

OCTOBER 2017 – Cottages & Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1:30 pm Nondenominational Service Hosted by Methodist Church (2nd Floor, Terraces)	2 9:30 am Fitness Class (FR) 3 pm Activities Committee (MR) 3 pm Book Club (QH Library) 4:30 pm Piano with Mary (MR)	3 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 Alzheimer's Support Group (LR)	4 9:30 am Rockland Shopping** 9:30 am Fitness Class (FR) 1 pm Wii Sports (MR) 2:30 pm Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	5 8:30 am departure Senior College, Morning Classes * ** 12:15 pm departure Senior College, Afternoon Classes * ** 1:30 pm Knitting & Handcrafts (LR)	6 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)	7
8 1:30 pm Nondenominational Service Hosted by Congregational Church (2nd Floor, Terraces)	9 Columbus Day 9:30 am Fitness Class (FR) 10:30 am Doc./Discussion Group (MR) 4:30 pm Piano with Mary (MR)	10 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)	11 9:30 am Fitness Class (FR) 10 am departure Penobscot Narrows Bridge & Lunch at Harbor View Grille * ** 1 pm Wii Sports (MR) 1:30 pm Community Service Committee (QH Library) 2:30 pm Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	12 8:30 am departure Senior College, Morning Classes * ** 12:15 pm departure Senior College, Afternoon Classes * ** 1:30 pm Knitting & Handcrafts (LR)	13 9:30 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 6:45 pm departure "Sultans of String" (Cam Op House) * ** 7 pm Movie Night (MR)	14 4-5 pm Birthday Social (M/LR)
15 1:30 pm Nondenominational Service Hosted by Catholic Church (2nd Floor, Terraces)	16 9:30 am Fitness Class (FR) 11 am Theater Group (3 rd Floor, Terraces) * 1 pm Savvy Caregiver (MR) * 4:30 pm Piano with Mary (MR)	17 10 am Camden Shopping** 10 am Men's Group (GR) 2-3 pm Blood Pressure Clinic 4:30 pm Piano with Mary (MR)	18 9:30 am Rockland Shopping** 9:30 am Fitness Class (FR) 10:30 am Adventures in Living Well, "Protecting Seniors from Exploitation" (M/LR) * 1 pm Wii Sports (MR) 2:30 pm Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	19 8:30 am departure Senior College, Morning Classes * ** 12:15 pm departure Senior College, Afternoon Classes * ** 1:30 pm Knitting & Handcrafts (LR) 5-6:30 pm Farewell Reception for Dr. Kahn (M/LR)	20 9:30 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 11 am departure Lunch at Owls Head Gen Store * ** 3 pm Poetry, Tea & Thee (LR) 7 pm Movie Night (MR)	21 2 pm Penobscot Bay Ringers (DR)
22 1:30 pm Nondenominational Service and Communion Hosted by Episcopal Church (2nd Floor, Terraces)	23 9:30 am Fitness Class (FR) 4:30 pm Piano with Mary (MR)	24 10 am Camden Shopping** 10 am Men's Group (GR) 2-3 pm Blood Pressure Clinic 4:30 pm Piano with Mary (MR)	25 9 am Women After 50, "Finding Your Balance" (M/LR) * 9:30 am Fitness Class (FR) 1 pm Wii Sports (MR) 2:30 pm Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	26 8:30 am departure Senior College, Morning Classes * ** 12:15 pm departure Senior College, Afternoon Classes * ** 1:30 pm Knitting & Handcrafts (LR)	27 9:30 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 1:15 pm departure Farnsworth Museum * ** 7 pm Movie Night (MR)	28 1-3 pm Cottage Open House 4-5 pm Wine & Cheese Social (M/LR)
29 1:30 pm Nondenominational Service Led by Pastor Gabriele (2nd Floor, Terraces)	30 9:30 am Fitness Class (FR) 1 pm Yoga with Toni (FR) * 12 noon Savvy Caregiver (final session—note time change) * 3 pm Annual Cottage Shareholders Meeting (M/LR) 4:30 pm Piano with Mary (MR)	31 Halloween 10 am Camden Shopping** 10 am Men's Group (GR) 2-3 pm Blood Pressure Clinic 4 pm Candy for Trick-or-Treaters (Lobby) 4:30 pm Piano with Mary (MR)	*Signup required **Transportation provided, weather and ridership permitting			