

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 August 2026						1 9:30 am Departure: Owls Head Transportation Museum Wings & Wheels Air Show (Owls Head)* ** 10 am: Resident Newsletter Reading (GR) 7 pm: Movie Night (M/LR)
2	3 10 am: Fitness Class (MR) 11 am: Forest Bathing (Lobby) 12:15 pm Departure: Awareness Series, "An Intro to Belfast Senior College" (Camden Library)* ** 2:30 pm: Creative Stitchery (3T) 4 pm: Bereavement Support Group (GR)	4 9:30 am Departure: Shopping (Camden) 10 am: Activities Committee Mtg. (GR) 1 to 2 pm: Blood Pressure Clinic (HSC) 2 pm: Presentation, "Your Voice Matters: Self Advocacy in Healthcare" (M/LR)* 6 pm: Alzheimer's Support Group (Zoom)	5 10 am: Fitness Class (MR) 11 am: Sharing & Caring Open Discussion Group (2T LR) 2 pm: Travelogue Video Presentation, "Destination: Exploring the Everglades" (2T) 3 pm: Wii Bowling (MR) 4:15 pm: Piano by George (MR)	6 9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 1:15 pm Departure: Pontoon Boat Ride (Megunticook Lake)* ** 2 pm: Seated Yoga (2T)	7 9:30 am Departure: Shopping (Walmart)* ** 10 am: Fitness Class (MR) 12:15 pm Departure: Declaration of Independence Tour (Camden Library)* ** 1 pm: Chinese Mahjong (GR)	8 7 pm: Movie Night (M/LR)
9	10 10 am: Fitness Class (MR) 11 am: Forest Bathing (Lobby) 12 noon: Parkinson's Support (M/LR) 2 pm: Lecture, "Making Mischief w/ the Wild Things: Maurice Sendak and Friends" (2T) 2:30 pm: Creative Stitchery (3T) 3 pm: What's Next (M/LR)	11 9:15 am: Grounds Committee Meeting (PDR) 9:30 am Departure: Shopping (Camden) 1 to 2 pm: Blood Pressure Clinic (HSC) 2 pm: Rockport Fiddle Performance (Anderson Inn Front Lawn)	12 10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T) 11:15 Departure: Lunch at Archer's on the Pier (Rockland)* ** 3 pm: Wii Bowling (MR) 4:15 pm: Piano by George (MR)	13 9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 4:30 pm: Lobster Bake (Carport) (Rain Date 8/14)	14 10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR) 1 pm Departure: Rockport Library/Shopping Shuttle* ** 4:30 pm: Lobster Bake (Carport) (Rain Date)	15 10 am: Resident Newsletter Reading (GR) 7 pm: Movie Night (M/LR)
16	17 10 am: Fitness Class (MR) 11 am: Forest Bathing (Lobby) 1:30 pm: Piano Music w/ Isaiah Ferguson (M/LR) 2 pm: Low Vision Group (PDR) 2:30 pm: Creative Stitchery (3T)	18 9:30 am Departure: Shopping (Camden) 1 to 2 pm: Blood Pressure Clinic (HSC) 3 pm: Alzheimer's Support Group (PDR) 3 pm: Enrichment Series, "The Nature of Truth in Novels" (M/LR)*	19 10 am: Fitness Class (MR) 11 am: Sharing & Caring Open Discussion Group (2T LR) 3 pm: Wii Bowling (MR) 4:15 pm: Piano by George (MR)	20 9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 2 pm: Presentation, "Understanding Dementia" (M/LR)* 2 pm: Seated Yoga (2T) 2:30 pm: Community Service Comm Mtg (HSC) 3:45 pm: Summer Outdoor Social (Bryant Park)* ** 3:30 pm: Caregiver Support Group (GR)	21 9:30 am Departure: Waterfall Arts PRESS PLAY Exhibition & Farmers Mrkt (Belfast)* ** 10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR) 2 pm: Resident Choir Members Sing-Along w/ George (2T) 3:45 pm: Summer Outdoor Social (Bryant Park)* ** (Rain Date)	22 7 pm: Movie Night (M/LR)
23 1:30 pm: Chestnut Street Baptist Church Service (2T)	24 9:30 am: Veterans Coffee Social w/ American Legion War Memorial Post 30 (3T) 10 am: Fitness Class (MR) 11 am: Forest Bathing (Lobby) 2:30 pm: Creative Stitchery (3T) 3 pm: What's Next (M/LR)	25 9:30 am Departure: Shopping (Camden) 1 to 2 pm: Blood Pressure Clinic (HSC) 1:15 pm Departure: Pontoon Boat Ride (Megunticook Lake)* ** (Rain Date 8/27)	26 10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T) 3 pm: Wii Bowling (MR) 4:15 pm: Piano by George (MR)	27 9:30 am: Balance Exercise Class (MR) 10 am: Travelogue Video Presentation, "Destination: Scottish Highlands" (2T) 10:30 am: Men's Group (GR) 1:15 pm Departure: Pontoon Boat Ride (Megunticook Lake)* ** (Rain Date 8/27) 2 pm: Seated Yoga (2T)	28 10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR) 1 pm Departure: Rockport Library/Shopping Shuttle* ** 3:45 to 5 pm: Birthday Social (M/LR)	29 7 pm: Movie Night (M/LR)
30	31 10 am: Fitness Class (MR) 11 am: Forest Bathing (Lobby) 2:30 pm: Creative Stitchery (3T)	Cottages and Apartments 				