

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2026

Cottages and Apartments

					1	2	3
					10:30 am: Men's Group (GR) 2 pm: Chat & Stitch (L)	9:30 am Departure: Shopping (Walmart, Thomaston)* ** 10 am: Fitness Class (MR) 1 pm Departure: Camden Library/Shopping Shuttle* ** 1 pm: Chinese Mahjong (GR)	1:30 pm: Resident Newsletter Reading (GR) 7 pm: Movie Night (M/LR)
4	5	6	7	8	9	10	
10 am: Fitness Class (MR) 2 pm: Book Club (L) 4 pm: Bereavement Support Group (GR)	9:30 am Departure: Shopping (Camden) 10 am: Activities Committee Mtg (GR) 1 to 2 pm: Blood Pressure Clinic (HSC)	10 am: Fitness Class (MR) 11 am: Sharing & Caring Open Discussion Group (2T LR) 2 pm: Library Committee Meeting (L) 3 pm: Wii Bowling 4:30 pm: Piano by George (MR)	9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 2 pm: Chat & Stitch (L) 2 pm: Seated Yoga (2T) 3 pm: Resident Council Exec. Committee Mtg (GR)	10 am: Fitness Class (MR) 10 am: Video Presentation: "Walk Through Bethlehem" (2T)* 1 pm: Chinese Mahjong (GR) 4 to 5:15 pm: Birthday Social (M/LR)			
11	12	13	14	15	16	17	
10 am: Fitness Class (MR) 12 noon: Parkinson's Support Group (M/LR) 3 pm: Food Committee Mtg (PDR)	9:30 am Departure: Shopping (Camden) 1 to 2 pm: Blood Pressure Clinic (HSC) 3:30 pm: Celebration of Life (M/LR)	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)	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 pm: Resident Council Meeting (M/LR) 3:30 pm: Caregiver Support Group (GR)	10 am: Fitness Class (MR) 1 pm Departure: Camden Library/Shopping Shuttle* ** 1 pm: Chinese Mahjong (GR) 1:30 pm: Flower Hour Lecture and Painting Workshop (M/LR)*	1:30 pm: Resident Newsletter Reading (GR) 7 pm: Movie Night (M/LR)		
18	19	20	21	22	23	24	
	2 pm: Movement for the Body & Mind Guided Exercise Class (M/LR)* Martin Luther King Jr. Day	9:30 am Departure: Shopping (Camden) 1 to 2 pm: Blood Pressure Clinic (HSC) 2 pm: Live Piano Music w/ Masanobu (M/LR)	10 am: Fitness Class (MR) 11 am: Sharing & Caring Open Discussion Group (2T LR) 3 pm: Wii Bowling 4:30 pm: Piano by George (MR)	9:30 am: Balance Exercise Class (FR) 10 am: Dealing with Dementia Caregiver Workshop (M/LR)* 10:30 am: Men's Group (GR) 2 pm: Seated Yoga (2T) 2:30 pm: Community Service Committee Meeting (HSC) 3 pm: Resident Council Executive Committee Mtg (GR)	10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR) 1 pm: Preferred Therapy Solutions Learning Lab: "What Does PTS Do and How Do I Obtain a Referral?" (M/LR)* 4 to 5:15 pm: Wine & Cheese Social (M/LR)		
25	26	27	28	29	30	31	
1:30 pm: Chestnut Street Baptist Church Service (2T)	10 am: Fitness Class (MR) 3 to 4 pm: New Residents' Tea (M/LR)	9 am: QHA Board Meeting (M/LR; Microsoft Teams) 9:30 am Departure: Shopping (Camden) 1 to 2 pm: Blood Pressure Clinic (HSC)	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)	9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 2 pm: Seated Yoga (2T)	10 am: Fitness Class (MR) 1 pm Departure: Camden Library/Shopping Shuttle* ** 1 pm: Chinese Mahjong (GR)	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