

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1
4:30 pm: Piano by George (MR)
 New Year's Day

2
10 am: Open Gym (FR)
10:30 am: Men's Group (GR)
2 pm: Chat & Stitch (L)
2:30 pm: Seated Yoga (2T)

3
9:30 am Departure: Walmart, Thomaston* **
10 am: Fitness Class (MR)
1:30 pm: Chinese Mahjong (GR)
2 pm Departure: Camden Library* **
7 pm: Movie Night (M/LR)

4
1:30 pm: Resident Newsletter Reading (GR)

5

6
10 am: Fitness Class (MR)
1 pm: Indoor Golf (FR)
2 pm: Apts Executive Committee Mtg (GR)
3 pm: Book Club (L)
4 pm: Bereavement Support Group (GR)

7
9:30 am Departure: Shopping
10:30 am: Activity Committee Mtg (GR)
1 to 2 pm: Blood Pressure Clinic (HSC)
6 pm: Alzheimer's Support Group (Zoom)

8
10 am: Fitness Class (MR)
2 pm: Library Committee Mtg (L)
2:45 pm: Wii Bowling (MR)
4:30 pm: Piano by George (MR)

9
10 am: Open Gym (FR)
10:30 am: Men's Group (GR)
2 pm: Chat & Stitch (L)
2:30 pm: Seated Yoga (2T)

10
10 am: Fitness Class (MR)
10 am Departure: Reny's, Camden* **
1:30 pm: Chinese Mahjong (GR)
4 to 5:15 pm: Birthday Social (M/LR)

11

12

13
9:30 am: Veterans Coffee Social w/ American Legion War Memorial Post 30 (3T Dining Room)
10 am: Fitness Class (MR)
12 noon: Parkinson's Support Group (M/LR)
1 pm: Indoor Golf (FR)
3 pm: Food Committee Mtg (PDR)

14
9:15 am: Grounds Committee Mtg (PDR)
9:30 am Departure: Shopping
1 to 2 pm: Blood Pressure Clinic (HSC)
3:30 to 4:30 pm: Celebration of Life (M/LR)

15
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)

16
10 am: Open Gym (FR)
10:30 am: Men's Group (GR)
1 pm: CMCA Art Studio (GDR)
2 pm: Chat & Stitch (L)
2 pm: Apts Residents Council Meeting (M/LR)
2:30 pm: Community Service Committee Meeting (HSC)
2:30 pm: Seated Yoga (2T)

17
10 am: Fitness Class (MR)
1:30 pm: Chinese Mahjong (GR)
2 pm Departure: Camden Library* **
2 pm: Paint & Sip w/ Rachael, Winter Theme (M/LR)*
7 pm: Movie Night (M/LR)

18
1:30 pm: Resident Newsletter Reading (GR)

19
 Activity Professionals Week

20
1 pm: Indoor Golf (FR)
 Martin Luther King Jr. Day

21
9:30 am Departure: Shopping
1 to 2 pm: Blood Pressure Clinic (HSC)
2 pm: Chewonki's "Mammals of Maine" Natural History Presentation (M/LR)
3 pm: Alzheimer's Support Group (PDR)

22
10 am: Fitness Class (MR)
2:45 pm: Wii Bowling (MR)
4:30 pm: Piano by George (MR)

23
10 am: Open Gym (FR)
10:30 am: Men's Group (GR)
2 pm: Chat & Stitch (L)
2:30 pm: Seated Yoga (2T)

24
10 am: Fitness Class (MR)
1:30 pm: Chinese Mahjong (GR)
4 to 5:15 pm: Wine & Cheese Social (M/LR)

25

26
1:30 pm: Chestnut Street Baptist Church, 2T

27
10 am: Fitness Class (MR)
1 pm: Indoor Golf (FR)
3 to 4 pm: New Residents Tea (M/LR)

28
9 am: QHA Board Meeting (Microsoft Teams)
9:30 am Departure: Shopping
1 to 2 pm: Blood Pressure Clinic (HSC)

29
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)

30
10 am: Open Gym (FR)
10:30 am: Men's Group (GR)
2 pm: Chat & Stitch (L)
2:30 pm: Seated Yoga (2T)

31
10 am: Fitness Class (MR)
1:30 pm: Chinese Mahjong (GR)
2 pm Departure: Camden Library* **
2 pm: Quarry Hill Residents Art Show (M/LR)
7 pm: Movie Night (M/LR)



Activities Details Subject to Change

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