

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2025 Terraces

			<p>1 9 am: Manicures (3T) 10 am: Bunny Craft (Craft Room) 2 pm: <b>Live Music w/ Chris Heard (2T)</b></p> <p>New Year's Day</p>	<p>2 Lynne Off 10 am: Resident Council Meeting (2T) 10:30 am: Men's Group (IL Game Room) 2:30 pm: Seated Yoga (2T)</p>	<p>3 9:30 am <b>Departure: Walmart, Thomaston, Sign Up</b> 10 am: Sit &amp; Be Fit (2T) 2 pm <b>Departure: Camden Library, Sign Up</b> 2 pm: Creative Coloring Therapy (Craft Room)</p>	<p>4 Sunny &amp; Holli On 10:30 am: <b>Live Music w/ Bruce Hardina (2T)</b></p>
<p>5 Holli Off 10 am: Bingo (2T) 2 pm: Creative Stitchery (3T) 4 pm: Bereavement Support Group (IL Game Room)</p>	<p>6 Holli Off 9:30 am: Activities Shops for Residents 10 am: Pet Therapy Visits w/ Angus 2 pm: Documentary: <i>Spring in Wales: Land of the Wild</i> (2T) (YouTube, 48 min.)</p>	<p>7 Holli Off 9:30 am: Activities Shops for Residents 10 am: Pet Therapy Visits w/ Angus 2 pm: Documentary: <i>Spring in Wales: Land of the Wild</i> (2T) (YouTube, 48 min.)</p>	<p>8 New Year's Day 10 am: Po-Ke-No (2T) 2 pm: Reading Group w/Holli (2T Living Room)</p>	<p>9 Lynne Off 10 am: <b>Live Music w/ Heather Hardy (2T)</b> 10:30 am: Men's Group (IL Game Room) 2:30 pm: Seated Yoga (2T)</p>	<p>10 10 am <b>Departure: Reny's, Camden, Sign Up</b> 10 am: Sit &amp; Be Fit (2T) 2 pm: Creative Coloring Therapy (Craft Room)</p>	<p>11</p>
<p>12 Holli Off 9:30 am: <b>Veterans Coffee Social w/ American Legion War Memorial Post 30 (3T Dining Room)</b> 10 am: Bingo (2T) 12 noon: Parkinson's Support Group (IL Media/Living Room) 2 pm: Creative Stitchery (3T)</p>	<p>13 Holli Off 9:30 am: Activities Shops for Residents 10 am: Pet Therapy Visits w/ Angus 2 pm: Dietary Meeting</p>	<p>14 9:30 am: Activities Shops for Residents 10 am: Pet Therapy Visits w/ Angus 2 pm: Dietary Meeting</p>	<p>15 9 am: Manicures (3T) 10 am: Our Lady of Good Hope Catholic Church Service (2T Living Room) 2 pm: Creative Coloring Therapy (Craft Room) 2 pm: Just Beat It (2T)</p>	<p>16 Lynne Off 10 am: Trivia (2T) 10:30 am: Men's Group (IL Game Room) 1 pm: <b>CMCA Art Studio (Gardens Dining Room)</b> 2:30 pm: Seated Yoga (2T)</p>	<p>17 10 am: Scrabble/Skip Bo (2T) 10 am: Sit &amp; Be Fit (2T) 2 pm <b>Departure: Camden Library, Sign Up</b> 2 pm: <b>Paint &amp; Sip w/ Rachael, Winter Theme (IL Media Room), Sign Up</b></p>	<p>18</p>
<p>19 Holli Off 10 am: Bingo (2T) 2 pm: Creative Stitchery (3T)</p> <p>Activity Professionals Week</p>	<p>20 Holli Off 10 am: Bingo (2T) 2 pm: Creative Stitchery (3T)</p> <p>Martin Luther King Jr. Day</p>	<p>21 9:30 am: Activities Shops for Residents 10 am: Pet Therapy Visits w/ Angus 2 pm: <b>Chewonki's "Mammals of Maine" Natural History Presentation (IL Media Room), Sign Up</b></p>	<p>22 10 am: Po-Ke-No (2T) 2 pm: Creative Coloring Therapy (Craft Room) 2 pm: Reading Group w/Holli (2T Living Room)</p>	<p>23 Lynne Off 9 am: Baking (3T) 10:30 am: Documentary: <i>Found Footage Brings Elvis's Legendary Legacy to Life</i> (2T) (YouTube, 48 min.) 10:30 am: Men's Group (IL Game Room) 2 pm: Paint a Birdhouse w/ People Place Children (Craft Room), Sign Up 2:30 pm: Seated Yoga (2T)</p>	<p>24 Lynne Off 10 am: Sit &amp; Be Fit (2T) 2 pm: <b>Scenic Ride to Dairy Queen, Rockland, Sign Up</b></p>	<p>25 Lynne On 10 am: Bingo (2T) 11:30 am <b>Departure: Lunch at Pizza Hut, Rockland, Sign Up</b> 3 pm: Creative Stitchery (2T)</p>
<p>26 Lynne On 10 am: Taboo (Trivia) 2T 1:30 pm: Chestnut Street Baptist Church (2T) 2:30 pm: Creative Coloring Therapy (Craft Room)</p>	<p>27 Holli Off 10 am: Bingo (2T) 2 pm: Creative Stitchery (3T)</p>	<p>28 9:30 am: Activities Shops for Residents 10 am: Pet Therapy Visits w/ Angus 10 am: Trivia (2T) 2 pm: <b>Live Music w/ Jim Gibson (2T)</b></p> <p>National Trivia Day</p>	<p>29 Lynne Off 8 am: <b>Men's Breakfast (IL Dining Room), Sign Up</b> 9 am: Manicures (3T) 10 am: Our Lady of Good Hope Catholic Church Service (2T Living Room) 11 am: People Place Children Visit, (2T) 2pm: Corn Hole w/ Chips (2T)</p> <p>Corn Chip Day</p>	<p>30 Lynne Off 10:30 am: Men's Group (IL Game Room) 2:30 pm: Seated Yoga (2T)</p>	<p>31 10 am: Hot Chocolate Cart 2 pm <b>Departure: Camden Library, Sign Up</b> 2 pm: <b>Quarry Hill Residents Art Show (IL Media Living Room)</b></p> <p>National Hot Chocolate Day</p>	

Activities Details Subject to Change