



# February 2026



## Cottages and Apartments

1         Tu B'Shevat Begins	2  10 am: Fitness Class (MR) 2 pm: Book Club (L) 3 pm: <b>New Residents' Tea (M/LR)</b> 4 pm: Bereavement Support Group (GR)  Groundhog Day	3  9:30 am <b>Departure:</b> Shopping (Camden) 10 am: Activities Committee Mtg (GR) 11 am: Just Beat It (MR) 1 to 2 pm: Blood Pressure Clinic (HSC) 2 pm: <b>Art History Presentation, "The Lascaux Cave Paintings in France" (M/LR)</b> 3:30 pm: <b>Movement for the Body &amp; Mind Guided Exercise Class (M/LR)*</b>	4  10 am: Fitness Class (MR) 11 am: Sharing & Caring Open Discussion Group (2T LR) 3 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	5  9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 2 pm: Chat & Stitch (L) 2 pm: Seated Yoga (2T)	6  9:30 am <b>Departure:</b> <b>Shopping (Walmart, Thomaston)* **</b> 10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR)  National Wear Red Day	7  7 pm: Movie Night (M/LR)
8  6:30 pm: <b>Super Bowl Party (M/LR)*</b>	9  10 am: Fitness Class (MR) 12 noon: Parkinson's Support Group (M/LR) 2 pm: Welcoming Committee Meeting (PDR) 3 pm: Lecture, "Monet and the Science of Optics" (M/LR)	10  9:30 am <b>Departure:</b> Shopping (Camden) 1 to 2 pm: Blood Pressure Clinic (HSC) 1:30 pm: <b>Movement for the Body &amp; Mind Guided Exercise Class (M/LR)*</b>	11  10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T) 3 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	12  9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 11am: <b>Enrichment Series, "Shakespeare's Valentine" (M/LR)*</b> 2 pm: Chat & Stitch (L) 2 pm: Seated Yoga (2T)	13  10 am: Fitness Class (MR) 1 pm <b>Departure:</b> <b>Camden Library/Shopping Shuttle* **</b> 1 pm: Chinese Mahjong (GR) 4 to 5:15 pm: <b>Birthday Social (M/LR)</b> 4 to 5:15 pm: <b>Mini Valentines Day Photoshoot (Apts Lobby)</b>	14  1:30 pm: Resident Newsletter Reading (GR) 7 pm: Movie Night (M/LR)  Valentine's Day
15	16  10 am: Fitness Class (MR)  Presidents' Day (U.S.)	17  9:30 am <b>Departure:</b> Shopping (Camden) 10:30 am: Just Beat It (MR) 1 to 2 pm: Blood Pressure Clinic (HSC) 1:30 pm: <b>Movement for the Body &amp; Mind Guided Exercise Class (M/LR)</b>  Chinese New Year Mardi Gras	18  10 am: Fitness Class (MR) 11 am: Sharing & Caring Open Discussion Group (2T LR) 3 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	19  9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 1 pm: <b>CMCA Art Studio (GDR)</b> 2 pm: Chat & Stitch (L) 2 pm: Seated Yoga (2T) 3:30 pm: Caregiver Support Group (GR)	20  10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR)	21  7 pm: Movie Night (M/LR)
22  1:30 pm: Chestnut Street Baptist Church Service (2T)	23  9:30 am: <b>Veterans Coffee Social w/ American Legion War Memorial Post 30 (3T)</b> 10 am: Fitness Class (MR)	24  9:30 am <b>Departure:</b> Shopping (Camden) 1 to 2 pm: Blood Pressure Clinic (HSC) 1:30 pm: <b>Movement for the Body &amp; Mind Guided Exercise Class (M/LR)*</b>	25  10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T) 3 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	26  9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 11 am: <b>Enrichment Series, "Ham Radio: The First Social Media" (M/LR)*</b> 2 pm: Chat & Stitch (L) 2 pm: Seated Yoga (2T)	27  10 am: Fitness Class (MR) 1 pm <b>Departure:</b> <b>Camden Library/Shopping Shuttle* **</b> 1 pm: Chinese Mahjong (GR) 4 to 5:15 pm: <b>Wine &amp; Cheese Social (M/LR)</b>	28  1:30 pm: Resident Newsletter Reading (GR) 7 pm: Movie Night (M/LR)