



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|--|--|
| <h1>October 2024</h1>  | | 1 | 2 | 3 | 4 | 5 |
| | | <p>9:30 am Departure: Shopping 10:30 am: Activity Committee Mtg (GR) 10:30 am: Share, Care, & Prayer Group (2T) 1 to 2 pm: Blood Pressure Clinic (HSC) 2 pm: Apartments Executive Committee Meeting (GR) 6 pm: Alzheimer's Support Group (Zoom)</p> | <p>10 am: Fitness Class (MR) 1:15 pm Departure: CMCA Tour and Art Lab, Rockland* ** 2 pm: Library Committee Mtg (L) 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)</p> <p style="text-align: center;">Rosh Hashanah Begins</p> | <p>9:30 am: Chair Yoga (FR) 10:30 am: Men's Group (GR) 11 am: Walking Group (Lobby) 2 pm: Chat & Stitch (L)</p> | <p>9:30 am Departure: Goodwill/Walmart, Rockland/Thomaston* ** 10 am: Fitness Class (MR) 1:30 pm: Chinese Mahjong (GR) 2 pm Departure: Camden & Rockport Libraries* ** 3:30 pm Departure: First Friday at the Farnsworth Art Museum, Rockland* **</p> | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | <p>10 am: Fitness Class (MR) 11 am: Walking Group (Lobby) 1 pm: Matter of Balance, Session 4 (MR)* 3 pm: Book Club (L) 3 pm: QHA Annual Meeting, First Congregational Church, Camden 4 pm: Bereavement Support Group (GR) 7 pm: Movie Night (M/LR)</p> | <p>9:15 am: Grounds Committee Mtg (PDR) 9:30 am Departure: Shopping 10:30 am: Share, Care, & Prayer Group (2T) 1 to 2 pm: Blood Pressure Clinic (HSC)</p> | <p>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)</p> | <p>9:30 am: Chair Yoga (FR) 10:30 am: Men's Group (GR) 11 am: Enrichment Series, "Understanding Palliative Care" (M/LR)* 11 am: Walking Group (Lobby) 2 pm: Apartments Resident Council Meeting (M/LR) 2 pm: Chat & Stitch (L)</p> <p style="text-align: center;">Yom Kippur Begins</p> | <p>10 am: Fitness Class (MR) 1:30 pm: Chinese Mahjong (GR) 4 to 5:15 pm: Birthday Social (M/LR)</p> | <p>1:30 pm: Resident Newsletter Reading (GR)</p> |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| <p>1:30 pm: First Congregational Church Service (2T)</p> | <p>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) 7 pm: Movie Night (M/LR)</p> <p style="text-align: center;">Indigenous Peoples' Day</p> | <p>9:30 am Departure: Shopping 10:30 am: Share, Care, & Prayer Group (2T) 1 to 2 pm: Blood Pressure Clinic (HSC) 2 pm Departure: Artistic Pumpkin Viewing, Damariscotta* ** 3 pm: Alzheimer's Support Group (PDR)</p> | <p>10 am: Fitness Class (MR) 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)</p> <p style="text-align: center;">Sukkot Begins</p> | <p>9:30 am: Chair Yoga (FR) 10:30 am: Men's Group (GR) 11 am: Walking Group (Lobby) 1 pm: CMCA Art Studio (GDR) 2 pm: Apartments Executive Committee Meeting (GR) 2 pm: Chat & Stitch (L) 4 pm: Enrichment Serices, "Terra Incognita" (M/LR)*</p> | <p>9 am: Absentee Voting (2T) 10 am: Fitness Class (MR) 1:30 pm: Chinese Mahjong (GR) 2 pm Departure: Camden & Rockport Libraries* ** 2 pm: Paint & Sip w/ Rachael, Fall Theme (M/LR)*</p> | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | <p>10 am: Fitness Class (MR) 11 am: Walking Group (Lobby) 2 pm: Matter of Balance, Session 5 (MR)* 7 pm: Movie Night (M/LR)</p> | <p>9:30 am Departure: Shopping 10:30 am: Share, Care, & Prayer Group (2T MPR) 1 to 2 pm: Blood Pressure Clinic (HSC)</p> | <p>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)</p> | <p>9:30 am: Chair Yoga (FR) 9:30 am Departure: Knox County Triad Senior Luncheon, Rockport* ** 10:30 am: Men's Group (GR) 11 am: Walking Group (Lobby) 2 pm: Chat & Stitch (L) 2:30 pm: Community Service Committee Mtg (HSC)</p> <p style="text-align: center;">Simchat Torah Begins</p> | <p>10 am: Fitness Class (MR) 10:45 am Departure: Lunch at Kume Japanese Restaurant, Augusta* ** 1:30 pm: Chinese Mahjong (GR) 4 to 5:15 pm: Wine & Cheese Social (M/LR) 6:30 pm: Shabbat Service (2T)</p> | <p>1:30 pm: Resident Newsletter Reading (GR)</p> |
| 27 | 28 | 29 | 30 | 31 | <h2>Cottages & Apartments</h2>  | |
| <p>10 am Departure: Camden Snow Bowl Fall Foliage Chairlift Rides, Camden* **</p> | <p>10 am: Fitness Class (MR) 11 am: Walking Group (Lobby) 2 pm: Matter of Balance, Session 6 (MR)* 7 pm: Movie Night (M/LR)</p> | <p>9:30 am Departure: Shopping 10:30 am: Share, Care, & Prayer Group (2T) 1 to 2 pm: Blood Pressure Clinic (HSC) 2 pm: Sand Art w/ the Monks of Drepung Gomang Monastery (GDR)* 4 pm: Closed Bereavement Group, Session 1 (GR)*</p> | <p>8 am: Men's Breakfast (DR)* 10 am: Fitness Class (MR) 11 am: Welcome Reception for Patty, Director of Dining Services (MR) 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)</p> | <p>9:30 am: Chair Yoga (FR) 10:30 am: Men's Group (GR) 11 am: Halloween Costume Parade, Anderson Inn (Meet in Apts. Lobby) 2 pm: Chat & Stitch (L)</p> <p style="text-align: center;">Halloween</p> | | |

Activities Details Subject to Change

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