

# August 2021



# Cottages & Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10 am Fitness Class (MR) 4:30 pm Piano with Mary (MR)	3 9:30 am Shopping in Camden** 2-3 pm Blood Pressure Clinic (Nina's Office, 3rd Floor)	4 10 am Fitness Class (MR) 4:30 pm Piano with Mary (MR)	5 9:30 am Zumba (2nd Floor Multipurpose Room, Terraces) 2 pm Knitting & Handcrafts (LR) 3 pm Wii Bowling (MR)	6 10 am Fitness Class (MR) Note: No Movie Night	7
8 1:30 pm Nondenominational Service Hosted by Congregational Church (2nd Floor, Terraces)	9 10 am Fitness Class (MR) 4:30 pm Piano with Mary (MR)	10 9:30 am Shopping in Camden** 2-3 pm Blood Pressure Clinic (Nina's Office, 3rd Floor)	11 10 am Fitness Class (MR) 4:30 pm Piano with Mary (MR)	12 9:30 am Zumba (2nd Floor Multipurpose Room, Terraces) 2 pm Knitting & Handcrafts (LR) 3 pm Wii Bowling (MR)	13 Midday Theme Meal: Charlotte 10 am Fitness Class (MR) 7 pm Movie Night (MR)	14
15	16 10 am Fitness Class (MR) 4:30 pm Piano with Mary (MR)	17 9 am Cottage Association Board Meeting (MR) 9:30 am Shopping in Camden** 2-3 pm Blood Pressure Clinic (Nina's Office, 3rd Floor)	18 10 am Fitness Class (MR) 1:30 pm departure: Megunticook Lake Boat Ride #2* ** 4:30 pm Piano with Mary (MR)	19 9:30 am Zumba (2nd Floor Multipurpose Room, Terraces) 2 pm Knitting & Handcrafts (LR) 3 pm Wii Bowling (MR)	20 10 am Fitness Class (MR) 7 pm Movie Night (MR)	21
22	23 10 am Fitness Class (MR) 4:30 pm Piano with Mary (MR)	24 9:30 am Shopping in Camden** 2-3 pm Blood Pressure Clinic (Nina's Office, 3rd Floor)	25 10 am Fitness Class (MR) 4:30 pm Piano with Mary (MR)	26 9:30 am Zumba (2nd Floor Multipurpose Room, Terraces) 2 pm Knitting & Handcrafts (LR) 3 pm Wii Bowling (MR)	27 Special Midday Theme Meal for All: Maine Lobster! (See 8/6 Newsletter for Details) 10 am Fitness Class (MR) 7 pm Movie Night (MR)	28
29	30 10 am Fitness Class (MR) 4:30 pm Piano with Mary (MR)	31 9:30 am Shopping in Camden** Note: No Blood Pressure Clinic				* Signup required  **Transportation provided, weather and ridership permitting