

# August 2009

# Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beauty Salon - Linda ext. 6201						<u>1</u>
<u>2</u> 10:00 am Ventriloquist - Bill Brown (2T) 1:30 pm Nondenom. Service: Methodist Church 2T 2:15 pm depart Northport Music Theater, "Broadway Songs of Love & Romance"* 6:30 pm Movie Night (MR)	<u>3</u> 10:30 am Sittercise (FR) 11 am Exercise (FR)	<u>4</u> 10 am Camden Shopping 12 noon-1:45 pm Parkinson's Support (MR) 6 pm Alzheimer's Support	<u>5</u> 9 am Gentlemen's Breakfast (DR) 9:30 am Rockland Shopping	<u>6</u> 8 am Dancing Chi Qong (MR) 1-2 pm BP Clinic 2:30 pm Walking Group 3 pm Relax, Reflect & Renew (MR) 7 pm Movie Night (MR) 7:30 pm BC Summer Series*	<u>7</u> 10:30 am Sittercise (FR) 11 am Exercise (FR)	<u>8</u>
<u>9</u> 1:30 pm Nondenom. Service: Congregational Church (2T) 2:30 pm "Swingtimers" (ILDR) 6:30 pm Movie Night (MR)	<u>10</u> 10:30 am Sittercise (FR) 11 am Exercise (FR) 6:30 pm Birthday Celebration (DR)	<u>11</u> 10 am Catholic Mass (2T) 10 am Camden Shopping	<u>12</u> 9:30 am Rockland Shopping	<u>13</u> 8 am Dancing Chi Qong (MR) 1-2 pm BP Clinic 2:30 pm Walking Group 3 pm Relax, Reflect & Renew (MR) 7 pm Movie Night (MR) 7:30 pm BC Summer Series*	<u>14</u> 10:30 am Sittercise (FR) 11 am Exercise (FR)	<u>15</u> 10 am Quarry Hill Dog Show (Anderson Inn Parking Lot)
<u>16</u> 1:30 pm Nondenom. Service: Catholic Church 2T 2:15 pm depart Northport Music Theater, "Five Course Love"* 6:30 pm Movie Night (MR)	<u>17</u> 10:30 am Sittercise (FR) 11 am Exercise (FR)	<u>18</u> 10 am Camden Shopping	<u>19</u> 9:30 am Rockland Shop 12:30 pm depart Adventures in Living Well, "Edna St. Vincent Millay: Her Life & Times" (Camden Library)*	<u>20</u> 8 am Dancing Chi Qong (MR) 1-2 pm BP Clinic 2:30 pm Walking Group 3 pm Relax, Reflect & Renew (MR) 7 pm Movie Night (MR) 7:30 pm BC Summer Series*	<u>21</u> 10:30 am Sittercise (FR) 11 am Exercise (FR) 4:30-6:30 pm Annual QH Lobster Bake (Anderson Inn Parking Lot)	<u>22</u>
<u>23</u> 1:30 pm Nondenom. Service: Episcopal Church (2T) 6:30 pm Movie Night (MR)	<u>24</u> 10:30 am Sittercise (FR) 11 am Exercise (FR)	<u>25</u> 10 am Camden Shopping	<u>26</u> 9:30 am Rockland Shopping	<u>27</u> 8 am Dancing Chi Qong (MR) 1-2 pm BP Clinic 2:30 pm Walking Group 3 pm Relax, Reflect & Renew (MR) 7 pm Movie Night (MR) 7:30 pm BC Summer Series*	<u>28</u> 10:30 am Sittercise (FR) 11 am Exercise (FR)	<u>29</u> 4:30 pm Wine & Cheese Social (MR)
<u>30</u> 1:30 pm Nondenom. Service: Coastal Christian(2T) 6:30 pm Movie Night (MR)	<u>31</u> 10:30 am Sittercise (FR) 11 am Exercise (FR)					