

# October 2019

# Cottages & Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> <b>10 am</b> Camden Shopping** <b>12 noon-2 pm</b> Parkinson's Support Group (MR, GR) <b>2-3 pm</b> Blood Pressure Clinic <b>4:30 pm</b> Piano with Mary (MR) <b>6-7 pm</b> Alzheimer's Support Group (MR)	<b>2</b> <b>9:30 am</b> Rockland Shopping** <b>9:30 am</b> Fitness Class (MR) <b>1 pm</b> Wii Golf (MR) <b>4:30 pm</b> Piano with Mary (MR) <b>6:30 pm</b> <b>Departure</b> CIFF Selects, <i>The Cave</i> (Camden Opera House)* **	<b>3</b> <b>9:30 am</b> Zumba (2 <sup>nd</sup> Floor, Terraces) <b>1:30 pm</b> Knit/Handcrafts (LR) <b>6:30 pm</b> Scrabble/Cribbage (GR)	<b>4</b> <b>9:30 am</b> Fitness Class (MR) <b>11 am</b> New Pathways for Parkinson's (MR) <b>3 pm</b> Poetry, Tea & Thee (LR) <b>7 pm</b> Movie Night (MR)	<b>5</b> <b>6:45 pm</b> <b>Departure</b> Glen Jenks Ragtime Revue (Camden Opera House)* **
<b>6</b> <b>1:30 pm</b> Nondenominational Service and Communion Hosted by Episcopal Church (2 <sup>nd</sup> Floor, Terraces)	<b>7</b> <b>9:30 am</b> Fitness Class (MR) <b>11 am</b> Walking Group (Lobby) <b>3 pm</b> Book Club (Library, 3 <sup>rd</sup> Floor, Anderson Inn) <b>3 pm</b> Activities Committee (GR) <b>3 pm</b> Cottage Association Annual Meeting (M/LR)	<b>8 Yom Kippur at Sundown</b> <b>10 am</b> Camden Shopping** <b>2-3 pm</b> Blood Pressure Clinic <b>4:30 pm</b> Piano with Mary (MR)	<b>9</b> <b>9:30 am</b> Fitness Class (MR) <b>1 pm</b> Wii Golf (MR) <b>4:30 pm</b> Piano with Mary (MR)	<b>10</b> <b>9:30 am</b> Zumba (2 <sup>nd</sup> Floor, Terraces) <b>1:30 pm</b> Knit/Handcrafts (LR) <b>2 pm</b> Men's Group Organizational Meeting (GR) <b>6:30 pm</b> Scrabble/Cribbage (GR)	<b>11</b> <b>9:30 am</b> Fitness Class (MR) <b>10 am-3 pm</b> AARP Driver Safety Course (MR)* <b>11 am</b> New Pathways for Parkinson's (MR) <b>7 pm</b> Movie Night (MR)	<b>12</b> <b>4-5 pm</b> Birthday Social (M/LR)
<b>13</b> <b>1:30 pm</b> Nondenominational Lay Service Led by Mrs. Gabriele (2 <sup>nd</sup> Floor, Terraces) <b>12:30 pm</b> <b>Departure</b> Hope Orchards Fall Festival* **	<b>14 Columbus Day</b> <b>9:30 am</b> Fitness Class (FR) <b>11 am</b> Walking Group (Lobby) <b>4:30 pm</b> Piano with Mary (MR)	<b>15</b> <b>10 am</b> Camden Shopping** <b>10:30 am</b> Catholic Mass (2 <sup>nd</sup> Floor, Terraces) <b>2-3 pm</b> Blood Pressure Clinic <b>4:30 pm</b> Piano with Mary (MR)	<b>16</b> <b>9:30 am</b> Rockland Shopping** <b>9:30 am</b> Fitness Class (MR) <b>1 pm</b> "A Toast to Craft Beers" (M/LR)* <b>4:30 pm</b> Piano with Mary (MR)	<b>17</b> <b>9:30 am</b> Zumba (2 <sup>nd</sup> Floor, Terraces) <b>11 am</b> Residents Council Meeting (MR) <b>1:30 pm</b> Knit/Handcrafts (LR) <b>6:30 pm</b> Scrabble/Cribbage (GR)	<b>18</b> <b>9:30 am</b> Fitness Class (MR) <b>11 am</b> New Pathways for Parkinson's (MR) <b>11:30 am</b> <b>Departure</b> Foliage Ride & Lunch Out* ** <b>3 pm</b> Poetry, Tea & Thee (LR) <b>7 pm</b> Movie Night (MR)	<b>19</b> <b>3 pm (doors open at 2 pm)</b> Penobscot Bay Ringers Autumn Ring (DR)
<b>20</b> <b>1 pm</b> <b>Departure</b> Lobsterpalooza Tasting Event (Rockland Elks Club)* ** <b>1:30 pm</b> Nondenominational Lay Service Led by Judy Cucinotta (2 <sup>nd</sup> Floor, Terraces)	<b>21</b> <b>9:30 am</b> Fitness Class (FR) <b>11 am</b> Walking Group (Lobby) <b>4:30 pm</b> Piano with Mary (MR)	<b>22</b> <b>10 am</b> Camden Shopping** <b>12:15 pm</b> <b>Departure</b> Opera at the Strand, <i>Turandot</i> (Strand Theatre, Rockland)* ** <b>2-3 pm</b> Blood Pressure Clinic <b>4:30 pm</b> Piano with Mary (MR)	<b>23</b> <b>9:30 am</b> Fitness Class (MR) <b>9 am-12 noon</b> "Courageous Communication" (M/LR)* <b>1 pm</b> Wii Golf (MR) <b>4:30 pm</b> Piano with Mary (MR) <b>6:30 pm</b> <b>Departure</b> CIFF Film, TBA (Camden Opera House)* **	<b>24 United Nations Day</b> <b>9:30 am</b> Zumba (2 <sup>nd</sup> Floor, Terraces) <b>1:30 pm</b> Knit/Handcrafts (LR) <b>6:30 pm</b> Scrabble/Cribbage (GR)	<b>25</b> <b>9:30 am</b> Fitness Class (MR) <b>11 am</b> New Pathways for Parkinson's (MR) <b>7 pm</b> Movie Night (MR)	<b>26</b> <b>4-5 pm</b> Wine & Cheese Social (M/LR)
<b>27</b> <b>1:30 pm</b> Nondenominational Service Hosted by Methodist Church (2 <sup>nd</sup> Floor, Terraces)	<b>28</b> <b>9:30 am</b> Fitness Class (FR) <b>11 am</b> Walking Group (Lobby) <b>4:30 pm</b> Piano with Mary (MR)	<b>29</b> <b>10 am</b> Camden Shopping** <b>2-3 pm</b> Blood Pressure Clinic <b>4:30 pm</b> Piano with Mary (MR)	<b>30</b> <b>9:30 am</b> Fitness Class (MR) <b>1 pm</b> Wii Golf (MR) <b>4:30 pm</b> Piano with Mary (MR)	<b>31 Halloween</b> <b>9:30 am</b> Zumba (2 <sup>nd</sup> Floor, Terraces) <b>1:30 pm</b> Knit/Handcrafts (LR) <b>6:30 pm</b> Scrabble/Cribbage (GR)	*Signup required **Transportation provided, weather and ridership permitting	