

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

April 2026



1
10 am: Fitness Class (MR)
11 am: Sharing & Caring Open Discussion Group (2T LR)
3 pm: Wii Bowling (MR)
4:30 pm: Piano by George (MR)

All Fools' Day
 Passover Begins

2
9:30 am: Balance Exercise Class (MR)
10:30 am: Men's Group (GR)
2:30 pm: Seated Yoga (2T)
3 pm: Creative Stitchery (3T)
3 pm: **Quarterly Apt. Residents' Meeting w/ Loriman (M/LR)**

3
9:30 am Departure: **Shopping (Walmart, Thomaston)* ****
10 am: Fitness Class (MR)
1 pm: Chinese Mahjong (GR)
2 pm: Resident Choir Practice (2T)

4
7 pm: Movie Night (M/LR)

5
11:30 am & 1:30 pm Seatings: Easter Brunch (DR)*

Easter Sunday

6
10 am: Fitness Class (MR)
2 pm: Book Club (L)
2 pm: Low Vision Group (PDR)
4 pm: Bereavement Support Group (GR)

7
9:30 am Departure: Shopping (Camden)
10 am: Activities Committee Mtg. (GR)
1 to 2 pm: Blood Pressure Clinic (HSC)
1:30 pm: Movement for the Body & Mind Guided Exercise Class (FR)*
3 to 5 pm: **Maple Grove Massage Sessions (FR)***
6 pm: Alzheimer's Support Group (Zoom)

8
10 am: Fitness Class (MR)
10 am: Our Lady of Good Hope Catholic Church Service (2T)
11:15 Departure: **Lunch at Osprey Nest Café, Northeastern US Cuisine (MCST, Rockland)* ****
3 pm: Wii Bowling (MR)
4:30 pm: Piano by George (MR)

9
9:30 am: Balance Exercise Class (MR)
10:30 am: Men's Group (GR)
11 am: **Awareness Series, "Death with Dignity and the Power of Choice" (M/LR)***
2:30 pm: Seated Yoga (2T)
3 pm: Apt. Exec. Council Mtg. (GR)
3 pm: Creative Stitchery (3T)

10
10 am: Fitness Class (MR)
1 pm Departure: **Camden Library/Shopping Shuttle* ****
1 pm: Chinese Mahjong (GR)
2 pm: Resident Choir Practice (2T)
4 to 5:15 pm: **Birthday Social (M/LR)**

11
1:30 pm: Resident Newsletter Reading (GR)
7 pm: Movie Night (M/LR)

12

13
10 am: Fitness Class (MR)
12 noon: Parkinson's Support Group (M/LR)
2:30 pm: **Lecture: "Vermeer: The Golden Age of Dutch Painting," Part 1 (M/LR)**

14
9:15 am Grounds Comm. (PDR)
9:30 am Departure: Shopping (Camden)
1:30 pm: Movement for the Body & Mind Guided Exercise Class (FR)*

15
10 am: Fitness Class (MR)
11 am: Sharing & Caring Open Discussion Group (2T LR)
11:15 Departure: **Lunch at Osprey Nest Café, Western US Cuisine (MCST, Rockland)* ****
3 pm: Wii Bowling (MR)
4:30 pm: Piano by George (MR)

16
10:30 am: Men's Group (GR)
1 pm: **CMCA Art Studio (3T Craft Room)**
2:30 pm: Seated Yoga (2T)
3 pm: Apt. Residents' Council Mtg. (M/LR)
3 pm: Creative Stitchery (3T)
3 to 5 pm: **Maple Grove Massage Sessions (FR)***
3:30 pm: Caregiver Support Group (GR)

17
10 am: Fitness Class (MR)
1 pm: Chinese Mahjong (GR)
2 pm: Resident Choir Practice (2T)
3 pm: **Unidine Presentation: "Super Foods" (M/LR)***

18
7 pm: Movie Night (M/LR)

19

20
10 am: Fitness Class (MR)
1:30 pm: Painting: Window into Spring (M/LR)*

21
9:30 am Departure: Shopping (Camden)
1:30 pm: Movement for the Body & Mind Guided Exercise Class (FR)*
3 pm: Alzheimer's Support Group (PDR)

22
10 am: Fitness Class (MR)
10 am: Our Lady of Good Hope Catholic Church Service (2T)
3 pm: Wii Bowling (MR)
4:30 pm: Piano by George (MR)

Earth Day

23
10:30 am: Men's Group (GR)
3 pm: Apt. Exec. Council Mtg. (GR)
3 pm: Creative Stitchery (3T)
3 pm: **Enrichment Series, "The Journey of Becoming Amazed" (M/LR)***

24
10 am: Fitness Class (MR)
1 pm Departure: **Camden Library/Shopping Shuttle* ****
1 pm: Chinese Mahjong (GR)
2 pm: Resident Choir Practice (2T)
4 to 5:15 pm: **Wine & Cheese Social (M/LR)**

25
1:30 pm: Resident Newsletter Reading (GR)
7 pm: Movie Night (M/LR)

26
1:30 pm: Chestnut Street Baptist Church Service (2T)

27
8 to 11 am: **Maple Grove Massage Sessions (FR)***
9:30 am: **Veterans Coffee Social w/ American Legion War Memorial Post 30 (3T)**
10 am: Fitness Class (MR)
2 pm: **Presentation: "Navigating Hospice Care: Understanding Benefits & Options" (M/LR)***

28
9:30 am Departure: Shopping (Camden)
10 am: **Open Art Studio (GR)***
11 to 12 noon: Blood Pressure Clinic (HSC)
1 pm: **Matter of Balance, Session 1 (M/LR)***
1:30 pm: Movement for the Body & Mind Guided Exercise Class (FR)*
2 pm: Travelogue Video Presentation: *Destination: Checking Out Chile* (2T)

29
10 am: Fitness Class (MR)
11 am: Sharing & Caring Open Discussion Group (2T LR)
2 pm: **Piano w/ Sean Fleming (M/LR)***
4:30 pm: Piano by George (MR)

30
8 to 12 pm: **Maple Grove Massage Sessions (FR)***
9:30 am: Balance Exercise Class (MR)
10:30 am: Men's Group (GR)
2:30 pm: Community Service Committee (HSC)
2:30 pm: Seated Yoga (2T)
3 pm: Creative Stitchery (3T)



Cottages and Apartments

Activities Details Subject to Change

* Signup Required **Transportation Provided, Weather and Ridership Permitting