

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# July 2025

|  |   |   |  |   |  |   |
|--|---|---|--|---|--|---|
|  |   | 1<br>9:30 am <b>Departure:</b> Shopping<br>10 am: Activity Committee Mtg. (GR)<br>11 am: Just Beat It (MR)<br>1 to 2 pm: Blood Pressure Clinic (HSC)<br>6 pm: Alzheimer's Support Group (Zoom)  | 2<br>10 am: Fitness Class (MR)<br>10:30 am: Our Lady of Good Hope Catholic Church Service (2T)<br>1:30 pm <b>Departure: Pontoon Boat Ride, Megunticook Lake* **</b><br>2 pm: Library Committee (L)<br>2:45 pm: Wii Bowling (MR)<br>4:30 pm: Piano by George (MR) | 3<br>9:30 am: Balance Exercise Class (FR)<br>10:30 am: Men's Group (GR)<br>2 pm: Book Chat & Stitch (L)<br>2 pm: <b>Independence Day Ice Cream Social (Anderson Inn Main Entrance Portico)</b>  | 4<br>7 pm: Movie Night (M/LR)<br><br>Independence Day (U.S.)   | 5<br>1:30 pm: Resident Newsletter Reading (GR)  |
| 6  | 7<br>10 am: Fitness Class (MR)<br>11 am: Walking Group, Lobby<br>4 pm: Bereavement Support Group (GR)   | 8<br>9:15 am: QHA Grounds Committee Meeting (7 Duck Pond Rd.)<br>9:30 am <b>Departure:</b> Shopping<br>10:30 am: Sharing & Caring Open Discussion Group (2T Living Room)<br>1 to 2 pm: Blood Pressure Clinic (HSC)<br>3 pm: <b>Enrichment Series, "Riding the Mongol Derby" (M/LR)*</b> | 9<br>10 am: Fitness Class (MR)<br>2:45 pm: Wii Bowling (MR)<br>4:30 pm: Piano by George (MR)   | 10<br>9:30 am: Balance Exercise Class (FR)<br>10:30 am: Men's Group (GR)<br>2 pm: Chat & Stitch (L)<br>2 pm: Seated Yoga (2T)   | 11<br>11 am <b>Departure: Bigelow Laboratory Open House, Boothbay (Pack a Lunch)* **</b><br>10 am: Fitness Class (MR)<br>1 pm: Chinese Mahjong (GR)<br>4 to 5:15 pm: <b>Birthday Social (M/LR)</b>                   | 12  |
| 13   | 14<br>10 am: Fitness Class (MR)<br>11 am: Walking Group, Lobby<br>12 noon: Parkinson's Support Group (M/LR)<br>3 pm: Food Committee (PDR)   | 15<br>9:30 am <b>Departure:</b> Shopping<br>10 am: Just Beat It (MR)<br>11 am <b>Departure: Boothbay Railroad Guided Tour (Pack a Lunch)* **</b><br>1 to 2 pm: Blood Pressure Clinic (HSC)<br>3 pm: Alzheimer's Support Group (PDR)   | 16<br>10 am: Fitness Class (MR)<br>10:30 am: Our Lady of Good Hope Catholic Church Service (2T)<br>2:45 pm: Wii Bowling (MR)<br>4:30 pm: Piano by George (MR)  | 17<br>9:30 am: Balance Exercise Class (FR)<br>10:30 am: Men's Group (GR)<br>1 pm: <b>CMCA Art Studio (GDR)</b><br>2 pm: Chat & Stitch (L)<br>2 pm: Apt Resident Council Mtg (M/LR)<br>2 pm: Seated Yoga (2T)<br>3:30 pm: <b>Caregiver Support Group (M/LR)</b><br>4 pm: <b>Potluck Social (Gazebo) (Rain Date 7/18)</b> | 18<br>10 am: Fitness Class (MR)<br>10:45 am <b>Departure: Lively Lady Boat Ride, Camden Harbor* **</b><br>1 pm: Chinese Mahjong (GR)<br>4 pm: <b>Potluck Social (Gazebo) (Rain Date)</b><br>7 pm: Movie Night (M/LR) | 19<br>1:30 pm: Resident Newsletter Reading (GR) |
| 20<br>1:30 pm: Chestnut Street Baptist Church Service (2T) | 21<br>10 am: Fitness Class (MR)<br>11 am: Walking Group, Lobby<br>2 pm: <b>Live Music Concert w/ Joanna &amp; Tony (M/LR)</b>   | 22<br>9 am: <b>QHA Board Meeting (M/LR)</b><br>9:30 am <b>Departure:</b> Shopping<br>10:30 am: Sharing & Caring Open Discussion Group (2T Living Room)<br>1 to 2 pm: Blood Pressure Clinic (HSC)<br>1:30 pm <b>Departure: Pontoon Boat Ride, Megunticook Lake* **</b>                   | 23<br>10 am: Fitness Class (MR)<br>12:15 & 12:30 <b>Departures: Enrichment Series, "The Art of the Myth," Camden Public Library* **</b><br>2:45 pm: Wii Bowling (MR)<br>4:30 pm: Piano by George (MR)  | 24<br>9:30 am: Balance Exercise Class (FR)<br>10:30 am: Men's Group (GR)<br>2 pm: Chat & Stitch (L)<br>2 pm: Seated Yoga (2T)   | 25<br>10 am: Fitness Class (MR)<br>1 pm: Chinese Mahjong (GR)<br>4 to 5:15 pm: <b>Wine &amp; Cheese Social (M/LR)</b>  | 26  |
| 27   | 28<br>10 am: Fitness Class (MR)<br>11 am: Walking Group, Lobby<br>12:45 <b>Departure: Truly S. Ocean Boat Ride, Camden Yacht Club* **</b><br>3 pm: <b>Awareness Series, "AARP Fraud Prevention" (M/LR)*</b> | 29<br>9:30 am <b>Departure:</b> Shopping<br>10:30 am: Just Beat It (MR)<br>1 to 2 pm: Blood Pressure Clinic (HSC)<br>2 pm: <b>Live Music w/ Chris Heard (M/LR)</b>  | 30<br>10 am: Fitness Class (MR)<br>10:30 am: Our Lady of Good Hope Catholic Church Service (2T)<br>2:45 pm: Wii Bowling (MR)<br>4:30 pm: Piano by George (MR)  | 31<br>9:30 am: Balance Exercise Class (FR)<br>10:30 am: Men's Group (GR)<br>2 pm: Chat & Stitch (L)<br>2 pm: Seated Yoga (2T)   | <h2>Cottages &amp; Apartments</h2>   |   |
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Activities Details Subject to Change

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