

September 2010

Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Legend 2T: 2nd Floor Activity Room, Terraces Room DR: Independent Dining Room FR: 1st Floor Fitness Room MR: Independent Media Room L: 3rd Floor Library *Van Trips, Weather and Ridership Permitting			<u>1</u> 9:30 am Rockland Shopping 10:30 am Adventures in Living Well, "The Art of Maine" (MR)	<u>2</u> 8 am Dancing Chi Qong 1-2 pm BP Clinic 3:30-4:30 pm Relax. (L) 7 pm Movie Night (MR)	<u>3</u> 10:30 am Sittercise (FR) 11 am Exercise (FR) 3-4 pm Poetry, Tea & Thee (LR)	<u>4</u>
<u>5</u> 1:30 pm Nondenom. Service by Episcopal Church (2T)	<u>6</u> Labor Day	<u>7</u> 10 am Camden Shopping 12 noon-1:45 pm Parkinson's Support (MR) 6 pm Alzheimer's Support (MR)	<u>8</u> Rosh Hashanah Begins @ Sundown 9 am Gentlemen's Breakfast (LR) 9:30 am Mentors & Friends: The Haitian Earthquake (MR) 9:30 am Rockland Shopping 12 noon-2:30 pm Documentary/Discussion (MR)	<u>9</u> 8-10 am Pancake Breakfast to Benefit Alz. Assoc. (DR) 8 am Dancing Chi Qong 1-2 pm BP Clinic 3 pm Apartment Residents Meeting (MR) 7 pm Movie Night (MR)	<u>10</u> 10:30 am Sittercise (FR) 11 am Exercise (FR)	<u>11</u> 4:30-5:30 pm Birthday Social (M/LR)
<u>12</u> 1:15 pm Singalong (MR) 1:30 pm Nondenom. Lay Service by Judy (2T)	<u>13</u> 10:30 am Sittercise (FR) 11 am Exercise (FR) 3-5 pm Assisted Living Open House, Anderson Inn	<u>14</u> 10 am Camden Shopping 2:30-4:30 pm Matter of Balance (MR)	<u>15</u> 9:30 am Rockland Shopping	<u>16</u> 8 am Dancing Chi Qong 8:45 am Sr. College* 12:15 pm Sr. College* 1-2 pm BP Clinic 2:30-4:30 pm Matter of Balance (MR) 3:30-4:30 pm Relax. (L) 7 pm Movie Night (MR)	<u>17</u> Yom Kippur Begins @ Sundown 10:30 am Sittercise (FR) 11 am Exercise (FR) 3-4 pm Poetry, Tea & Thee (LR)	<u>18</u>
<u>19</u> 1:30 pm Nondenom. Service by Coastal Christian Church (2T)	<u>20</u> 10:30 am Sittercise (FR) 11 am Exercise (FR)	<u>21</u> 10 am Camden Shopping 2:30 -4:30 pm Matter of Balance (MR)	<u>22</u> 9:30 am Rockland Shopping 4 pm Law Education Series, "Am I Prepared?..." (MR)	<u>23</u> 8 am Dancing Chi Qong 8:45 am Sr. College* 12:15 pm Sr. College* 1-2 pm BP Clinic 2:30-4:30 pm Matter of Balance (MR) 7 pm Movie Night (MR)	<u>24</u> 10:30 am Sittercise (FR) 11 am Exercise (FR)	<u>25</u> 2:30 pm Penobscot Bay Bell Ringers (DR) 4:30 pm Wine & Cheese Social (MR)
<u>26</u> 1:30 pm Nondenom. Service by Methodist Church (2T) 2:30 pm Swingtimers (MR)	<u>27</u> 10:30 am Sittercise (FR) 11 am Exercise (FR)	<u>28</u> 10 am Camden Shopping 2:30 -4:30 pm Matter of Balance (MR) 7 pm Book Club (L)	<u>29</u> 9:30 am Rockland Shopping	<u>30</u> 8 am Dancing Chi Qong 8:45 am Sr. College* 12:15 pm Sr. College* 1-2 pm BP Clinic 2:30-4:30 pm Matter of Balance (MR) 7 pm Movie Night (MR)		