

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2025

Cottages & Apartments



1
1:30 pm: Resident Newsletter Reading (GR)

2 Groundhog Day	3 10 am: Fitness Class (MR) 1 pm: Indoor Golf (FR) 3 pm: Book Club (L) 4 pm: Bereavement Support Group (GR)	4 9:30 am Departure: Shopping 10:30 am: Activity Committee Mtg (GR) 12 noon Departure: "Verdi's Aida," Strand Theatre, Rockland* ** 1 to 2 pm: Blood Pressure Clinic (HSC) 6 pm: Alzheimer's Support Group (Zoom)	5 10 am: Fitness Class (MR) 2 pm: Library Committee Mtg (L) 4:30 pm: Piano by George (MR)	6 10 am: Open Gym (FR) 10:30 am: Men's Group (GR) 11 am: Awareness Series, "Green Burial, Leaving the World a Better Place" (M/LR)* 2 pm: Chat & Stitch (L) 2:30 pm: Seated Yoga (2T)	7 9:30 am Departure: Walmart, Thomaston* ** 10 am: Fitness Class (MR) 1:30 pm: Chinese Mahjong (GR) 6:30 pm: Shabbat Service (2T) 7 pm: Movie Night (M/LR) National Wear Red Day	8
9	10 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) 1 pm: Indoor Golf (FR) 2 pm: Food Committee (PDR)	11 9:30 am Departure: Shopping 10:15 am: Grounds Committee Meeting (6 Quarry View Lane) 10 to 10:30 am: Introduction to "Just Beat It" Fitness Class (M/LR)* 1 to 2 pm: Blood Pressure Clinic (HSC) 2 pm: Apts Executive Committee Mtg (GR)	12 10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T LR) 1:30 pm: Awareness Series, "Safe Handling of Medications (M/LR)* 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	13 10 am: Open Gym (FR) 10:30 am: Men's Group (GR) 2 pm: Chat & Stitch (L) 2:30 pm: Seated Yoga (2T) 6:15 pm Departure: CHRHS Dessert Cabaret, Camden* **	14 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) Valentine's Day	15 1:30 pm: Resident Newsletter Reading (GR)
16	17 10 am: Fitness Class (MR) 1 pm: Indoor Golf (FR) 2 pm: Welcoming Committee Meeting (GR) Presidents' Day (U.S.)	18 9:30 am Departure: Shopping 10 am: Trivia (2T) 1 to 2 pm: Blood Pressure Clinic (HSC) 3 pm: Alzheimer's Support Group (PDR) 3 pm: Enrichment Series, "Chaga, A Mushroom with Healing Benefits" (M/LR)*	19 10 am: Fitness Class (MR) 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	20 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: Seated Yoga (2T)	21 10 am: Fitness Class (MR) 1:30 pm: Chinese Mahjong (GR) 2 pm: Preferred Therapy Education Session, "Unmasking Parkinson's Disease" (M/LR) 7 pm: Movie Night (M/LR)	22
23 1:30 pm: Chestnut Street Baptist Church Service (2T)	24 10 am: Fitness Class (MR) 1 pm: Indoor Golf (FR)	25 9:30 am Departure: Shopping 1 to 2 pm: Blood Pressure Clinic (HSC) 2 pm: Rembrandt van Rijn "Storm of the Sea" Art History Presentation (M/LR)	26 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)	27 10 am: Open Gym (FR) 10:30 am: Men's Group (GR) 2 pm: Chat & Stitch (L) 2:30 pm: Seated Yoga (2T)	28 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) Ramadan Begins	

Activities Details Subject to Change

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