

# January 2018

# Cottages & Apartments

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	<b>1</b> New Year's Day	<b>2</b> 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 Alz. Support Group (LR)	<b>3</b> 9:30 am Rockland Shopping** 9:30 am Fitness Class (FR) 1 pm Wii Sports (MR) 1 pm Community Service Committee (Library, 3 <sup>rd</sup> Floor, Anderson Inn) 2:30 pm Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	<b>4</b> 1:30 pm Knitting & Handcrafts (LR)	<b>5</b> 9:30 am Fitness Class (FR) 9:30 am departure Freeport Shopping & Lunch* ** 10 am New Pathways for Parkinson's (MR) 3 pm Poetry, Tea & Thee (LR) 7 pm Movie Night (MR)	<b>6</b>
<b>7</b> 1:30 pm Nondenominational Service Hosted by Catholic Church (2nd Floor, Terraces)	<b>8</b> 9:30 am Fitness Class (FR) 3 pm Activities Committee (MR) 3 pm Book Club (Library, 3 <sup>rd</sup> Floor, Anderson Inn) 4:30 pm Piano with Mary (MR)	<b>9</b> 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)	<b>10</b> 9:30 am Fitness Class (FR) 1 pm Wii Sports (MR) 2:30 pm Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	<b>11</b> 9:30-10 am Zumba Gold Intro & Demo (FR)* 1:30 pm Knitting & Handcrafts (LR)	<b>12</b> 9:30 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 7 pm Movie Night (MR)	<b>13</b> 4-5 pm Birthday Social (M/LR)
<b>14</b> 1:30 pm Nondenominational Service and Communion Hosted by Episcopal Church (2nd Floor, Terraces) 3 pm departure Midcoast Community Chorus Concert (Strom Auditorium, CHRHS* **)	<b>15</b> M. L. King, Jr., Day 9:30 am Fitness Class (FR) 1 pm Chair Yoga with Toni (FR)* 4:30 pm Piano with Mary (MR)	<b>16</b> 10 am Camden Shopping** 10 am Men's Group (GR) 2-3 pm Blood Pressure Clinic 3:30 pm Remembrance Service (M/LR) 4:30 pm Piano with Mary (MR)	<b>17</b> 9:30 am Rockland Shopping** 9:30 am Fitness Class (FR) 1 pm Wii Sports (MR) 1:30 pm Art History: Ansel Adams (3 <sup>rd</sup> Floor LR, Terraces) 2:30 pm Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	<b>18</b> 8:30 am departure Senior College, Morning Classes * ** 12:15 pm departure Senior College, Afternoon Classes * ** 1:30 pm Knitting & Handcrafts (LR)	<b>19</b> 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)	<b>20</b>
<b>21</b> 1:30 pm Nondenominational Service Led by Mrs. Gabriele (2nd Floor, Terraces)	<b>22</b> 9:30 am Fitness Class (FR) 10:30 am Your Health Matters: John Jenkins Technique (M/LR)* 4:30 pm Piano with Mary (MR)	<b>23</b> 10 am Camden Shopping** 10 am Men's Group (GR) 2-3 pm Blood Pressure Clinic 11:30 am Cottage Association Board Meeting (DR) 4:30 pm Piano with Mary (MR)	<b>24</b> 9:30 am Fitness Class (FR) 1 pm Wii Sports (MR) 2:30 pm Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	<b>25</b> 8:30 am departure Senior College, Morning Classes * ** 12:15 pm departure Senior College, Afternoon Classes * ** 1:30 pm Knitting & Handcrafts (LR)	<b>26</b> 9:30 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 7 pm Movie Night (MR)	<b>27</b> 4-5 pm Wine & Cheese Social (M/LR)
<b>28</b> 1:30 pm Nondenominational Service Led by Judy Cucinotta (2nd Floor, Terraces)	<b>29</b> 9:30 am Fitness Class (FR) 3 pm New Residents Tea (M/LR) 4:30 pm Piano with Mary (MR)	<b>30</b> 10 am Camden Shopping** 10 am Men's Group (GR) 2-3 pm Blood Pressure Clinic 4:30 pm Piano with Mary (MR)	<b>31</b> 9:30 am Fitness Class (FR) 1 pm Wii Sports (MR) 2:30 pm Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	*Signup required **Transportation provided, weather and ridership permitting		