

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2023

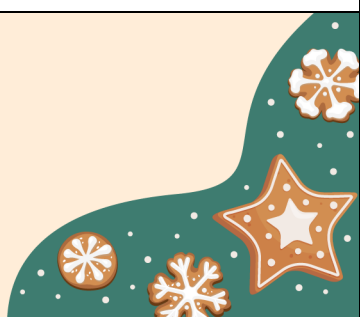


3	4 9:30 am: Veterans Coffee Social, 3T Dining Room 10 am: Fitness Class, Media Room 3 pm: Book Club, Library	5 9:30 am: Chair Yoga, Fitness Room 9:30 am Departure: Shopping Van 10:30 am: Activity Committee Meeting, Game Room 1 to 2 pm: Blood Pressure Clinic, HSC Office 1:30 to 3:30 pm: Mah-Jongg, Game Room 6 pm: Alzheimer's Support Group, Zoom	6 10 am: Fitness Class, Media Room 10 am: Our Lady of Good Hope Catholic Church Service, 2T Living Room 2 pm: Library Committee Meeting, Library 2:45 pm: Wii Bowling, Media Room 4:30 pm: Piano by George, Media Room	7 9:30 am: Chair Yoga, Fitness Room 2 pm: Knitting & Hand Crafts, Living Room <i>Happy Hanukkah</i>	8 10 am: Fitness Class, Media Room 4 to 5:15 pm: Birthday Social, Media/Living Room	9 9:30 am Departure: Walmart* 3 pm Departure: Living Christmas Tree, Thomaston Baptist Church* 7 pm: Movie Night, Media Room
10 1:30 pm: First Congregational Church Service, 2T	11 10 am: Fitness Class, Media Room 12 noon: Parkinson's Disease Support Group, Media/Living Room	12 9:30 am Departure: Shopping Van 1 to 2 pm: Blood Pressure Clinic, HSC Office 1:30 to 3:30 pm: Mah-Jongg, Game Room 2 pm: Live Music w/ Phil Clement, Media/Living Room	13 10 am: Fitness Class, Media Room 2:45 pm: Wii Bowling, Media Room 4:30 pm: Piano by George, Media Room	14 9:30 am: Chair Yoga, Fitness Room 2 pm: Knitting & Hand Crafts, Living Room 3 pm: Quarterly Apartment Residents Meeting, Media/Living Room 6:15 pm Departure: Camden Hills Regional High School Christmas Concert*	15 10 am: Fitness Class, Media Room 1:30 pm Departure: Camden Public Library*	16 2 pm: Live Music w/ Harborside Harmony, 2T Multipurpose Room 7 pm: Movie Night, Media Room
17 1:30 pm: Chestnut Street Baptist Church Service, 2T	18 10 am: Fitness Class, Media Room 4:00 pm Departure: Holiday Lights Ride Through Rockland*	19 9:30 am: Chair Yoga, Fitness Room 9:30 am Departure: Shopping Van 1 to 2 pm: Blood Pressure Clinic, HSC Office 1:30 to 3:30 pm: Mah-Jongg, Game Room 3 pm: Alzheimer's Support Group, Private Dining Room	20 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 Room	21 9:30 am: Chair Yoga, Fitness Room 2 pm: Knitting & Hand Crafts, Living Room Winter Begins	22 10 am: Fitness Class, Media Room 4 to 5:15 pm: Holiday Social, Media/Living Room	23 7 pm: Movie Night, Media Room
24	25 Merry Christmas	26 9:30 am: Chair Yoga, Fitness Room 9:30 am Departure: Shopping Van 1 to 2 pm: Blood Pressure Clinic, HSC Office 1:30 to 3:30 pm: Mah-Jongg, Game Room Kwanzaa Begins	27 10 am: Fitness Class, Media Room 2:45 pm: Wii Bowling, Media Room 4:30 pm: Piano by George, Media Room	28 9:30 am: Chair Yoga, Fitness Room 2 pm: Knitting & Hand Crafts, Living Room	29 10 am: Fitness Class, Media Room	30 7 pm: Movie Night, Media Room

31
6 to 7:15 pm: New Year's Social, Media/Living Room

New Year's Eve

Independent Living



Activities Details Subject to Change

*Sign Up Required