

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 am Rockland Shopping** 9:30-10:15 am Fitness Class (FR) 10 am Coffee Talk Hour formerly Senior Breakfast (MR) 3 pm Activities Committee (L)	2 8:30 am departure Senior College* ** 12:15 pm departure Senior College* ** 1:30 pm Knitting (LR)	3 9:30-10:15 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 3 pm Poetry, Tea & Thee (LR) 7 pm Movie Night (MR)	4 12:30 pm Movie & Popcorn (MR)
5 1:30 pm Nondenom. Service Hosted by Methodist Church (2T)	6 8 am-12:30 pm AARP Driver Safety Course (MR)* 9:30-10:15 am Fitness Class (FR)	7 9-11 am Matt. of Balance (MR)* 10 am Camden Shopping** 10 am Men's Group (GR) 12 noon Parkinson's Support (MR, GR) 2-3 pm Blood Pressure Clinic 2 pm Wii Bowling (MR) 3 pm Wii Golf (MR) 6 pm Alzheimer's Supp. (MR)	8 9:30 am Rockland Shopping** 9:30-10:15 am Fitness Class (FR)	9 8:30 am departure Senior College* ** 9-11 am Matt. of Balance (MR)* 12:15 pm departure Senior College* ** 1:30 pm Knitting (LR)	10 9:30-10:15 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 7 pm Movie Night	11 12:30 pm Movie & Popcorn (MR) 4-5 pm Birthday Social (M/LR)
12 1-3 pm Cottage Open House (tentative) 1:30 pm Nondenom. Service Hosted by Congregational Church (2T)	13 Columbus Day 9:30-10:15 am Fitness Class (FR) 10:30 am-12:30 pm Documentary/Discussion Group (MR)	14 9-11 am Matt. of Balance (MR)* 10 am Camden Shopping** 10 am Men's Group (GR) 1 pm Wii Bowling (MR) 2 pm Wii Golf (MR) 2-3 pm Blood Pressure Clinic	15 9:30 am Rockland Shopping** 9:30-10:15 am Fitness Class 10:30 am-12 noon Adventures in Living Well, "Words to Music: Poetry of Dave Morrison" (M/LR)*	16 8:30 am departure Senior College* ** 9-11 am Matt. of Balance (MR)* 12:15 pm departure Senior College* ** 1:30 pm Knitting (LR)	17 9:30-10:15 am Fitness Class 10 am New Pathways for Parkinson's (MR) 11:45 am departure C/R Historical Society Fall Fest.* ** 3 pm Poetry, Tea & Thee (LR) 7 pm Movie Night (MR)	18 12:30 pm Movie & Popcorn (MR)
19 1:30 pm Nondenom. Service Hosted by Catholic Church (2T)	20 9:30-10:15 am Fitness Class (FR) 2-4 pm Flu Shots by Appointment (HSC Office, 3 rd Floor, Anderson Inn)	21 9-11 am Matt. of Balance (MR)* 10 am-12 noon Flu Shots by Appointment (HSC Office, 3 rd Floor, Anderson Inn) 10 am Camden Shopping** 10 am Men's Group (GR) 12:30 departure Opera @ Strand, <i>Macbeth</i> * ** 1 pm Wii Bowling (MR) 2 pm Wii Golf (MR) 2-3 pm Blood Pressure Clinic	22 9:30 am Rockland Shopping** 9:30-10:15 am Fitness Class (FR) 2-4 pm Flu Shots by Appointment (HSC Office, 3 rd Floor, Anderson Inn)	23 8:30 am departure Senior College* ** 9-11 am Matt. of Balance (MR)* 10 am-12 noon Flu Shots by Appointment (HSC Office, 3 rd Floor, Anderson Inn) 12:15 pm departure Senior College* ** 1:30 pm Knitting (LR)	24 9:30-10:15 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 7 pm Movie Night	25 12:30 pm Movie & Popcorn (MR) 4-5 pm Wine & Cheese Social (M/LR)
26 1:30 pm Nondenom. Service Hosted by Episcopal Church (2T)	27 9:30-10:15 am Fitness Class (FR)	28 9-11 am Matter of Balance (MR)* 10 am Camden Shopping** 10 am Men's Group (GR) 12:30 departure Opera @ Strand, <i>Marriage of Figaro</i> 1 pm Wii Bowling (MR) 2 pm Wii Golf (MR) 2-3 pm Blood Pressure Clinic	29 9:30 am Rockland Shopping** 9:30-10:15 am Fitness Class (FR)	30 9-11 am Matter of Balance (MR)* 1:30 pm Knitting/Handcrafts (LR)	31 Halloween 9:30-10:15 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 7 pm Movie Night	*Signup required **Transportation provided, weather and ridership permitting