

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10 am: Fitness Class, Media Room 10 am: Bingo, 2T 1:30 pm: Historic Tales of Maine, Media/Living Room* 3 pm: Book Club, Library 4 pm: Bereavement Support Group, Game Room	2 9:30 am Departure: Shopping 9:30 am: Chair Yoga, Fitness Room 10:30 am: Activity Committee Mtg, Game Room 1 to 2 pm: Blood Pressure Clinic, HSC Office 1:30 pm: Mahjong, Game Room 6 pm: Alzheimer's Support Group, Zoom	3 10 am: Fitness Class, Media Room 1:30 pm: Awareness Series: National Parkinson's Disease Month, Media/Living Room* 2 pm: Library Committee Mtg, Library 2:45 pm: Wii Bowling, Media Room 4:30 pm: Piano by George, Media/Living Room	4 9:30 am: Chair Yoga, Fitness Room 10:30 am: Men's Group, Game Room 2 pm: Knitting & Hand Crafts, Library 2 pm: Apts. Executive Council Meeting, Game Room	5 10 am: Fitness Class, Media Room 1:30 pm: Chinese Mahjong, Game Room 2 pm Departure: Camden & Rockport Libraries* 2 pm: Yard Sale Planning Mtg, Gardens Dining Room 3:30 pm Departure: First Friday at the Farnsworth Art Museum, Rockland*	6 9:30 am Departure: Walmart, Thomaston* 7 pm: Movie Night, Media/Living Room
7	8 9:30 am: Veterans Coffee Social w/ American Legion War Memorial Post 30, 3T Dining Room 10 am: Fitness Class, Media Room 10 am: Bingo, 2T 12 noon Parkinson's Support Group, Media/Living Room 2:30 pm: Eclipse Viewing, Lobby/Outdoors	9 9:15 am: Grounds Committee Mtg, Private Dining Room 9:30 am Departure: Shopping 9:30 am: Chair Yoga, Fitness Room 1 to 2 pm: Blood Pressure Clinic, HSC Office 1:30 pm: Mahjong, Game Room 4 pm: Closed Bereavement Group, Session 1, Game Room*	10 10 am: Fitness Class, Media Room 10 am: Our Lady of Good Hope Catholic Church Service, 2T Living Room 2:45 pm: Wii Bowling, Media Room 4:30 pm: Piano by George, Media/Living Room	11 9:30 am: Chair Yoga, Fitness Room 10:30 am: Men's Group, Game Room 2 pm: Knitting & Hand Crafts, Library 2 pm: Residents' Council Meeting, Media/Living Room	12 10 am: Fitness Class, Media Room 1:30 pm: Chinese Mahjong, Game Room 4 to 5:15 pm: Birthday Social, Media/Living Room 6:30 pm: Shabbat Service, Welcoming the Jewish Sabbath (All Welcome), 2T Living Room	13 1:30 pm: Resident Newsletter Reading, Game Room 7 pm: Movie Night, Media/Living Room
14 1:30 pm: First Congregational Church Service, 2T	15 10 am: Fitness Class, Media Room 10 am: Bingo, 2T 1:30 pm: AARP Fraud Watch Presentation, Media/Living Room*	16 9:30 am Departure: Shopping 9:30 am: Chair Yoga, Fitness Room 1 to 2 pm: Blood Pressure Clinic, HSC Office 1:30 to 3:30 pm: Mahjong, Game Room 3 pm: Alzheimer's Support Group, Private Dining Room 4 pm: Closed Bereavement Group, Session 2, Game Room*	17 10 am: Fitness Class, Media Room 2:45 pm: Wii Bowling, Media Room 4:30 pm: Piano by George, Media/Living Room	18 9:30 am: Chair Yoga, Fitness Room 10:30 am: Men's Group, Game Room 2 pm: Knitting & Hand Crafts, Library 2 pm: Apts. Executive Council Meeting, Game Room	19 10 am: Fitness Class, Media Room 11:30 Departure: Lunch at Archers, Rockland* 1:30 pm: Chinese Mahjong, Game Room 2 pm Departure: Camden & Rockport Libraries*	20 7 pm: Movie Night, Media/Living Room
21 1:30 pm: Chestnut Street Baptist Church Service, 2T	22 10 am: Fitness Class, Media Room 10 am: Bingo, 2T Passover Begins Earth Day	23 9:30 am Departure: Shopping 9:30 am: Chair Yoga, Fitness Room 1 to 2 pm: Blood Pressure Clinic, HSC Office 1:30 pm: Mahjong, Game Room 4 pm: Closed Bereavement Group, Session 3, Game Room*	24 8 am: Men's Breakfast, Dining Room* 10 am: Fitness Class, Media Room 10 am: Our Lady of Good Hope Catholic Church Service, 2T Living Room 2 pm: Community Service Committee Mtg, HSC Office 2:45 pm: Wii Bowling, Media Room	25 9:30 am: Chair Yoga, Fitness Room 10 am Departure: Triad Spring Luncheon, Odd Fellows Hall, Warren* 10:30 am: Men's Group, Game Room 1:30 pm: The Power of Pets, Media/Living Room* 2 pm: Knitting & Hand Crafts, Library	26 10 am: Fitness Class, Media Room 1:30 pm: Chinese Mahjong, Game Room 4 to 5:15 pm: Wine & Cheese Social, Media/Living Room Arbor Day	27 1:30 pm: Resident Newsletter Reading, Game Room 7 pm: Movie Night, Media/Living Room
28	29 10 am: Fitness Class, Media Room 10 am: Bingo, 2T	30 9:30 am Departure: Shopping 9:30 am: Chair Yoga, Fitness Room 1 to 2 pm: Blood Pressure Clinic, HSC Office 1:30 pm: Mahjong, Game Room 4 pm: Closed Bereavement Group, Session 4, Game Room*	 April 2024			