

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# March 2025

1  
1:30 pm: Resident Newsletter Reading (GR)

2  
10 am: Fitness Class (MR)  
3 pm: Book Club (L)  
4 pm: Bereavement Support Group (GR)

3  
9:30 am Departure: Shopping  
10:30 am: Activity Committee Mtg (GR)  
1 to 2 pm: Blood Pressure Clinic (HSC)  
4 pm: Awareness Series, "The Point of Acupuncture" (M/LR)\*  
6 pm: Alzheimer's Support Group (Zoom)

4  
10 am: Fitness Class (MR)  
10:30 am: Our Lady of Good Hope Catholic Church Service (2T)  
2 pm: Library Committee Mtg (L)  
2:45 pm: Wii Bowling (MR)  
4:30 pm: Piano by George (MR)

5  
10 am: Open Gym (FR)  
10:30 am: Men's Group (GR)  
2 pm: Chat & Stitch (L)  
2:30 pm: Seated Yoga (2T)

6  
9:30 am Departure: Walmart, Thomaston\* \*\*  
10 am: Fitness Class (MR)  
1:30 pm: Chinese Mahjong (GR)  
7 pm: Movie Night (M/LR)

7  
11 am Departure: Maine Drama Festival: One-Act Competition, Medomak Valley High School, Waldoboro\* \*\*

8

9  
10 am: Fitness Class (MR)  
12 noon: Parkinson's Support Group (M/LR)  
3 pm: Food Committee Meeting (PDR)

10  
9:30 am Departure: Shopping  
10 am: Grounds Committee Meeting (15 Duck Pond Rd.)  
10:30 am: Just Beat It (MR)\*  
1 to 2 pm: Blood Pressure Clinic (HSC)

11  
10 am: Fitness Class (MR)  
10 am: Our Lady of Good Hope Catholic Church Service (2T)  
2:45 pm: Wii Bowling (MR)  
4:30 pm: Piano by George (MR)

12  
10 am: Open Gym (FR)  
10:30 am: Men's Group (GR)  
2 pm: Chat & Stitch (L)  
2:30 pm: Seated Yoga (2T)

13  
10 am: Fitness Class (MR)  
1:30 pm: Chinese Mahjong (GR)  
2 pm Departure: Camden Library\* \*\*  
4 to 5:15 pm: Birthday Social (M/LR)

14  
12 noon to 3:30 pm: Pies on Parade, Apts. Lobby  
1:30 pm: Resident Newsletter Reading (GR)

15

16  
10 am: Fitness Class (MR)  
2 pm: Music w/ Multi-Instrumentalists John Pranio & Ethan Tischler (M/LR)  
3:30 pm: Irish Coffee Social (M/LR)

17  
9:30 am Departure: Shopping  
11 am: Enrichment Series, "Marine Mammals of Maine: A Rescue Story" (M/LR)\*  
1 to 2 pm: Blood Pressure Clinic (HSC)  
3 pm: Alzheimer's Support Group (PDR)

18  
10 am: Fitness Class (MR)  
2:45 pm: Wii Bowling (MR)  
4:30 pm: Piano by George (MR)

19  
10 am: Open Gym (FR)  
10:30 am: Men's Group (GR)  
1 pm: CMCA Art Studio (GDR)  
2 pm: Chat & Stitch (L)  
2 pm: Quarterly Apt. Residents Mtg w/ Loriman (M/LR)  
2:30 pm: Community Service Meeting (HSC)  
2:30 pm: Seated Yoga (2T)  
3:30 pm: Caregiver Support Group (M/LR)

20  
10 am: Fitness Class (MR)  
1:30 pm: Chinese Mahjong (GR)  
7 pm: Movie Night (M/LR)

21  
1:30 pm: Chestnut Street Baptist Church Service (2T)

22

23  
10 am: Fitness Class (MR)

24  
9 am: QHA Board Meeting (M/LR)  
9:30 am Departure: Shopping  
10:30 am: Just Beat It (MR)\*  
12 noon Departure: "Fidelio," Strand Theatre, Rockland\* \*\*  
1 to 2 pm: Blood Pressure Clinic (HSC)

25  
8 am: Men's Breakfast (DR)\*  
10 am: Fitness Class (MR)  
10 am: Our Lady of Good Hope Catholic Church Service (2T)  
2:45 pm: Wii Bowling (MR)  
4:30 pm: Piano by George (MR)

26  
10 am: Open Gym (FR)  
10:30 am: Men's Group (GR)  
2 pm: Apartments Executive Committee Meeting (GR)  
2 pm: Chat & Stitch (L)  
2:30 pm: Seated Yoga (2T)

27  
10 am: Fitness Class (MR)  
1:30 pm: Chinese Mahjong (GR)  
2 pm Departure: Camden Library\* \*\*  
4 to 5:15 pm: Wine & Cheese Social (M/LR)

28  
1:30 pm: Resident Newsletter Reading (GR)

29

30  
10 am: Fitness Class (MR)  
2 pm: Preferred Therapy Education Session, "Knee Replacement Surgery" (M/LR)

31

## Cottages & Apartments

Activities Details Subject to Change

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