

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 10 am: Fitness Class (MR) 2 pm: Book Club (L) 4 pm: Bereavement Support Group (GR) Purim Begins	3 9:30 am Departure: Shopping (Camden) 10 am: Activities Committee Mtg (GR) 1 to 2 pm: Blood Pressure Clinic (HSC) 1:30 pm: Movement for the Body & Mind Guided Exercise Class (FR)* 6 pm: Alzheimer's Support Group (Zoom)	4 10 am: Fitness Class (MR) 11 am: Sharing & Caring Open Discussion Group (2T LR) 12:45 pm Departure: Maine Drama Festival One-Act Play: "Worth Keeping", Medomak Valley High School, Waldoboro* ** 2 pm: Library Committee Mtg (L) 3 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	5 9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 2 pm: Chat & Stitch (L) 2 pm: Seated Yoga (2T)	6 9:30 am Departure: Shopping (Walmart, Thomaston)* ** 10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR) 3 to 5 pm: Maple Grove Massage Sessions (FR)*	7 7 pm: Movie Night (M/LR)	
8 Daylight Saving Time Begins	9 10 am: Fitness Class (MR) 12 noon: Parkinson's Support Group (M/LR) 3 pm: Food Committee Mtg (PDR)	10 9:30 am Departure: Shopping (Camden) 1 to 2 pm: Blood Pressure Clinic (HSC) 1pm: Enrichment Series, "The Great Men of American Comedy" (M/LR)*	11 10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T) 3 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	12 9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 1 pm: CMCA Art Studio (GDR) 2 pm: Chat & Stitch (L) 2:30 pm: Community Service Committee Meeting (HSC) 3 pm: Apt. Residents' Executive Committee Meeting (GR)	13 10 am: Fitness Class (MR) 1 pm Departure: Camden Library/Shopping Shuttle* ** 1 pm: Chinese Mahjong (GR) 2 pm: Resident Choir Practice (2T) 4 to 5:15 pm: Birthday Social (M/LR)	14 11:30 to 3:30 pm: Pies on Parade, (IL Lobby) 1:30 pm: Resident Newsletter Reading (GR) 7 pm: Movie Night (M/LR)	
15	16 8 am to 12 noon: Maple Grove Massage Sessions (FR)* 10 am: Fitness Class (MR) 1 pm: Movement for the Body & Mind Guided Exercise Class (FR)*	17 9:30 am Departure: Shopping (Camden) 1 to 2 pm: Blood Pressure Clinic (HSC) 1:30 pm: Music w/ Multi-Instrumentalist Ethan Tischler (M/LR) 3 pm: Irish Coffee Social (M/LR) 3 pm: Alzheimer's Support Group (PDR) St. Patrick's Day	18 10 am: Fitness Class (MR) 11 am: Sharing & Caring Open Discussion Group (2T LR) 3 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	19 9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 2 pm: Chat & Stitch (L) 2 pm: Seated Yoga (2T) 3:30 pm: Caregiver Support Group (GR)	20 10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR) 2 pm: Resident Choir Practice (2T) 3 to 5 pm: Maple Grove Massage Sessions (FR)* Spring Begins	21 7 pm: Movie Night (M/LR)	
22	23 8 am to 12 noon: Maple Grove Massage Sessions (FR)* 10 am: Fitness Class (MR) 1:30 pm: Lecture: "Grace O'Malley Pirate Queen" (M/LR)	24 9 am: QHA Board Meeting (M/LR) 9:30 am Departure: Shopping (Camden) 1 to 2 pm: Blood Pressure Clinic (HSC) 1:30 pm: Movement for the Body & Mind Guided Exercise Class (FR)*	25 10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T) 3 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	26 9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 2 pm: Chat & Stitch (L) 2 pm: Seated Yoga (2T) 3 pm: Enrichment Series, "Sourdough Magic" (M/LR)*	27 10 am: Fitness Class (MR) 1 pm Departure: Camden Library/Shopping Shuttle* ** 1 pm: Chinese Mahjong (GR) 2 pm: Resident Choir Practice (2T) 4 to 5:15 pm: Wine & Cheese Social (M/LR)	28 1:30 pm: Resident Newsletter Reading (GR) 7 pm: Movie Night (M/LR)	
29 Palm Sunday	30 10 am: Fitness Class (MR) 1 pm: Preferred Therapy Learning Lab: Fall Prevention and Management (M/LR)*	31 9:30 am Departure: Shopping (Camden) 1 to 2 pm: Blood Pressure Clinic (HSC) 1:30 pm: Movement for the Body & Mind Guided Exercise Class (FR)*	<h1 style="font-size: 4em; color: #8b4513; margin: 0;">March 2026</h1> <h2 style="font-size: 2em; color: #1a237e; margin: 0;">Cottages and Apartments</h2>				

Activities Details Subject to Change

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