

| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|--|--|--|--|--|--|---|
| 1<br>Holti Off   | 2<br>Holti Off   | 3<br>Holti Off   | 4<br>Lynne Off   | 5<br>Lynne Off   | 6<br>Sunny On  | 7<br>Sunny On   |
|  | 10 am: Bingo (2T)<br>4 pm: Bereavement Support Group (IL Game Room)  | 9:30 am: Activities Shops for Residents<br>10 am: Pet Therapy Visits w/ Angus<br>10:30 am: Share, Care, & Prayer Group (2T Living Room)  | 10 am: Our Lady of Good Hope Catholic Church Service (2T Living Room)<br>2 pm: Creative Stitchery (3T)   | 10 am: Resident Council (2T)<br>10:30 am: Men's Group (IL Game Room)<br>11 am: Christmas Carol Sing-Along w/ Riley School Children (2T)<br>11 am: Awareness Series, "Seasonal Affective Disorder...It's a Real Thing" (IL Media/Living Room), Sign Up<br>2:30 pm: Seated Yoga (2T) | 2 pm Departure: Camden Library, Sign Up<br>2 pm: Chorus Group (2T)   | 10:30 am: Harborside Harmony Christmas Concert (IL Media/Living Room)         |
| 8<br>1:30 pm: First Congregational Church Service (2T) | 9<br>Holti Off   | 10<br>Holti Off  | 11<br>Lynne Off  | 12<br>Lynne Off  | 13<br>Lynne Off  | 14<br>Pearl Harbor Day  |
|  | 10 am: Bingo (2T)<br>10 am: Snowball Guessing Jar Game (Located on Table by Elevator)<br>12 noon: Parkinson's Support Group (IL Media/Living Room)<br>2 pm: Movie: <i>How the Grinch Stole Christmas</i> , w/ Refreshments (2T) (YouTube 1 hr., 40 min.) | 9:30 am: Activities Shops for Residents<br>9 am: Manicures (3T)<br>10 am: Dietary Meeting (2T)<br>10 am: Pet Therapy Visits w/ Angus<br>2:30 pm: Piano w/ Masanobu (IL Media/Living Room)                        | 10 am: Christmas Craft (2T)<br>2 pm: Reading Group w/ Holli (2T Living Room)<br>4 pm Departure: Holiday Lights Ride Through Rockland, Sign Up          | 10 am: Live Music w/ Heather Hardy (2T)<br>10:30 am: Men's Group (IL Game Room)<br>2:30 pm: Seated Yoga (2T)   | 9:30 am Departure: Walmart, Thomaston, Sign Up<br>10 am: Sit & Be Fit (2T)<br>2 pm: Chorus Group (2T)<br>6:30 pm: Shabbat Service (2T)   |   |
| 15   | 16   | 17   | 18<br>Lynne & Holli Off  | 19<br>Lynne Off  | 20<br>Lynne Off  | 21<br>Lynne On  |
|  | 10 am: Bingo (2T)<br>2 pm: Creative Stitchery (3T)<br>3 pm: Enrichment Series, "Even I Could Do That!": Understanding Modern Art Concepts & Studio Workshop' (IL Media/Living Room), Sign Up   | 9:30 am: Activities Shops for Residents<br>10:30 am: Share, Care, & Prayer Group (2T Living Room)<br>2 pm: Holiday Party w/ Refreshments (Gardens Dining Room)   | 8 am: Men's Breakfast (IL Dining Room)<br>10 am: Our Lady of Good Hope Catholic Church Service (2T Living Room)<br>2 pm: Live Music w/ Jim Gibson (2T) | 10 am: Chat w/ Loriman & Amanda (2T)<br>10:30 am: Men's Group (IL Game Room)<br>11:15 am: Documentary: <i>The History Channel's The Real Story of Christmas</i> (2T) (YouTube, 42 min.)<br>1 pm: CMCA Open Studio/Art Lesson (Gardens Dining Room)<br>2:30 pm: Seated Yoga (2T)    | 10 am: Creative Coloring Therapy (2T Craft Room)<br>10 am: Sit & Be Fit (2T)<br>2 pm Departure: Camden Library, Sign Up<br>2 pm: Christmas Carols Concert, Presented by QH Residents (IL Media/Living Room), Sign Up | Winter Begins   |
| 22<br>Sunny On   | 23<br>Sunny On   | 24<br>Sunny On   | 25<br>Sunny On   | 26<br>Lynne Off  | 27<br>Lynne Off  | 28<br>Lynne On  |
| 1:30 pm: Chestnut Street Baptist Church Service (2T)   | 10 am: Bingo w/ Sunny (2T)<br>3 pm: Holiday Caroling Inside the Inn (Meet in Main Lobby)   | 9:30 am: Activities Shops for Residents<br>10 am: Christmas Sing-Along w/ Activities (2T)<br>10 am: Pet Therapy Visits w/ Angus  | Happy HOLIDAYS<br>Hanukkah Begins<br>Christmas   | 9 am: Manicures (3T)<br>10 am: Reading Group w/ Holli (2T Living Room)<br>10:30 am: Men's Group (IL Game Room)<br>2:30 pm: Seated Yoga (2T)  | 10 am: Sit & Be Fit (2T)<br>2 pm: Andrew Wyeth: <i>I Paint My Life</i> , Presented by Victoria Wyeth (IL Media/Living Room)  | 2 pm: Movie: <i>Hot Frosty</i> (2T) (Netflix, Romance-Comedy, 1 hr., 32 min.) |
| 29<br>Lynne On   | 30<br>Holti Off  | 31<br>Holti Off  |  <h1>December 2024</h1> <h2>Terraces</h2>                         |  |  |   |
| 10 am: Po-Ke-No (2T)<br>2 pm: Taboo (2T)               | 10 am: Bingo (2T)<br>2 pm: Creative Stitchery (3T)   | 9:30 am: Activities Shops for Residents<br>10 am: Pet Therapy Visits w/ Angus<br>10:30 am: Share, Care, & Prayer Group (2T Living Room)<br>2 pm: New Year's Eve Social w/ Booze & Tattoos (2T)<br>New Year's Eve |  |  |  |   |

Activities Details Subject to Change