am departure Senior College (Hutchinson Center, Belfast)* ** 9:30 am Zumba (2T) 1:30 pm Knitting/Handcrafts (LR)	8 9:30 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 1:30 pm Soul Collage (MR)* 7 pm Movie Night (MR)	9 1:15 pm departure Everyman Repertory Theater, <i>Picasso at the Lapin Agile</i> * ** 4-5 pm Birthday Social (M/LR)
10 1:30 pm Nondenominational Lay Service Hosted by Judy Cucinotta (2 nd Floor, Terraces)	11 9:30 am Fitness Class (FR) 10:30 am Documentary & Discussion (MR) 11 am Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	12 9:30-11:30 am YMCA Swim** 10 am Camden Shopping** 10:30 am Women's Cancer Support Group (LR) 12:15 pm departure Encore Opera Series, <i>Carmen</i> (Strand Theatre, Rockland)* ** 2-3 pm Blood Pressure Clinic 3 pm Walmart Shopping* ** 4:30 pm Piano with Mary (MR)	13 9:30 am Fitness Class (FR) 11:30 am departure Lunch Out at Roselyn Thai Restaurant, Rockland* ** 1 pm Wii Golf (MR) 4:30 pm Piano with Mary (MR)	14 Valentine's Day 9:30 am Zumba (2 nd Floor, Terraces) 1:30 pm Knitting/Handcrafts (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
17 1:30 pm Nondenominational Service Hosted by Methodist Church (2 nd Floor, Terraces)	18 Presidents Day 9:30 am Fitness Class (FR) 11 am Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	19 10 am Camden Shopping** 10:30 am Catholic Mass w/Father Hyacinth 2T 2-3 pm Blood Pressure Clinic 4:30 pm Piano with Mary (MR)	20 9:30 am Rockland Shopping** 9:30 am Fitness Class (FR) 1 pm Wii Golf (MR) 4:30 pm Piano with Mary (MR)	21 9:30 am Zumba (2 nd Floor, Terraces) 1:30 pm Knitting/Handcrafts (LR)	22 9:30 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 3:15 pm departure CHA Community Advisory Board Event at Point Lookout (by invitation)* ** 7 pm Movie Night (MR)	23 4-5 pm Wine & Cheese Social (M/LR)
24 1:30 pm Nondenominational Service Hosted by Congregational Church (2 nd Floor, Terraces)	25 9:30 am Fitness Class (FR) 11 am Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	26 10 am Camden Shopping** 2-3 pm Blood Pressure Clinic 4:30 pm Piano with Mary (MR)	27 9:30 am Fitness Class (FR) 10:30 am "Stories from Maine" (M/LR)* 1 pm Wii Golf (MR) 4:30 pm Piano with Mary (MR)	28 9:30 am Zumba (2 nd Floor, Terraces) 1:30 pm Knitting/Handcrafts (LR)		