

March 2019

Cottages & Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:30 am Fitness Class (MR) 10 am New Pathways for Parkinson's (FR) 3 pm Poetry, Tea & Thee (LR) 7 pm Movie Night (MR)	2
3 1:30 pm Nondenominational Service Hosted by Catholic Church (2nd Floor, Terraces) 1:30 pm departure Marcia Anderson Artist's Reception (Camden Public Library)	4 9:30 am Fitness Class (MR) 11 am Walking Group (Lobby) 3 pm Book Club (Library, 3rd Floor, Anderson Inn) 3 pm Activities Committee (GR)	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) 5 pm departure Parkinson's Fundraiser at Flatbread* ** 6-7 pm Alzheimer's Support	6 Ash Wednesday 9:30 am Rockland Shopping** 9:30 am Fitness Class (MR) 1 pm Wii Golf (MR) 4:30 pm Piano with Mary (MR)	7 9:30 am Zumba (2nd Floor, Terraces) 1:30 pm Knitting/Handcrafts (LR)	8 9:30 am Fitness Class (MR) 10 am New Pathways for Parkinson's (FR) 7 pm Movie Night (MR)	9 4-5 pm Birthday Social (M/LR)
10 Daylight Saving Time Begins 1:30 pm Nondenominational Service and Communion Hosted by Episcopal Church (2nd Floor, Terraces)	11 9:30 am Fitness Class (MR) 10:30 am Documentary & Discussion (MR) 11 am Walking Group (Lobby)	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 Opera at the Strand, <i>La Fille du Regiment</i> (Strand Theatre, Rockland)* **	13 9:30 am Fitness Class (MR) 10 am-12 noon Puzzle Swap (GR) 1 pm Wii Golf (MR) 4:30 pm Piano with Mary (MR)	14 9:30 am Zumba (2nd Floor, Terraces) 11:30 am departure Lunch at World Cafe , Rockland* ** 1:30 pm Knitting/Handcrafts (LR) 3 pm Apartment Residents Meeting (M/LR)	15 9:30 am Fitness Class (MR) 10 am New Pathways for Parkinson's (FR) 2-3:30 pm Irish Coffee Social (M/LR) 7 pm Movie Night (MR)	16
17 St. Patrick's Day 1:30 pm Nondenominational Lay Service Led by Mrs. Gabriele (2nd Floor, Terraces)	18 9:30 am Fitness Class (MR) 11 am Walking Group (Lobby)	19 9:30-11:30 am YMCA Swim** 10 am Camden Shopping** 10:30 am Catholic Mass with Father Hyacinth 2T 2-3 pm Blood Pressure Clinic	20 Spring Begins/Purim 9:30 am Rockland Shopping** 9:30 am Fitness Class (MR) 10:30 am "Downsizing Made Easy" (M/LR)* 1 pm Wii Golf (MR)	21 9:30 am Zumba (2nd Floor, Terraces) 1:30 pm Knitting/Handcrafts (LR)	22 9:30 am Fitness Class (MR) 10 am New Pathways for Parkinson's (FR) 7 pm Movie Night (MR)	23
24 1:30 pm Nondenominational Lay Service Led by Judy Cucinotta (2nd Floor, Terraces)	25 9:30 am Fitness Class (MR) 11 am Walking Group (Lobby)	26 9:30-11:30 am YMCA Swim** 10 am Camden Shopping** 2-3 pm Blood Pressure Clinic 4 pm Piano with Masanobu (MR)	27 9:30 am Fitness Class (MR) 1 pm Wii Golf (MR)	28 8:30 am departure Senior College (Hutchinson Center, Belfast)* ** 9:30 am Zumba (2T) 10:30 am "Integrative Approaches to Digestive Health" (M/LR)* 1:30 pm Knitting/Handcrafts	29 9:30 am Fitness Class (MR) 10 am New Pathways for Parkinson's (FR) 7 pm Movie Night (MR)	30 4-5 pm Wine & Cheese Social (M/LR)
31 1:30 pm Nondenominational Service Hosted by Methodist Church (2nd Floor, Terraces)				*Signup required **Transportation provided, weather and ridership permitting		