

January 2020

Cottages & Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Signup required **Transportation provided, weather and ridership permitting			1 New Year's Day 9:30 am Rockland Shopping**	2 9:30 am Zumba (2T) 1 pm Men's Discussion Group (GR) 1:30 pm Knit/Handcrafts (LR) 1:30-2:30 pm Walk-in Clinic, Sauvage/Tailby Practice 6:30 pm Scrabble/Cribbage (GR)	3 9:30 am Fitness Class (MR) 11 am New Pathways for Parkinson's (MR) 3 pm Poetry, Tea & Thee (LR) 7 pm Movie Night (MR)	4
5 1:30 pm Nondenominational Lay Service Led by Mrs. Gabriele (2 nd Floor, Terraces)	6 9:30 am Fitness Class (MR) 11 am Walking Group (Lobby) 3 pm Book Club (Library, 3 rd Floor, Anderson Inn) 3 pm Activities Committee (GR) 4:30 pm Piano with Mary (MR)	7 10 am Camden Shopping** 12 noon-2 pm Parkinson's Support Group (MR, GR) 2-3 pm Blood Pressure Clinic 4:30 pm Piano with Mary (MR) 6-7 pm Alzheimer's Support (MR)	8 9:30 am Fitness Class (MR) 1 pm Wii Golf (MR) 2 pm Downtown Camden Shopping** 4:30 pm Piano with Mary (MR)	9 9:30 am Zumba (2T) 11 am- 12:30 pm Reflections on Aging (MR) 1 pm Men's Discussion Group (GR) 1:30 pm Knit/Handcrafts (LR) 1:30-2:30 pm Walk-in Clinic, Sauvage/Tailby Practice 6:30 pm Scrabble/Cribbage (GR)	10 9:30 am Fitness Class (MR) 11 am New Pathways for Parkinson's (MR) 7 pm Movie Night (MR)	11 4-5 pm Birthday Social (M/LR)
12 1:30 pm Nondenominational Lay Service Led by Tom Yoder (2 nd Floor, Terraces)	13 9:30 am Fitness Class (MR) 11 am Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	14 10 am Camden Shopping** 2-3 pm Blood Pressure Clinic 3:30 pm Celebration of Life (M/LR)	15 9:30 am Rockland Shopping** 9:30 am Fitness Class (MR) 1 pm Wii Golf (MR) 4:30 pm Piano with Mary (MR)	16 8:30 am departure Senior College, Morning Classes* ** 9:30 am Zumba (2T) 12:15 pm departure Senior College, Afternoon Classes* ** 1 pm Men's Discussion Group (GR) 1:30 pm Knit/Handcrafts (LR) 1:30-2:30 pm Walk-in Clinic, Sauvage/Tailby Practice 6:30 pm Scrabble/Cribbage (GR)	17 9:30 am Fitness Class (MR) 11 am New Pathways for Parkinson's (MR) 3 pm Poetry, Tea & Thee (LR) 7 pm Movie Night (MR)	18
19 1:30 pm Nondenominational Service Hosted by Congregational Church (2 nd Floor, Terraces) 3-4:30 pm Reflections on Aging (MR)	20 Martin Luther King, Jr., Day 9:30 am Fitness Class (MR) 11 am Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	21 10 am Camden Shopping** 10:30 am Catholic Mass (2 nd Floor, Terraces) 12:15 pm departure Opera, <i>Wozzeck</i> (Strand Theatre)* ** 2-3 pm Blood Pressure Clinic 4:30 pm Piano with Mary (MR)	22 9:30 am Fitness Class (MR) 11:30 am Lunch at The Waterfront Restaurant* ** 1 pm Wii Golf (MR) 4:30 pm Piano with Mary (MR) 6:30 pm departure CIFF Documentary Series (Camden Opera House)* **	23 8:30 am departure Senior College, Morning Classes* ** 9:30 am Zumba (2T) 12:15 pm departure Senior College, Afternoon Classes* ** 1 pm Men's Discussion Group (GR) 1:30 pm Knit/Handcrafts (LR) 1:30-2:30 pm Walk-in Clinic, Sauvage/Tailby Practice 6:30 pm Scrabble/Cribbage (GR)	24 9:30 am Fitness Class (MR) 11 am New Pathways for Parkinson's (MR) 7 pm Movie Night (MR)	25 4-5 pm Wine & Cheese Social (M/LR)
26 1:30 pm Nondenominational Service Hosted by Methodist Church (2 nd Floor, Terraces)	27 9:30 am Fitness Class (MR) 11 am Walking Group (Lobby) 3 pm New Residents Tea (M/LR)	28 10 am Camden Shopping** 2-3 pm Blood Pressure Clinic 4:30 pm Piano with Masanobu (MR)	29 9:30 am Fitness Class (MR) 1 pm Wii Golf (MR) 4:30 pm Piano with Mary (MR)	30 8:30 am departure Senior College, Morning Classes* ** 9:30 am Zumba (2T) 12:15 pm departure Senior College, Afternoon Classes* ** 1 pm Men's Discussion Group (GR) 1:30 pm Knit/Handcrafts (LR) 1:30-2:30 pm Walk-in Clinic, Sauvage/Tailby Practice 6:30 pm Scrabble/Cribbage (GR)	31 9:30 am Fitness Class (MR) 11 am New Pathways for Parkinson's (MR) 7 pm Movie Night (MR)	