

# JANUARY 2012



# COTTAGES & APARTMENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1 New Year's Day</b> <b>1:30 pm</b> Nondenom. Service by Methodist Church (2T) <b>4-6 pm</b> Fireside Chat (LR)	<b>2</b> <b>10:45 am</b> Sittercise (FR) <b>11:15 am</b> Exercise (FR) <b>3 pm</b> Book Club (L)	<b>3</b> <b>10 am</b> Camden Shopping** <b>12 noon</b> Parkinson's Support Group <b>1-2 pm</b> Blood Pressure Clinic <b>2 pm</b> Wii Bowling (MR) <b>6 pm</b> Alzheimer's Support	<b>4</b> <b>9 am</b> Senior Breakfast (DR) <b>9:30 am</b> Rockland Shopping** <b>10 am</b> Tai Chi (MR)	<b>5</b> <b>8 am</b> Dancing Chi Qong <b>10:45 am</b> Sittercise (FR) <b>11:15 am</b> Exercise (FR) <b>2 pm</b> Zumba Gold (2T)	<b>6</b> <b>10 am</b> New Pathways for Parkinson's (MR) <b>3 pm</b> Poetry, Tea & Thee (LR) <b>7 pm</b> Movie Night (MR)	<b>7</b> <b>4:30-9 pm</b> Game Night (MR)
<b>8</b> <b>12 noon</b> Sing-Along (MR) <b>1:30 pm</b> Nondenom. Service by Congregational Church (2T) <b>4-6 pm</b> Fireside Chat (LR)	<b>9</b> <b>Note: No Fitness Classes Today</b> <b>3 pm</b> Book Club (L)	<b>10</b> <b>10 am</b> Camden Shopping** <b>1-2 pm</b> Blood Pressure Clinic <b>2 pm</b> Wii Bowling (MR)	<b>11</b> <b>9:30 am</b> Rockland Shopping** <b>10 am</b> Tai Chi (MR)	<b>12</b> <b>8 am</b> Dancing Chi Qong <b>Note: No Fitness Classes Today</b> <b>2 pm</b> Zumba Gold (2T)	<b>13</b> <b>10 am</b> New Pathways for Parkinson's (MR) <b>7 pm</b> Movie Night (MR)	<b>14</b> <b>4:30-5:30 pm</b> Birthday Social (M/LR)
<b>15</b> <b>1:30 pm</b> Nondenom. Service by Catholic Church (2T) <b>4-6 pm</b> Fireside Chat (LR)	<b>16</b> <b>Martin Luther King Day</b> <b>10:45 am</b> Sittercise (FR) <b>11:15 am</b> Exercise (FR) <b>3 pm</b> New Residents Tea (M/LR)	<b>17</b> <b>10 am</b> Camden Shopping** <b>1-2 pm</b> Blood Pressure Clinic <b>2 pm</b> Wii Bowling (MR)	<b>18</b> <b>9:30 am</b> Rockland Shopping** <b>10 am</b> Tai Chi (MR)	<b>19</b> <b>8 am</b> Dancing Chi Qong <b>8:45 am</b> Sr. College* ** <b>10:45 am</b> Sittercise (FR) <b>11:15 am</b> Exercise (FR) <b>12:15 pm</b> Sr. College* ** <b>2 pm</b> Zumba Gold (2T)	<b>20</b> <b>10 am</b> New Pathways for Parkinson's (MR) <b>3 pm</b> Poetry, Tea & Thee (LR) <b>7 pm</b> Movie Night (MR)	<b>21</b> <b>4:30-9 pm</b> Game Night (MR)
<b>22</b> <b>1:30 pm</b> Nondenom. Service by Episcopal Church (2T) <b>4-6 pm</b> Fireside Chat (LR)	<b>23</b> <b>10:45 am</b> Sittercise (FR) <b>11:15 am</b> Exercise (FR)	<b>24</b> <b>10 am</b> Camden Shopping** <b>1-2 pm</b> Blood Pressure Clinic <b>2 pm</b> Wii Bowling (MR)	<b>25</b> <b>9:30 am</b> Rockland Shopping** <b>10 am</b> Tai Chi (MR)	<b>26</b> <b>8 am</b> Dancing Chi Qong <b>8:45 am</b> Sr. College* ** <b>10:45 am</b> Sittercise (FR) <b>11:15 am</b> Exercise (FR) <b>12:15 pm</b> Sr. College* ** <b>2 pm</b> Zumba Gold (2T)	<b>27</b> <b>10 am</b> New Pathways for Parkinson's (MR) <b>7 pm</b> Movie Night (MR)	<b>28</b> <b>4:30-5:30 pm</b> Wine & Cheese Social (M/LR)
<b>29</b> <b>1:30 pm</b> Nondenom. Service by Coastal Christian Church (2T) <b>4-6 pm</b> Fireside Chat (LR)	<b>30</b> <b>10:45 am</b> Sittercise (FR) <b>11:15 am</b> Exercise (FR)	<b>31</b> <b>10 am</b> Camden Shopping** <b>12 noon departure</b> Opera at the Strand* ** <b>1-2 pm</b> Blood Pressure Clinic <b>2 pm</b> Wii Bowling (MR)			<b>Beauty Salon:</b> Linda, x6201; Tory, x6202  <b>Pastoral Visits on Request:</b> x6250  * Signup required  ** Van trips, weather & ridership permitting	