

December 2019

Cottages & Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1:30 pm Nondenominational Lay Service Led by Judy Cucinotta (2 nd Floor, Terraces)	2 9:30 am Fitness Class (MR) 11 am Walking Group (Lobby) 3 pm Book Club (Library, 3 rd Floor, Anderson Inn) 3 pm Activities Committee (GR) 4:30 pm Piano with Mary (MR)	3 10 am Camden Shopping** 12 noon-2 pm Parkinson's Support Group (MR, GR) 12:15 pm departure Opera, <i>Akhnaten</i> (Strand Theatre)* ** 2-3 pm Blood Pressure Clinic 4:30 pm Piano with Mary (MR) 6-7 pm Alzheimer's Support (MR)	4 9:30 am Rockland Shopping** 9:30 am Fitness Class (MR) 1 pm Wii Golf (MR) 4:30 pm Piano with Mary (MR)	5 9:30 am Zumba (2 nd Floor, Terraces) 1 pm Men's Discussion Group (GR) 1:30 pm Knit/Handcrafts (LR) 1:30-2:30 pm Walk-in Clinic, Sauvage/Tailby Practice 6:30 pm Scrabble/Cribbage (GR)	6 9:30 am Fitness Class (MR) 11 am New Pathways for Parkinson's (MR) 3 pm Poetry, Tea & Thee (LR) 7 pm Movie Night (MR)	7 Pearl Harbor Day
8 1:30 pm Nondenominational Service Hosted by Methodist Church (2 nd Floor, Terraces) 6 pm departure Living Christmas Tree (Thomaston Baptist Church)* **	9 9:30 am Fitness Class (MR) 11 am Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	10 10 am Camden Shopping** 2-3 pm Blood Pressure Clinic 4:30 pm Piano with Mary (MR) 7 pm Holiday Lights Ride* **	11 9:30 am Fitness Class (MR) 1 pm Wii Golf (MR) 4:30 pm Piano with Mary (MR)	12 9:30 am Zumba (2 nd Floor, Terraces) 10-11 am OLW Packing Party (MR) 1 pm Men's Discussion Group (GR) 1:30 pm Knit/Handcrafts (LR) 1:30-2:30 pm Walk-in Clinic, Sauvage/Tailby Practice 3 pm Apt. Residents Meeting (MR) 6:30 pm Scrabble/Cribbage (GR)	13 9:30 am Fitness Class (MR) 11 am New Pathways for Parkinson's (MR) 7 pm Movie Night (MR)	14 4-5 pm Birthday Social (M/LR)
15 1:30 pm Nondenominational Service Hosted by Congregational Church (2 nd Floor, Terraces) 1:15 pm departure Downeast Singers, "Maine Winter Music" (Rockport Opera House) * **	16 9:30 am Fitness Class (MR) 11 am Walking Group (Lobby) 4:30 pm Piano with Mary (MR) 6:15 pm departure Choral Concert (Strom Auditorium)* **	17 10 am Camden Shopping** 10:30 am Catholic Mass (2 nd Floor, Terraces) 2-3 pm Blood Pressure Clinic 4:30 pm Piano with Mary (MR)	18 9:30 am Rockland Shopping** 9:30 am Fitness Class (FR) 10:30 am Pen Bay Singers Holiday Concert (MR)* 1 pm Wii Golf (MR) 4:30 pm Piano with Mary (MR)	19 9:30 am Zumba (2 nd Floor, Terraces) 11 am Knox County Homeless Coalition Update (M/LR) 1 pm Men's Discussion Group (GR) 1:30 pm Knit/Handcrafts (LR) 1:30-2:30 pm Walk-in Clinic, Sauvage/Tailby Practice 6:30 pm Scrabble/Cribbage (GR)	20 9:30 am Fitness Class (MR) 10 am 5 th Grade Singers (MR) 11 am New Pathways for Parkinson's (MR) 2 pm Holiday Party (M/LR) 7 pm Movie Night (MR)	21 Winter Begins
22 Hanukkah Begins 1:30 pm Nondenominational Service Hosted by Catholic Church (2 nd Floor, Terraces)	23 9:30 am Fitness Class (MR) 11 am Walking Group (Lobby) 2-3 pm Blood Pressure Clinic (different day, this week only) 4:30 pm Piano with Mary (MR)	24 10 am Camden Shopping** 4:30 pm Piano with Mary (MR)	25 Christmas 12-2 pm Christmas Dinner by reservation (DR)*	26 9:30 am Zumba (2 nd Floor, Terraces) 1 pm Men's Discussion Group (GR) 1:30 pm Knit/Handcrafts (LR) 1:30-2:30 pm Walk-in Clinic, Sauvage/Tailby Practice 6:30 pm Scrabble/Cribbage (GR)	27 9:30 am Fitness Class (MR) 11 am New Pathways for Parkinson's (MR) 7 pm Movie Night (MR)	28 4-5 pm Wine & Cheese Social (M/LR)
29 1:30 pm Nondenominational Service and Communion Hosted by Episcopal Church (2 nd Floor, Terraces)	30 9:30 am Fitness Class (MR) 11 am Walking Group (Lobby) 2 pm Girl Scouts Visit (MR) 4:30 pm Piano with Mary (MR)	31 New Year's Eve 10 am Camden Shopping** 2-3 pm Blood Pressure Clinic 4:30-8 pm New Year's Eve Party*		*Signup required **Transportation provided, weather and ridership permitting		