

FEBRUARY 2012



COTTAGES & APARTMENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9 am Senior Breakfast (DR) 9:30 am Rockland Shopping** 9:30 am Sittercise (FR) 10 am Strength & Flexibility (FR)	2 8 am Dancing Chi Qong 8:45 am Sr. College* ** 12:15 pm Sr. College* **	3 9:30 am Sittercise (FR) 10 am Strength & Flex (FR) 10 am New Pathways for Parkinson's (MR) 3 pm Poetry, Tea & Thee (LR) 7 pm Movie Night (MR)	4 4:30-9 pm Game Night (MR)
5 1:30 pm Nondenom. Service by Lay Person (2T) 4-6 pm Fireside Chat (LR)	6 3 pm Book Club (L)	7 10 am Camden Shopping** 12 noon Parkinson's Support Group 1-2 pm B. P. Clinic 2 pm Wii Bowling (MR) 6 pm Alzheimer's Support	8 9:30 am Rockland Shopping** 9:30 am Sittercise (FR) 10 am Strength & Flexibility (FR)	9 8 am Dancing Chi Qong 8:45 am Sr. College* ** 12:15 pm Sr. College* ** 2 pm YMCA swim* **	10 9:30 am Sittercise (FR) 10 am Strength & Flex (FR) 10 am New Pathways for Parkinson's (MR) 6:30 pm depart. Bay Chamber Concerts, "100 Years of Broadway"* ** 7 pm Movie Night (MR)	11 4:30-5:30 pm Birthday Social (M/LR)
12 1:30 pm Sing-Along (MR) 1:30 pm Nondenom. Service by Methodist Church (2T) 4-6 pm Fireside Chat (LR)	13	14 Valentine's Day 10 am Camden Shopping** 1-2 pm Blood Pressure Clinic Note: No Wii Bowling 3 pm Valentine's Day Party, "Love Letters" (M/LR)	15 9:30 am Rockland Shopping** 9:30 am Sittercise (FR) 10 am Strength & Flexibility (FR) 10:30 am-12 noon Adventures in Living Well, "Tell Your Life Story" (M/LR)*	16 8 am Dancing Chi Qong	17 9:30 am Sittercise (FR) 10 am Strength & Flex (FR) 10 am New Pathways for Parkinson's (MR) 3 pm Poetry, Tea & Thee (LR) 7 pm Movie Night (MR)	18 4:30-9 pm Game Night (MR)
19 1:30 pm Nondenom. Service by Congregational Church (2T) 4-6 pm Fireside Chat (LR)	20 Presidents Day	21 10 am Camden Shopping** 11:30 am-1 pm Pancake Extravaganza (DR) 1-2 pm B.P. Clinic 12 noon departure Opera at the Strand* ** 2 pm Wii Bowling (MR)	22 9:30 am Rockland Shopping** 9:30 am Sittercise (FR) 10 am Strength & Flexibility (FR)	23 8 am Dancing Chi Qong 2 pm YMCA swim* **	24 Flag Day 9:30 am Sittercise (FR) 10 am Strength & Flex (FR) 10 am New Pathways for Parkinson's (MR) 7 pm Movie Night (MR)	25 4:30-5:30 pm Wine & Cheese Social (M/LR)
26 1:30 pm Nondenom. Service by Catholic Church (2T) 2 pm depart. Bay Chamber Con., "Curtis on Tour"* ** 4-6 pm Fireside Chat (LR)	27	28 10 am Camden Shopping** 1-2 pm Blood Pressure Clinic 2 pm Wii Bowling (MR)	29 9:30 am Rockland Shopping** 9:30 am Sittercise (FR) 10 am Strength & Flexibility (FR)		Beauty Salon: Linda x 6201, Tory x 6202 Pastoral Visits on Request: x 6250 * Signup required ** Van trips, weather & ridership permitting	