

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# February 2026

## Cottages and Apartments



1 Tu B'Shevat Begins	2 Groundhog Day	3 9:30 am Departure: Shopping (Camden) 10 am: Activities Committee Mtg (GR) 11 am: Just Beat It (MR) 1 to 2 pm: Blood Pressure Clinic (HSC) 2 pm: Art History Presentation, "The Lascaux Cave Paintings in France" (M/LR) 3:30 pm: Movement for the Body & Mind Guided Exercise Class (M/LR)*	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 Departure: Shopping (Walmart, Thomaston)* ** 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: Super Bowl Party (M/LR)*	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 Departure: Shopping (Camden) 1 to 2 pm: Blood Pressure Clinic (HSC) 1:30 pm: Movement for the Body & Mind Guided Exercise Class (M/LR)*	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: Enrichment Series, "Shakespeare's Valentine" (M/LR)* 2 pm: Chat & Stitch (L) 2 pm: Seated Yoga (2T)	13 10 am: Fitness Class (MR) 1 pm Departure: Camden Library/Shopping Shuttle* ** 1 pm: Chinese Mahjong (GR) 4 to 5:15 pm: Birthday Social (M/LR) 4 to 5:15 pm: Mini Valentines Day Photoshoot (Apts Lobby)	14 1:30 pm: Resident Newsletter Reading (GR) 7 pm: Movie Night (M/LR) Valentine's Day
15 Presidents' Day (U.S.)	16 10 am: Fitness Class (MR)	17 9:30 am Departure: Shopping (Camden) 10:30 am: Just Beat It (MR) 1 to 2 pm: Blood Pressure Clinic (HSC) 1:30 pm: Movement for the Body & Mind Guided Exercise Class (M/LR)* 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: CMCA Art Studio (GDR) 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: Veterans Coffee Social w/ American Legion War Memorial Post 30 (3T) 10 am: Fitness Class (MR)	24 9:30 am Departure: Shopping (Camden) 1 to 2 pm: Blood Pressure Clinic (HSC) 1:30 pm: Movement for the Body & Mind Guided Exercise Class (M/LR)*	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: Enrichment Series, "Ham Radio: The First Social Media" (M/LR)* 2 pm: Chat & Stitch (L) 2 pm: Seated Yoga (2T)	27 10 am: Fitness Class (MR) 1 pm Departure: Camden Library/Shopping Shuttle* ** 1 pm: Chinese Mahjong (GR) 4 to 5:15 pm: Wine & Cheese Social (M/LR)	28 1:30 pm: Resident Newsletter Reading (GR) 7 pm: Movie Night (M/LR)

Activities Details Subject to Change

\* Signup Required \*\*Transportation Provided, Weather and Ridership Permitting