



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 am Departure: Shopping 10:30 am: Activities Committee Meeting (GR) 1 to 2 pm: Blood Pressure Clinic (HSC) 2 pm: Spring Cookie Decorating Class w/ Leslie (M/LR)* 6 pm: Alzheimer's Support Group (Zoom) April Fools' Day	2 10 am: Fitness Class (MR) 2 pm: Library Committee Mtg (L) 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	3 10 am: Open Gym (FR) 10:30 am: Men's Group (GR) 2 pm: Chat & Stitch + Books (L) 2:30 pm: Seated Yoga (2T)	4 9:30 am Departure: Walmart, Thomaston* ** 10 am: Fitness Class (MR) 1:30 pm: Chinese Mahjong (GR) 7 pm: Movie Night (M/LR)	5
6	7 10 am: Fitness Class (MR) 2 pm: Resident Choir Practice (2T) 4 pm: Bereavement Support Group (GR)	8 9:15 am: QHA Grounds Committee Meeting (PDR) 9:30 am Departure: Shopping 9:30 am: Just Beat It (MR)* 11 am: Enrichment Series, "Malaga Island: A Nefarious Piece of Maine History" (M/LR)* 1 to 2 pm: Blood Pressure Clinic (HSC)	9 10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T) 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	10 10 am: Live Music w/ Heather Hardy (2T) 10 am: Open Gym (FR) 10:30 am: Men's Group (GR) 11:30 Departure: Southeastern Cuisine, World Cafe, Midcoast School of Technology, Owls Head* ** 2 pm: Chat & Stitch (L) 2:30 pm: Seated Yoga (2T)	11 10 am: Fitness Class (MR) 1:30 pm: Chinese Mahjong (GR) 2 pm Departure: Camden Library* ** 4 to 5:15 pm: Birthday Social (M/LR)	12 1:30 pm: Resident Newsletter Reading (GR) Passover Begins
13 Palm Sunday	14 9:30 am: Veterans Coffee Social w/ American Legion War Memorial Post 30 (3T DR) 10 am: Fitness Class (MR) 12 noon: Parkinson's Support Group (M/LR) 2 pm: Resident Choir Practice (2T) 3 pm: Food Committee Mtg (PDR)	15 9:30 am Departure: Shopping 1 to 2 pm: Blood Pressure Clinic (HSC) 3 pm: Alzheimer's Support Group (PDR)	16 10 am: Fitness Class (MR) 1:30 pm: Easter Egg Dyeing (GDR)* 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	17 10 am: Open Gym (FR) 10:30 am: Men's Group (GR) 1 pm: CMCA Art Studio (GDR) 2 pm: Chat & Stitch (L) 2:30 pm: Community Service Committee Mtg (HSC) 2:30 pm: Seated Yoga (2T) 3:30 pm: Caregiver Support Group (M/LR) 4 pm: Closed Men's Bereavement Group, Session 1 (GR)*	18 10 am: Fitness Class (MR) 1:30 pm: Chinese Mahjong (GR) 2 pm: Live Music w/ Hall of Fame Fiddler Frank Ferrell (M/LR) 7 pm: Movie Night (M/LR)	19
20 12 noon & 1:30 pm Seatings: Easter Brunch, Dining Room* Easter Sunday	21 10 am: Fitness Class (MR) 11 am: Enrichment Series, The Margarettta Affair of Machias: First Naval Battle of the American Revolution (M/LR)* 2 pm: Resident Choir Practice (2T)	22 9:30 am Departure: Shopping 10:30 am: Just Beat It (MR)* 1 to 2 pm: Blood Pressure Clinic (HSC) 2 pm: Apts. Residents Council Mtg (M/LR) Earth Day	23 10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T) 2 pm: Live Music w/ The Rusty Hinges (M/LR) 4:30 pm: Piano by George (MR) Administrative Professionals' Day	24 10 am: Open Gym (FR) 10:30 am: Men's Group (GR) 2 pm: Chat & Stitch (L) 2:30 pm: Seated Yoga (2T) 4 pm: Closed Men's Bereavement Group, Session 2 (GR)*	25 10 am: Fitness Class (MR) 1:30 pm: Chinese Mahjong (GR) 2 pm Departure: Camden Library* ** 4 to 5:15 pm: Wine & Cheese Social (M/LR) Arbor Day	26 1:30 pm: Resident Newsletter Reading (GR)
27 1:30 pm: Chestnut Street Baptist Church Service (2T)	28 10 am: Fitness Class (MR) 1:30 pm: Preferred Therapy Education Session, "Speech Therapy" (M/LR) 2 pm: Resident Choir Practice (2T)	29 9:30 am Departure: Shopping 1 to 2 pm: Blood Pressure Clinic (HSC) 1 pm: Apartments Executive Committee Meeting (GR)	30 10 am: Fitness Class (MR) 2 pm: Matter of Balance, Session 1 (GDR)* 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	 <div> <h1>April 2025</h1> <h2>Cottages & Apartments</h2> </div>		