

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



			<p>1</p> <p>10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T) 1 pm: Enrichment Series, "Meet Mrs. Hamilton" (M/LR)* 3 pm: Wii Bowling (MR) 4:45 pm: Piano by George (MR)</p>	<p>2</p> <p>9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR)</p>	<p>3</p> <p>9:30 am Departure: Shopping (Walmart)* ** 1 pm: Chinese Mahjong (GR) 2 pm: Independence Day Ice Cream Social (Anderson Inn Main Entrance Lobby)</p>	<p>4</p> <p>10 am: Resident Newsletter Reading (GR) 7 pm: Movie Night (M/LR)</p> <p>Independence Day (U.S.)</p>
<p>5</p> <p>10 am: Fitness Class (MR) 11 am: Forest Bathing (Lobby) 2 pm: Presentation: Paintings of Mary Cassatt, An American in Paris (2T) 2:30 pm: Creative Stitchery (3T) 4 pm: Bereavement Support Group (GR)</p>	<p>6</p> <p>9:30 am Departure: Shopping (Camden) 10 am: Activities Committee Mtg. (GR) 1 to 2 pm: Blood Pressure Clinic (HSC) 2 pm: Resident Choir Concert (Anderson Inn Front Lawn) 6 pm: Alzheimer's Support Group (Zoom)</p>	<p>7</p> <p>10 am: Fitness Class (MR) 11 am: Sharing & Caring Open Discussion Group (2T LR) 11:30 am Departure: Lunch at McLoons Lobster Shack (Spruce Head)* ** 3 pm: Wii Bowling (MR) 4:45 pm: Piano by George (MR)</p>	<p>8</p> <p>9:30 am: Balance Exercise Class (MR) 10 am: Travelogue Video Presentation, "Destination: Hotel Safari in Africa" (2T) 10:30 am: Men's Group (GR) 2 pm: Presentation: Understanding Dementia (M/LR)* 2 pm: Seated Yoga (2T) 2:30 pm: Community Service Comm. Mtg. (HDR) 3 pm: Apt. Exec. Council Mtg. (GR)</p>	<p>9</p> <p>10 am: Fitness Class (MR) 11 am Departure: Bigelow Laboratory Open House (Boothbay)* ** 1 pm: Chinese Mahjong (GR) 3:45 to 5 pm: Birthday Social (M/LR)</p>	<p>10</p> <p>7 pm: Movie Night (M/LR)</p>	<p>11</p> <p>7 pm: Movie Night (M/LR)</p>
<p>12</p> <p>10 am: Fitness Class (MR) 11 am: Forest Bathing (Lobby) 12 noon: Parkinson's Support Group (M/LR) 3 pm: Creative Stitchery (3T) 3 pm: Food Com. Mtg. (PDR) 3 pm: What's Next (MR)</p>	<p>13</p> <p>9:15 am: Grounds Committee Mtg. (PDR) 9:30 am Departure: Shopping (Camden) 11 am Departure: Railway Village Museum (Boothbay)* ** 1 to 2 pm: Blood Pressure Clinic (HSC)</p>	<p>14</p> <p>10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T) 3 pm: Wii Bowling (MR) 4:45 pm: Piano by George (MR)</p>	<p>15</p> <p>9:30 am: Balance Exercise Class (FR) 10:30 am: Men's Group (GR) 11 am: Awareness Series, "Backyard Birding" (M/LR)* 2 pm: Seated Yoga (2T) 3 pm: Apt. Residents Council Mtg. (M/LR) 3:30 pm: Caregiver Support Group (GR) 3:45 pm: Summer Outdoor Social (Bryant Park)** (Rain Date 7/17)</p>	<p>16</p> <p>10 am: Fitness Class (MR) 10:45 am Departure: Lively Lady Boat Ride (Camden Harbor)* ** 1 pm: Chinese Mahjong (GR) 1 pm Departure: Rockport Library/Shopping Shuttle* ** 2 pm: Travelogue Video Presentation, "Destination: Ye Olde Williamsburg" (2T) 3:45 pm: Summer Outdoor Social (Bryant Park)** (Rain Date)</p>	<p>17</p> <p>10 am: Resident Newsletter Reading (GR) 7 pm: Movie Night (M/LR)</p>	<p>18</p> <p>10 am: Resident Newsletter Reading (GR) 7 pm: Movie Night (M/LR)</p>
<p>19</p> <p>10 am: Fitness Class (MR) 11 am: Forest Bathing (Lobby) 1:30 pm: Painting: Flower Hour (Gardens Garden) 2 pm: Low Vision Group (PDR) 2:30 pm: Creative Stitchery (3T)</p>	<p>20</p> <p>9:30 am Departure: Shopping (Camden) 1 to 2 pm: Blood Pressure Clinic (HSC) 1:15 pm Departure: Pontoon Boat Ride (Megunticook Lake)* ** (Rain Date 7/22) 2 pm: Piano Music w/ Masanobu (M/LR) 3 pm: Alzheimer's Support Group (PDR)</p>	<p>21</p> <p>10 am: Fitness Class (MR) 11 am: Sharing & Caring Open Discussion Group (2T LR) 1:15 pm Departure: Pontoon Boat Ride (Megunticook Lake)* ** (Rain Date) 3 pm: Wii Bowling (MR) 4:45 pm: Piano by George (MR)</p>	<p>22</p> <p>9:30 am: Balance Exercise Class (MR) 10:15 am Departure: Bixby Chocolate Tasting Tour (Rockland)* ** 10:30 am: Men's Group (GR) 2 pm: Seated Yoga (2T) 3 pm: Apt. Exec. Council Mtg. (GR)</p>	<p>23</p> <p>10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR) 3:45 to 5 pm: Wine & Cheese Social (M/LR)</p>	<p>24</p> <p>7 pm: Movie Night (M/LR)</p>	<p>25</p> <p>7 pm: Movie Night (M/LR)</p>
<p>26</p> <p>1:30 pm: Chestnut Street Baptist Church Service (2T)</p>	<p>27</p> <p>10 am: Fitness Class (MR) 11 am: Forest Bathing (Lobby) 1:30 pm Departure: Beech Hill Preserve (Rockport)* ** 2:30 pm: Creative Stitchery (3T) 3 pm: What's Next (MR)</p>	<p>28</p> <p>9 am: QHA Board Mtg. (M/LR) 1 to 2 pm: Blood Pressure Clinic (HSC) 1:30 pm Departure: Shopping (Camden)</p>	<p>29</p> <p>10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T) 3 pm: Wii Bowling (MR) 4:45 pm: Piano by George (MR)</p>	<p>30</p> <p>9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 2 pm: Seated Yoga (2T)</p>	<p>31</p> <p>10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR) 1 pm Departure: Rockport Library/Shopping Shuttle* **</p>	

Activities Details Subject to Change

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