

May 2013



COTTAGES & APARTMENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Beauty Salon:</u> Linda, x6201 <u>Pastoral Visits on Request:</u> x6250 * Signup required ** Van trips, weather & ridership permitting</p>			<p>1 9 am Senior Breakfast (MR) 9:30 am Rockland Shopping** 9:30-10:15 am Fitness, Fun & Friends (FR)</p>	<p>2 8 am Dancing Chi Qong (MR) 8:45 am departure Senior College* ** 12:15 pm departure Senior College* **</p>	<p>3 9:30-10:15 am Fitness, Fun & Friends (FR) 10 am New Pathways for Parkinson's (MR) 3 pm Poetry, Tea & Thee (LR) 7 pm Movie Night (MR)</p>	4
<p>5 9:30 am departure Cruisin' to Graduation Car Show, MVHS 1:30 pm Nondenom. Service by Coastal Christian (2T) 4-6 pm Fireside Chat (LR)</p>	<p>6 10:30 am Going Strong, "Arthritis" (MR)* 1-2 pm Caregivers Support Group (GR) 3 pm Book Club (L)</p>	<p>7 10 am Camden Shopping** 12 noon Parkinson's Support Group (MR, GR) 1-2 pm Blood Pressure Clinic 2 pm Wii Bowling (MR) 3 pm Wii Golf (MR) 6 pm Alzheimer's Support Group (MR)</p>	<p>8 9:30 am Rockland Shopping** 9:30-10:15 am Fitness, Fun & Friends (FR)</p>	<p>9 8 am Dancing Chi Qong (MR)</p>	<p>10 9:30-10:15 am Fitness, Fun & Friends (FR) 10 am New Pathways for Parkinson's (MR) 1 pm Brown Bag at the Opera (MR) 7 pm Movie Night (MR)</p>	<p>11 10 am Joan Welch, "What's Happening in Augusta" (2T) 4:30-5:30 pm Birthday Social (M/LR) 6:15 pm departure Bay Chamber Concerts, "Hot Club of San Francisco" Strand Theatre, Rockland* **</p>
<p>12 Mother's Day 1:30 pm Nondenom. Lay Service with Judy (2T) 4-6 pm Fireside Chat (LR) 4:30 pm departure Seasoned Citizens Prom, CHRHS</p>	<p>13 12 noon-2 pm Documentary/ Discussion Group (MR)</p>	<p>14 10 am Camden Shopping** 1-2 pm Blood Pressure Clinic 1 pm Wii Bowling (MR) 2 pm Wii Golf (MR)</p>	<p>15 9:30 am Rockland Shopping** 9:30-10:15 am Fitness, Fun & Friends (FR) 10:30 am Adventures in Living Well, "Moving Beyond Traditional Thoughts of Aging"*</p>	<p>16 8 am Dancing Chi Qong (MR)</p>	<p>17 9:30-10:15 am Fitness, Fun & Friends (FR) 10 am New Pathways for Parkinson's (MR) 3 pm Poetry, Tea & Thee (LR) 4 pm Sea Chanteys by Bob Webb (MR) 7 pm Movie Night (MR)</p>	<p>18 Armed Forces Day</p>
<p>19 1:30 pm Nondenom. Service by Methodist Church (2T) 4-6 pm Fireside Chat (LR)</p>	20	<p>21 10 am Camden Shopping** 1-2 pm Blood Pressure Clinic 1 pm Wii Bowling (MR) 2 pm Wii Golf (MR)</p>	<p>22 9:30 am Rockland Shopping** 9:30-10:15 am Fitness, Fun & Friends (FR)</p>	<p>23 8 am Dancing Chi Qong (MR)</p>	<p>24 9:30-10:15 am Fitness, Fun & Friends (FR) 10 am New Pathways for Parkinson's (MR) 7 pm Movie Night (MR)</p>	<p>25 4:30-5:30 pm Wine & Cheese Social (M/LR)</p>
<p>26 1:30 pm Nondenom. Service by Congregational Church (2T) 4-6 pm Fireside Chat (LR)</p>	<p>27 Memorial Day 2 pm Memorial Day Program by Boy Scouts, music by the Offbeats Anderson Inn Parking Lot (weather permitting)</p>	<p>28 10 am Camden Shopping** 1-2 pm Blood Pressure Clinic 1 pm Wii Bowling (MR) 2 pm Wii Golf (MR)</p>	<p>29 9:30 am Rockland Shopping** 9:30-10:15 am Fitness, Fun & Friends (FR)</p>	<p>30 8 am Dancing Chi Qong (MR) 3:00 pm Sing-Along (MR)</p>	<p>31 9:30-10:15 am Fitness, Fun & Friends (FR) 10 am New Pathways for Parkinson's (MR) 7 pm Movie Night (MR)</p>	