

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Shavuot Begins	2 10 am: Fitness Class (MR) 11 am: Walking Group (Lobby) 2 pm: Live Accordion Music w/ Eric Tolman (M/LR) 4 pm: Bereavement Support Group (GR)	3 9:30 am Departure: Shopping 10 am: Activity Committee Mtg (GR) 11 am: Just Beat It (MR) 1 to 2 pm: Blood Pressure Clinic (HSC) 2 pm: Resident Choir Practice (M/LR) 6 pm: Alzheimer's Support Group (Zoom)	4 10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T) 2 pm: Library Committee (L) 2 pm: Matter of Balance, Session 6 (GDR)* 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	5 10:30 am: Men's Group (GR) 10:30 am: Welcoming Committee Meeting (PDR) 2 pm: Book Chat & Stitch (L) 2:30 pm: Seated Yoga (2T) 4 pm: Closed Men's Bereavement Group, Session 8 (GR)*	6 9:30 am Departure: Walmart, Thomaston* ** 10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR) 2 pm: Spring Concert, Quarry Hill Resident Choir (M/LR) 7 pm: Movie Night (M/LR)	7 1:30 pm: Resident Newsletter Reading (GR)
8	9 9:30 am: Veterans Coffee Social w/ American Legion War Memorial Post 30 (3T) 10 am: Fitness Class (MR) 11 am: Walking Group (Lobby) 12 noon: Parkinson's Support Group (M/LR) 3 pm: Food Committee Meeting (PDR)	10 9:15 am: QHA Grounds Committee Meet (PDR) 9:30 am Departure: Shopping 10:30 am: Sharing & Caring Open Discussion Group (2T Living Room) 1 to 2 pm: Blood Pressure Clinic (HSC) 4 pm: Enrichment Series, "A Table for One" (GDR)*	11 10 am: Fitness Class (MR) 2 pm: Matter of Balance, Session 7 (GDR)* 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	12 10:30 am: Men's Group (GR) 1 pm: CMCA Art Studio (GDR) 2:30 pm: Chat & Stitch (L) 2:30 pm: Seated Yoga (2T)	13 10 am: Fitness Class (MR) 11:30 am Departure: Jazz in June, Village Green, Camden* ** 1 pm Departure: Camden Library/Shopping Shuttle* ** 1 pm: Chinese Mahjong (GR) 2 pm: Live Music w/ The Reel Jammers (Outside) (Rain Date 6/20) 4 to 5:15 pm: Birthday Social (M/LR)	14 Flag Day (U.S.)
15 11:30 am & 1:30 pm Seatings: Father's Day Brunch (Dining Room)* Father's Day	16 10 am: Fitness Class (MR) 11 am: Walking Group (Lobby)	17 9:30 am Departure: Shopping 10:30 am: Just Beat It (MR) 1 to 2 pm: Blood Pressure Clinic (HSC) 2 pm: Lynne's Retirement Party (GDR) 3 pm: Alzheimer's Support Group (PDR)	18 10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T) 2 pm: Matter of Balance, Session 8 (GDR)* 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	19 10:30 am: Men's Group (GR) 2 pm: Chat & Stitch (L) Juneteenth	20 10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR) 2 pm: Live Music w/ The Reel Jammers (Rain Date) 7 pm: Movie Night (M/LR) Summer Begins	21 1:30 pm: Resident Newsletter Reading (GR)
22 1:30 pm: Chestnut Street Baptist Church Service (2T)	23 10 am: Fitness Class (MR) 11 am: Walking Group (Lobby) 1:30 pm: Preferred Therapy Education Session (M/LR)	24 9:30 am Departure: Shopping 10:30 am: Sharing & Caring Open Discussion Group (2T Living Room) 1 to 2 pm: Blood Pressure Clinic (HSC) 1:30 pm Departure: Pontoon Boat Ride* ** (Rain Date 6/25)	25 10 am: Fitness Class (MR) 1:30 pm Departure: Pontoon Boat Ride* ** (Rain Date) 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	26 10:30 am: Men's Group (GR) 11 am: Awareness Series, "Knox Clinic Presentation: A Little-Known Gem!" (M/LR)* 2 pm: Chat & Stitch (L) 2:30 pm: Community Service Committee Meeting (HSC) 2:30 pm: Seated Yoga (2T) 3 pm: Quarterly Apartment Residents Meeting w/ Loriman (M/LR)	27 9:30 am Departure: Upon That Isle in Maine: The Story and Works of Chris Van Dusen, Maine Maritime Museum, Bath* ** 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
29	30 10 am: Fitness Class (MR) 2 pm: Paint & Sip w/ Rachael, Summertime Theme (M/LR)*					