

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day	3 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) 1:30 pm: Mahjong (GR) 2 pm: Live Music w/ Elvis (M/LR) 6 pm: Alzheimer's Support Group, Zoom	4 9:30 am Departure: Goodwill/Walmart, Rockland/Thomaston* ** 9:30 am: Sports Field Inc. Presentation (GDR) 10 am: Fitness Class (MR) 2 pm: Library Committee Mtg (L) 2 pm Departure: ME Water Buffalo Co & Store, Appleton* ** 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	5 9:30 am: Chair Yoga (FR) 10:30 am: Men's Group (GR) 11 am: Walking Group (Lobby) 2 pm: Chat & Stitch (L) 2:30 pm: As We Live and Grieve: A Discussion w/ Chaplain Kevan Fortier (M/LR)	6 10 am: Fitness Class, (MR) 1:30 pm: Chinese Mahjong (GR) 2 pm Departure: Camden & Rockport Libraries* **	7
8 1:30 pm: First Congregational Church Service (2T) Assisted Living Week Grandparents Day	9 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) 3 pm: Book Club (L) 4 pm: Bereavement Support Group (GR) 7 pm: Movie Night (M/LR)	10 9:15 am: Grounds Committee Mtg (PDR) 9:30 am: Chair Yoga (FR) 9:30 am Departure: Shopping 11 am: Enrichment Series, "Making Midcoast Maine the Next Blue Zone" (M/LR)* 1 to 2 pm: Blood Pressure Clinic (HSC) 1:30 pm: Mahjong (GR)	11 10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T LR) 2:45 pm: Wii Bowling (MR) 4 to 5:30 pm Terraces Open House (2T LR) 4:30 pm: Piano by George (MR)	12 9:30 am: Chair Yoga (FR) 10:30 am: Men's Group (GR) 11 am: Walking Group (Lobby) 2 pm: Chat & Stitch (L)	13 10 am: Fitness Class (MR) 1:30 pm: Chinese Mahjong (GR) 2 pm: Preferred Therapy Education Session, "Oh, My Aching Back" (M/LR)* 4 to 5:15 pm: Birthday Social (M/LR) 6:30 pm: Shabbat Service (2T)	14 1:30 pm: Resident Newsletter Reading (GR)
15	16 10 am: Fitness Class (MR) 11 am: Walking Group (Lobby) 2 pm: Matter of Balance, Session 1 (MR)* 7 pm: Movie Night (M/LR)	17 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 Departure: Pontoon Boat Ride, Megunticook Lake* ** 1:30 pm: Mahjong (GR) 3 pm: Alzheimer's Support Group (PDR)	18 10 am: Fitness Class (MR) 2 pm: Live Music w/ TY & Nate (M/LR) 4:30 pm: Piano by George (MR)	19 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: Chat & Stitch (L) 2 pm: Apartment Executive Committee Mtg (GR) 3 pm: Quarterly Apartment Residents' Meeting (M/LR)	20 10 am: Fitness Class (MR) 1:30 pm: Chinese Mahjong (GR) 2 pm Departure: Camden & Rockport Libraries* ** 2 pm: End of Summer Ice Cream Social (M/LR)	21 Oktoberfest Begins
22 Autumn Begins	23 10 am: Fitness Class (MR) 10:30 am: Autumn Kickoff w/ Apple Cider and Donuts (Gazebo) 2 pm: Matter of Balance, Session 2 (MR)* 7 pm: Movie Night (M/LR)	24 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 Departure: Front Street Shipyard Tour, Belfast* ** 1:30 pm: Mahjong (GR)	25 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)	26 9:30 am: Chair Yoga (FR) 10:30 am: Men's Group (GR) 11 am: Enrichment Series, "Political Cartoons & Beyond" (M/LR)* 11 am: Walking Group (Lobby) 2 pm: Chat & Stitch (L) 2:30 pm: Community Service Comm Mtg (HSC)	27 9:30 am Departure: Downtown Damariscotta Shopping & Lunch at Schooner Landing, Damariscotta* ** 10 am: Fitness Class (MR) 1:30 pm: Chinese Mahjong (GR) 4 to 5:15 pm: Wine & Cheese Social (M/LR)	28 1:30 pm: Resident Newsletter Reading (GR)
29	30 10 am: Fitness Class (MR) 2 pm: Matter of Balance, Session 3 (MR)* 7 pm: Movie Night (M/LR)	<h1>September 2024</h1> <h2>Cottages & Apartments</h2> 				

Activities Details Subject to Change

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