

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# November 2024

## Cottages & Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>9:30 am Departure: <b>Walmart, Thomaston**</b></p> <p>10 am: Fitness Class (MR)</p> <p>1:30 pm: Chinese Mahjong (GR)</p> <p>2 pm: <b>Hank Lunn Presents "Lake Titicaca, Peru's High Plains Lake" (M/LR)</b></p> <p>2 pm Departure: <b>Camden &amp; Rockport Libraries**</b></p> <p>7 pm: Movie Night (M/LR)</p>	
3	4	5	6	7	8	9
<p>10 am: Fitness Class (MR)</p> <p>2 pm: <b>Matter of Balance, Session 7 (MR)*</b></p> <p>3 pm: Book Club (L)</p> <p>4 pm: Bereavement Support Group (GR)</p> <p>Daylight Saving Time Ends</p>	<p>9:30 am Departure: Shopping</p> <p>10:30 am: Activity Committee Mtg (GR)</p> <p>10:30 am: Share, Care, &amp; Prayer Group (2T L/R)</p> <p>1 to 2 pm: Blood Pressure Clinic (HSC)</p> <p>4 pm: <b>Closed Bereavement Group, Session 2 (GR)*</b></p> <p>6 pm: Alzheimer's Support Grp (Zoom)</p> <p>Election Day</p>	<p>10 am: Fitness Class (MR)</p> <p>10 am: Our Lady of Good Hope Catholic Church Service (2T LR)</p> <p>11 am: <b>Awareness Series, "The Dilemma of Diabetes" (MR/LR)*</b></p> <p>2 pm: Library Committee Mtg (L)</p> <p>2:45 pm: Wii Bowling (MR)</p> <p>4:30 pm: Piano by George (MR)</p>	<p>10:30 am: Men's Group (GR)</p> <p>12 pm Departure: <b>"Hamlet," Strand Theatre, Rockland**</b></p> <p>2 pm: Chat &amp; Stitch (L)</p> <p>2:30 pm: Seated Yoga (2T)</p>	<p>10 am: Fitness Class (MR)</p> <p>1:30 pm: Chinese Mahjong (GR)</p> <p>4 to 5:15 pm: <b>Birthday Social (M/LR)</b></p> <p>6:30 pm Departure: <b>Peter Boie Magic Show for Non-Believers, Rockport Opera House, Rockport**</b></p>	<p>1:30 pm: Resident Newsletter Reading (GR)</p>	
10	11	12	13	14	15	16
<p>1:30 pm: First Congregational Church Service (2T)</p>	<p>8 am Departure: <b>Veterans Day Breakfast, Camden Hills Regional High School, Camden**</b></p> <p>12 pm: Parkinson's Support Group (M/LR)</p> <p>Veterans Day</p>	<p>9:15 am: Grounds Committee Mtg (PDR)</p> <p>9:30 am Departure: Shopping</p> <p>4 pm: <b>Closed Bereavement Group, Session 3 (GR)*</b></p>	<p>9:30 am: <b>Veterans Coffee Social w/ American Legion War Memorial Post 30 (3T DR)</b></p> <p>10 am: Fitness Class (MR)</p> <p>2:45 pm: Wii Bowling (MR)</p> <p>4:30 pm: Piano by George (MR)</p>	<p>10 am: <b>Fall Cookie Decorating (M/LR)*</b></p> <p>10:30 am: Men's Group (GR)</p> <p>2 pm: Chat &amp; Stitch (L)</p> <p>2:30 pm: Seated Yoga (2T)</p>	<p>10 am: Fitness Class (MR)</p> <p>1:30 pm: Chinese Mahjong (GR)</p> <p>2 pm Departure: <b>Camden &amp; Rockport Libraries**</b></p> <p>7 pm: Movie Night (M/LR)</p>	
17	18	19	20	21	22	23
<p>10 am: Fitness Class (MR)</p> <p>2 pm: <b>Matter of Balance, Session 8 (MR)*</b></p>	<p>9:30 am Departure: Shopping</p> <p>10:30 am: Share, Care, &amp; Prayer Group (2T L/R)</p> <p>1 to 2 pm: Blood Pressure Clinic (HSC)</p> <p>1 pm Departure: <b>Goodwill/Dollar General/TJ Maxx, Rockland**</b></p> <p>3 pm: Alzheimer's Support Group (PDR)</p> <p>4 pm: <b>Closed Bereavement Group, Session 4 (GR)*</b></p>	<p>8 am: <b>Men's Breakfast (DR)*</b></p> <p>10 am: Fitness Class (MR)</p> <p>10 am: Our Lady of Good Hope Catholic Church Service (2T LR)</p> <p>1 pm: <b>Preferred Therapy Education Session, "Staying Sharp As You Age" (MR)*</b></p> <p>2:45 pm: Wii Bowling (MR)</p> <p>4:30 pm: Piano by George (MR)</p>	<p>10:30 am: Men's Group (GR)</p> <p>11 am: Community Service Committee Mtg (HSC)</p> <p>1 pm: <b>CMCA Art Studio (GDR)</b></p> <p>2 pm: Chat &amp; Stitch (L)</p> <p>2:30 pm: Seated Yoga (2T)</p>	<p>10 am: Fitness Class (MR)</p> <p>11:30 am Departure: <b>Lunch at Thomaston Cafe, Thomaston*</b></p> <p>1:30 pm: Chinese Mahjong (GR)</p> <p>4 to 5:15 pm: <b>Wine &amp; Cheese Social (M/LR)</b></p> <p>6:30 pm: Shabbat Service (2T)</p>	<p>1:30 pm: Resident Newsletter Reading (GR)</p>	
24	25	26	27	28	29	30
<p>10 am: Fitness Class (MR)</p>	<p>9:30 am Departure: Shopping</p> <p>1 pm: <b>Ugly Sweater Workshop (GDR)*</b></p> <p>1 to 2 pm: Blood Pressure Clinic (HSC)</p> <p>4 pm: <b>Closed Bereavement Group, Session 5 (GR)*</b></p>	<p>10 am: Fitness Class (MR)</p> <p>2:45 pm: Wii Bowling (MR)</p> <p>4:30 pm: Piano by George (MR)</p>	<p>10:30 am: Men's Group (GR)</p> <p>Thanksgiving Day</p>	<p>1:30 pm: Chinese Mahjong (GR)</p> <p>2 pm Departure: <b>Camden &amp; Rockport Libraries**</b></p> <p>7 pm: Movie Night (M/LR)</p>		

Activities Details Subject to Change

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