

August 2010

Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1:30 pm Nondenom. Service by Congregational Church (2T)	2 10:30 am Sittercise (FR) 11 am Exercise (FR)	3 10 am Camden Shopping 12 noon-1:45 pm Parkinson's Support (MR) 6 pm Alzheimer's Support (MR)	4 9 am Gentlemen's Breakfast (LR) 9:30 am Rockland Shopping	5 8 am Dancing Chi Qong 1-2 pm BP Clinic 3:30-4:30 pm Relax. (L) 7 pm Movie Night (MR) 7:30 pm departure Bay Chamber Concerts*	6 10:30 am Sittercise (FR) 11 am Exercise (FR) 3-4 pm Poetry, Tea & Thee (LR)	7
8 1:15 pm Sing-Along (MR) 1:30 pm Nondenom. Service: Coastal Christian Church (2T)	9 10:30 am Sittercise (FR) 11 am Exercise (FR)	10 10 am Camden Shopping	11 9:30 am Rockland Shopping 12 noon-2:30 pm Documentary/Discussion (MR)	12 8 am Dancing Chi Qong 1-2 pm BP Clinic 2 pm ALW: "Mark Twain," Camden Library* 3:30-4:30 pm Relax. (L) 7 pm Movie Night (MR) 7:30 pm departure Bay Chamber Concerts*	13 10:30 am Sittercise (FR) 11 am Exercise (FR)	14 4:30-5:30 pm Birthday Social (M/LR)
15 1:30 pm Nondenom. Service by Methodist Church (2T) 6:30 pm Movie Night (MR)	16 10:30 am Sittercise (FR) 11 am Exercise (FR)	17 10 am Camden Shopping	18 9:30 am Rockland Shopping	19 8 am Dancing Chi Qong 1-2 pm BP Clinic 3:30-4:30 pm Relax. (L) 7 pm Movie Night (MR) 7:30 pm departure Bay Chamber Concerts*	20 10:30 am Sittercise (FR) 11 am Exercise (FR) 3-4 pm Poetry, Tea & Thee (LR)	21
22 1:30 pm Nondenom. Lay Service by Jess (2T)	23 10:30 am Sittercise (FR) 11 am Exercise (FR)	24 10 am Camden Shopping	25 9:30 am Rockland Shopping	26 8 am Dancing Chi Qong 1-2 pm BP Clinic 2:30 pm Moving to Music 3:30-4:30 pm Relax. (L) 7 pm Movie Night (MR) 7:30 pm departure Bay Chamber Concerts*	27 10:30 am Sittercise (FR) 11 am Exercise (FR) 4:30-6:30 pm Annual Lobster Bake, Anderson Inn Parking Lot	28 4:30 pm Wine & Cheese Social (MR)
29 1:30 pm Nondenom. Service by Catholic Church (2T)	30 10:30 am Sittercise (FR) 11 am Exercise (FR)	31 10 am Camden Shopping 7 pm Book Club (L)	Legend 2T: 2nd Floor Activity Rm, Terraces GR: 2nd Floor Game Room DR: Independent Dining Room 2TLR: 2nd Floor Living Room, Terraces FR: 1st Floor Fitness Room MR: Independent Media Room G: Gardens (1st Floor) L: 3rd Floor Library *: Van Trips, Weather and Ridership Permitting			