

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2025					1 9:30 am Departure: Shopping (Walmart, Thomaston)* ** 10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR) 2 pm: Live Cello Music w/ Robin Lane (M/LR) 7 pm: Movie Night (M/LR)	2 1:30 pm: Resident Newsletter Reading (GR)
3	4 10 am: Fitness Class (MR) 11 am: Walking Group (Lobby) 4 pm: Bereavement Support Group (GR)	5 9:30 am Departure: Shopping (Camden) 10 am: Activity Commitee Mtg (GR) 1 to 2 pm: Blood Pressure Clinic (HSC) 6 pm: Alzheimer's Support Group (Zoom)	6 10 am: Fitness Class (MR) 1 pm: Enrichment Series, "Mushroom Mania" (M/LR)* 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	7 9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 2 pm: Book Chat & Stitch (L) 2 pm: Seated Yoga (2T)	8 10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR) 4 to 5:15 pm: Birthday Social (M/LR)	9
10	11 10 am: Fitness Class (MR) 11 am: Walking Group (Lobby) 12 noon: Parkinson's Support Group Special Potluck Event (Sail, Power & Steam Museum, Rockland)	12 9:15 am: QHA Grounds Committee Meeting (PDR) 9:30 am Departure: Shopping (Camden) 10:30 am: Just Beat It (MR) 10:30 am: Sharing & Caring Open Discussion Group (2T LR) 1 to 2 pm: Blood Pressure Clinic (HSC)	13 10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T) 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	14 9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 2 pm: Chat & Stitch (L) 4:30 pm: Lobster Bake (Carport) (Rain Date 8/15)	15 10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR) 7 pm: Movie Night (M/LR)	16 1:30 pm: Resident Newsletter Reading (GR)
17	18 10 am: Fitness Class (MR) 11 am: Walking Group (Lobby) 2 pm: Live Piano Music w/ Isaiah Ferguson (M/LR)	19 9 am: QHA Board Meeting (M/LR) 9:30 am Departure: Shopping (Camden) 1 to 2 pm: Blood Pressure Clinic (HSC) 1:30 pm Departure: Pontoon Boat Ride (Megunticook Lake)* ** 3 pm: Alzheimer's Support Group (PDR)	20 10 am: Fitness Class (MR) 1 pm: Enrichment Series, "The FIRST First Lady" (M/LR)* 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	21 9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 1 pm: CMCA Art Studio (GDR) 2 pm: Apt Resident Council Mtg (M/LR) 2 pm: Chat & Stitch (L) 2 pm: Seated Yoga (2T) 2:30 pm: Community Service Comm. (HSC) 3:30 pm: Caregiver Support Group (GR)	22 10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR)	23
24 1:30 pm: Chestnut Street Baptist Church Service (2T)	25 9:30 am: Veterans Coffee Social w/ American Legion War Memorial Post 30 (3T DR) 10 am: Fitness Class (MR) 11 am: Walking Group (Lobby)	26 9:30 am Departure: Shopping (Camden) 10:30 am: Just Beat It (MR) 10:30 am: Sharing & Caring Open Discussion Group (2T LR) 1 to 2 pm: Blood Pressure Clinic (HSC)	27 10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T) 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	28 9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 2 pm: Chat & Stitch (L) 2 pm: Seated Yoga (2T) 4 pm: Resident Social (Gazebo) (Rain Date 8/29)	29 10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR) 7 pm: Movie Night (M/LR)	30 1:30 pm: Resident Newsletter Reading (GR)
31	Cottages and Apartments					