




| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|--|--|
|  | 1 10 am: Fitness Class (MR) 11 am: Walking Group (Lobby) 1:30 pm: Indoor Golf (FR) 2 pm: Apt. Executive Committee Mtg (GR) 3 pm: Book Club (L) 4 pm: Bereavement Support Group (GR) Canada Day | 2 9:30 am: Chair Yoga (FR) 9:30 am Departure: Shopping 10:30 am: Activity Committee Mtg (GR) 10:30 am: Share, Care & Prayer Group (2T MPR) 1 to 2 pm: Blood Pressure Clinic (HSC) 1 pm: Awareness Series: Sun Smarts (M/LR)* 1:30 pm: Mahjong (GR) 2 pm: Library Committee Mtg (L) 6 pm: Alzheimer's Support Group, Zoom | 3 9:30 am Departure: Walmart* ** 10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T LR) 2 pm: Independence Day Ice Cream Social (Anderson Inn Main Entrance Portico) 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR) | 4 10:30 am: Men's Group (GR)  Independence Day (US) | 5 10 am: Fitness Class (MR) 1:30 pm: Chinese Mahjong (GR) 3:30 pm Departure: First Friday at the Farnsworth Art Museum, Rockland* ** | 6 9 am Departure: Rockport Farmers' Market, Guini Ridge Farm and Mt. Battie Nature Watch, Camden* ** 1:30 pm: Resident Newsletter Reading (GR) 7 pm: Movie Night (M/LR) |
| 7 | 8 9:30 am Departure: Glendarragh Lavender Farm, Appleton* ** 9:30 am: Veterans Coffee Social w/ American Legion War Memorial Post 30 (3T DR) 10 am: Fitness Class (MR) 11 am: Walking Group (Lobby) 12 noon: Parkinson's Support Group (M/LR) 1:30 pm: Indoor Golf (FR) | 9 9:15 am: Grounds Committee Mtg (PDR) 9:30 am: Chair Yoga (FR) 9:30 am Departure: Shopping 10:30 am: Share, Care & Prayer (2T MPR) 1 to 2 pm: Blood Pressure Clinic (HSC) 1:30 pm: Mahjong (GR) | 10 10 am: Fitness Class (MR) 2 pm: Live Music w/ The Rt. 17 Ramblers (Outside; M/LR if Inclement Weather) 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR) | 11 9:30 am: Chair Yoga (FR) 10:30 am: Men's Group (GR) 11 am: Walking Group (Lobby) 2 pm: Apt. Residents Council Meeting (MR) 2 pm: Knitting & Hand Crafts (L) | 12 9:45 am Departure: Downtown Rockland Shopping & Lunch at Landings Restaurant, Rockland* ** 10 am: Fitness Class, (MR) 1:30 pm: Chinese Mahjong (GR) 2 pm Departure: Camden & Rockport Libraries* ** 4 to 5:15 pm: Birthday Social (M/LR) | 13 7 pm: Movie Night (M/LR) |
| 14 1:30 pm: First Congregational Church Service (2T) | 15 10:30 am: The Writing Life w/ Author Tess Gerritsen (M/LR)* ** 11 am: Walking Group (Lobby) 1:30 pm: Indoor Golf (FR) 3 pm: CMCA Art Studio Workshop (GDR)* | 16 9:30 am: Chair Yoga (FR) 9:30 am Departure: Shopping 10:30 am: Share, Care & Prayer Group (2T MPR) 1 to 2 pm: Blood Pressure Clinic (HSC) 1:30 pm: Mahjong (GR) 3 pm: Alzheimer's Support Group (PDR) | 17 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) | 18 9:30 am: Chair Yoga (FR) 10:30 am: Men's Group (GR) 11 am: Walking Group (Lobby) 2 pm: Apt. Executive Committee Mtg (GR) 2 pm: Knitting & Hand Crafts (L) | 19 8:30 am Departure: Lively Lady Boat Ride, Camden Harbor* ** 10 am: Fitness Class (MR) 1:30 pm: Chinese Mahjong (GR) 6:30 pm: Shabbat Service (2T LR) | 20 1:30 pm: Resident Newsletter Reading (GR) 7 pm: Movie Night (M/LR) |
| 21 1:30 pm: Chestnut Street Baptist Church (2T) 2:30 Departure: Bay Chamber Concerts Grand Opening* ** | 22 10 am: Fitness Class (MR) 11 am: Walking Group (Lobby) 1:30 pm: Indoor Golf (FR) 2 pm: Live Celtic Music w/ Violinist Frank Ferrel (M/LR)* | 23 9 am: QHA Board Mtg, Microsoft Teams 9:30 am: Chair Yoga (FR) 9:30 am Departure: Shopping 10:30 am: Share, Care & Prayer Group (2T MPR) 1 to 2 pm: Blood Pressure Clinic (HSC) 1:30 pm: Mahjong (GR) 1:30 pm Departure: Pontoon Boat Ride* ** (Rain Date 7/24) | 24 10 am: Fitness Class (MR) 1:30 pm Departure: Pontoon Boat Ride* ** (Rain Date) 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR) | 25 9:30 am: Chair Yoga (FR) 10:30 am: Men's Group (GR) 11 am: Awareness Series: Protecting Our Vision (M/LR) * 11 am: Walking Group (Lobby) 2 pm: Knitting & Hand Crafts (L) 3 pm: Camden Food Pantry Info. Session (M/LR)* | 26 10 am: Fitness Class (MR) 1:30 pm: Chinese Mahjong (GR) 2 pm Departure: Camden & Rockport Libraries* ** 4 to 5:15 pm: Wine & Cheese Social (M/LR) | 27 7 pm: Movie Night (M/LR) |
| 28 | 29 10 am: Fitness Class (MR) 11 am Departure: Merryspring Nature Center Tour & Flower Arranging w/ Boxed Lunch, Camden* ** 11 am: Walking Group (Lobby) 1:30 pm: Indoor Golf (FR) | 30 9:30 am: Chair Yoga (FR) 9:30 am Departure: Shopping 10:30 am: Share, Care & Prayer Group (2T MPR) 1 to 2 pm: Blood Pressure Clinic (HSC) 1:30 pm: Mahjong (GR) 2 pm: Auguste Rodin's "Le Penseur" Art History Presentation (M/LR)* | 31 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) |  | | |

Activities Details Subject to Change

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