

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10 am: Fitness Class (MR) 3 pm: Book Club (L) 4 pm: Bereavement Support Group (GR)	3 9:30 am Departure: Shopping 10:30 am: Activity Committee Mtg (GR) 10:30 am: Share, Care, & Prayer Group (2T L/R) 1 to 2 pm: Blood Pressure Clinic (HSC) 3 pm: Food Committee Meeting (PDR) 4 pm: Closed Bereavement Group, Session 6 (GR)* 6 pm: Alzheimer's Support Group (Zoom)	4 10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T LR) 2 pm: Library Committee Mtg (L) 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	5 10 am: Open Gym (FR) 10:30 am: Men's Group (GR) 11 am: Awareness Series, "Seasonal Affective Disorder....It's a Real Thing" (M/LR)* 2 pm: Apts. Exec. Committee Mtg (GR) 2 pm: Chat & Stitch (L) 2:30 pm: Seated Yoga (2T)	6 10 am: Fitness Class (MR) 11:30 am Departure: Christmas Variety Show, First Cong. Church, Camden* ** 1:30 pm: Chinese Mahjong (GR) 2 pm Departure: Camden Library* ** 2 pm: Chorus Group (2T) 5:15 pm Departure: Christmas by the Sea Parade, Camden* ** 7 pm: Movie Night (M/LR)	7 10:30 am: Harborside Harmony Christmas Concert (M/LR) 2 pm Departure: Holiday Open House, Montpelier/Knox Museum, Thomaston* **  Pearl Harbor Day
8 1:30 pm: First Congregational Church Service (2T)	9 10 am: Fitness Class (MR) 12 noon: Parkinson's Support Group (M/LR)	10 9:30 am Departure: Shopping 1 to 2 pm: Blood Pressure Clinic (HSC) 2:30 pm: Piano w/ Masanobu (M/LR) 4 pm: Closed Bereavement Group, Session 7 (GR)*	11 10 am: Fitness Class (MR) 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	12 10 am: Open Gym (FR) 10:30 am: Men's Group (GR) 2 pm: Chat & Stitch (L) 2:30 pm: Seated Yoga (2T)	13 9:30 am Departure: Walmart, Thomaston* ** 10 am: Fitness Class (MR) 1:30 pm: Chinese Mahjong (GR) 2 pm: Chorus Group (2T) 4 to 5:15 pm: Birthday Social & Ugly Sweater Contest (M/LR) 6:30 pm: Shabbat Service (2T)	14 1:30 pm: Resident Newsletter Reading (GR) 2:30 to 5 pm: QHA Holiday Tea (By Invitation) (M/LR)
15	16 10 am: Fitness Class (MR) 3 pm: Enrichment Series, "Even I Could Do That!": Understanding Modern Art Concepts & Studio Workshop' (M/LR)*	17 9:30 am Departure: Shopping 10:30 am: Share, Care, & Prayer Group (2T LR) 1 to 2 pm: Blood Pressure Clinic (HSC) 3 pm: Alzheimer's Support Group (PDR) 4 pm: Closed Bereavement Group, Session 8 (GR)*	18 8 am: Men's Breakfast (DR)* 10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T LR) 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	19 10 am: Open Gym (FR) 10:30 am: Men's Group (GR) 1 pm: CMCA Open Studio/Art Lesson (GDR) 2 pm: Chat & Stitch (L) 2:30 pm: Seated Yoga (2T) 3 pm: Quarterly Apartment Residents Meeting w/ Loriman (M/LR)	20 10 am: Fitness Class (MR) 1:30 pm: Chinese Mahjong (GR) 2 pm Departure: Camden Library* ** 2 pm: Christmas Carols Concert, Presented by QH Residents (M/LR) 7 pm: Movie Night (M/LR)	21  Winter Begins
22 1:30 pm: Chestnut Street Baptist Church Service, 2T	23 10 am: Fitness Class (MR) 3 pm: Holiday Caroling Inside the Inn (Meet in Main Lobby) 4 to 5:30 pm: Holiday Party (M/LR)	24 9:30 am Departure: Shopping 11 am to 12 noon: Blood Pressure Clinic (HSC)	25  Hanukkah Begins Christmas	26 10 am: Open Gym (FR) 10:30 am: Men's Group (GR) 2 pm: Chat & Stitch (L) 2:30 pm: Seated Yoga (2T)	27 10 am: Fitness Class (MR) 1:30 pm: Chinese Mahjong (GR) 2 pm: Andrew Wyeth: I Paint my Life, Presented by Victoria Wyeth (M/LR)	28 1:30 pm: Resident Newsletter Reading (GR)
29	30 10 am: Fitness Class (MR)	31 9:30 am Departure: Shopping 10:30 am: Share, Care, & Prayer Group (2T L/R) 11 am to 12 noon: Blood Pressure Clinic (HSC) 6 to 7:15 pm: Wine & Cheese New Year's Eve Social (M/LR)  New Year's Eve	 <h1>December 2024</h1> <h2>Cottages &amp; Apartments</h2>			
<p>Activities Details Subject to Change</p>						

\* Signup Required \*\*Transportation Provided, Weather and Ridership Permitting