

January 2019

Cottages & Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day	2 9:30 am Rockland Shopping** 9:30 am Fitness Class (FR) 1 pm Wii Golf (MR)	3 9:30 am Zumba (2 nd Floor, Terraces) 1:30 pm Knitting/Handcrafts (LR)	4 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)	5
6 Epiphany 1:30 pm Nondenominational Service Hosted by Methodist Church (2nd Floor, Terraces)	7 9:30 am Fitness Class (FR) 11 am Walking Group (Lobby) 1:30 pm Art History with Jennifer Healy, "Louise Nevelson" (3 rd Floor, Terraces) 3 pm Book Club (Library, 3 rd Floor, Anderson Inn) 3 pm Activities Committee (GR) 4:30 pm Piano with Mary (MR)	8 10 am Camden Shopping** 10:30 am Women's Cancer Support Group (LR) 2-3 pm Blood Pressure Clinic 4:30 pm Piano with Mary (MR)	9 9:30 am Fitness Class (FR) 1 pm Wii Golf (MR) 2 pm Care of House Plants (2 nd Floor, Terraces) 4:30 pm Piano with Mary (MR)	10 9:30 am departure Shopping in Freeport* **(snow date 1/11) 9:30 am Zumba (2 nd Floor, Terraces) 1:30 pm Knitting/Handcrafts (LR)	11 9:30 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 2 pm "As Time Goes By" with Hank Lunn (2 nd Floor, Terraces) 7 pm Movie Night (MR)	12 4-5 pm Birthday Social (M/LR)
13 1:30 pm Nondenominational Service Hosted by Congregational Church (2nd Floor, Terraces) 3 pm departure Midcoast Community Chorus Concert (Strom Auditorium, CHRHS)* **	14 9:30 am Fitness Class (FR) 10:30 am Documentary & Discussion (MR) 11 am Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	15 10 am Camden Shopping** 10:30 am Catholic Mass with Father Hyacinth (2 nd Floor, Terraces) 2-3 pm Blood Pressure Clinic 3:30 pm Remembrance Service (M/LR)	16 9:30 am Rockland Shopping** 9:30 am Fitness Class (FR) 1 pm Wii Golf (MR) 4:30 pm Piano with Mary (MR)	17 8:30 am departure Senior College (Hutchinson Center, Belfast)* ** 9:30 am Zumba (2 nd Floor, Terraces) 11 am Residents Council Meeting (MR) 1:30 pm Knitting/Handcrafts (LR)	18 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)	19
20 1:30 pm Nondenominational Service Hosted by Catholic Church (2nd Floor, Terraces)	21 M L King Jr. Day 9:30 am Fitness Class (FR) 11 am Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	22 10 am Camden Shopping** 12:15 pm departure Encore Opera Series, <i>Adriana Lecourveur</i> (Strand Theatre, Rockland)* ** 2-3 pm Blood Pressure Clinic 3 pm Walmart Shopping* ** 4 pm Piano with Masanobu (MR)	23 9:30 am Fitness Class (FR) 1 pm Wii Golf (MR) 4:30 pm Piano with Mary (MR)	24 8:30 am departure Senior College (Hutchinson Center, Belfast)* ** 9:30 am Zumba (2 nd Floor, Terraces) 1:30 pm Knitting/Handcrafts (LR)	25 9:30 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 7 pm Movie Night (MR)	26 4-5 pm Wine & Cheese Social (M/LR)
27 1:30 pm Nondenominational Service and Communion Hosted by Episcopal Church (2nd Floor, Terraces)	28 9:30 am Fitness Class (FR) 11 am Walking Group (Lobby) 3 pm New Residents Tea (M/LR)	29 10 am Camden Shopping** 2-3 pm Blood Pressure Clinic 4:30 pm Piano with Mary (MR)	30 9:30 am Fitness Class (FR) 1 pm Wii Golf (MR) 4:30 pm Piano with Mary (MR)	31 8:30 am departure Senior College (Hutchinson Center, Belfast)* ** 9:30 am Zumba (2T) 1:30 pm Knitting/Handcrafts (LR)	*Signup required **Transportation provided, weather and ridership permitting	