




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>1</div> 	<div>2</div> <p> <b>9:30 am:</b> Chair Yoga, Fitness Room  <b>9:30 am Departure:</b> Shopping Van  <b>10:30 am:</b> Activity Committee Meeting, Game Room  <b>1 to 2 pm:</b> Blood Pressure Clinic, HSC Office  <b>1:30 to 3:30 pm:</b> Mah-Jongg, Game Room  <b>6 pm:</b> Alzheimer's Support Group, Zoom         </p>	<div>3</div> <p> <b>10 am:</b> Our Lady of Good Hope Catholic Church Service, 2T Living Room  <b>10 am:</b> Fitness Class, Media Room  <b>2 pm:</b> Library Committee Meeting, Library  <b>2:45 pm:</b> Wii Bowling, Media Room         </p>	<div>4</div> <p> <b>9:30 am:</b> Chair Yoga, Fitness Room  <b>2 pm:</b> Knitting &amp; Hand Crafts, Living Room         </p>	<div>5</div> <p> <b>10 am:</b> Fitness Class, Media Room  <b>1:30 to 2:30 pm:</b> Bingo, Game Room  <b>6:15 pm Departure:</b> <b>Mind Reader Show w/ Vegas Performer Kent Axell, Rockport Opera House*</b> </p>	<div>6</div> <p><b>7 pm:</b> Movie Night, Media Room</p>
<div>7</div>	<div>8</div> <p> <b>10 am:</b> Fitness Class, Media Room  <b>12 noon:</b> Parkinson's Disease Support Group, Media/Living Room  <b>3 pm:</b> Book Club, Library         </p>	<div>9</div> <p> <b>9:30 am:</b> Chair Yoga, Fitness Room  <b>9:30 am Departure:</b> Shopping Van  <b>1 to 2 pm:</b> Blood Pressure Clinic, HSC Office  <b>1:30 to 3:30 pm:</b> Mah-Jongg, Game Room         </p>	<div>10</div> <p> <b>10 am:</b> Fitness Class, Media Room  <b>2 pm:</b> <b>Music w/ Jim Gibson, 2T Multipurpose Room</b>  <b>2:45 pm:</b> Wii Bowling, Media Room  <b>4:30 pm:</b> Piano by George, Media Room         </p>	<div>11</div> <p> <b>9:30 am:</b> Chair Yoga, Fitness Room  <b>2 pm:</b> Knitting &amp; Hand Crafts, Living Room         </p>	<div>12</div> <p> <b>10 am:</b> Fitness Class, Media Room  <b>1:30 pm Departure:</b> <b>Camden Public Library*</b>  <b>4 to 5:15 pm:</b> <b>Birthday Social, Media/Living Room</b> </p>	<div>13</div> <p> <b>9:30 am Departure:</b> <b>Walmart*</b>  <b>7 pm:</b> Movie Night, Media Room         </p>
<div>14</div> <p><b>1:30 pm:</b> First Congregational Church Service, 2T Multipurpose Room</p>	<div>15</div> <div>  <p>           Martin Luther King Jr.            1929 - 1968         </p> <p>Martin Luther King Jr. Day</p> </div>	<div>16</div> <p> <b>9:30 am:</b> Chair Yoga, Fitness Room  <b>9:30 am Departure:</b> Shopping Van  <b>1 to 2 pm:</b> Blood Pressure Clinic, HSC Office  <b>1:30 to 3:30 pm:</b> Mah-Jongg, Game Room  <b>3 pm:</b> Alzheimer's Support Group, Private Dining Room  <b>3 to 4 pm:</b> <b>Celebration of Life, Media/Living Room</b> </p>	<div>17</div> <p> <b>10 am:</b> Our Lady of Good Hope Catholic Church Service, 2T Living Room  <b>10 am:</b> Fitness Class, Media Room  <b>2:45 pm:</b> Wii Bowling, Media Room  <b>4:30 pm:</b> Piano by George, Media Room         </p>	<div>18</div> <p> <b>9:30 am:</b> Chair Yoga, Fitness Room  <b>11 am:</b> Residents' Council Meeting, Media/Living Room  <b>2 pm:</b> Knitting &amp; Hand Crafts, Living Room         </p>	<div>19</div> <p><b>10 am:</b> Fitness Class, Media Room</p>	<div>20</div> <p><b>7 pm:</b> Movie Night, Media Room</p>
<div>21</div> <p><b>1:30 pm:</b> Chestnut Street Baptist Church Service, 2T Multipurpose Room</p> <p>Activity Professionals Week</p>	<div>22</div> <p> <b>10 am:</b> Fitness Class, Media Room  <b>11:30 am Departure:</b> <b>Lunch at Trackside, Rockland*</b> </p>	<div>23</div> <p> <b>9 am:</b> QHA Board Meeting, Microsoft Teams  <b>9:30 am:</b> Chair Yoga, Fitness Room  <b>9:30 am Departure:</b> Shopping Van  <b>1 to 2 pm:</b> Blood Pressure Clinic, HSC Office  <b>1:30 to 3:30 pm:</b> Mah-Jongg, Game Room         </p>	<div>24</div> <p> <b>10 am:</b> Fitness Class, Media Room  <b>2:45 pm:</b> Wii Bowling, Media Room  <b>4:30 pm:</b> Piano by George, Media Room         </p>	<div>25</div> <p> <b>9:30 am:</b> Chair Yoga, Fitness Room  <b>2 pm:</b> Knitting &amp; Hand Crafts, Living Room         </p>	<div>26</div> <p> <b>10 am:</b> Fitness Class, Media Room  <b>1:30 pm Departure:</b> <b>Camden Public Library*</b>  <b>4 to 5:15 pm:</b> <b>Wine &amp; Cheese Social, Media/Living Room</b> </p>	<div>27</div> <p><b>7 pm:</b> Movie Night, Media Room</p>
<div>28</div>	<div>29</div> <p> <b>10 am:</b> Fitness Class, Media Room  <b>3 to 4 pm:</b> <b>New Residents Tea, Media/Living Room</b> </p>	<div>30</div> <p> <b>9:30 am:</b> Chair Yoga, Fitness Room  <b>9:30 am Departure:</b> Shopping Van  <b>1 to 2 pm:</b> Blood Pressure Clinic, HSC Office  <b>1:30 to 3:30 pm:</b> Mah-Jongg, Game Room         </p>	<div>31</div> <p> <b>10 am:</b> Our Lady of Good Hope Catholic Church Service, 2T Living Room  <b>10 am:</b> Fitness Class, Media Room  <b>2:45 pm:</b> Wii Bowling, Media Room  <b>4:30 pm:</b> Piano by George, Media Room         </p>	