_	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			lay 2	2025	1 10:30 am: Men's Group (GR) 2 pm: Book Chat & Stitch (L) 4 pm: Closed Men's Bereavement Group, Session 3 (GR)*	9:30 am Departure: Walmart (Thomaston)* ** 10 am: Fitness Class (MR) 1:30 pm: Chinese Mahjong (GR) 3:30 pm Departure: First Friday at the Farnsworth Art Museum, Rockland* ** 7 pm: Movie Night (M/LR)	4:30 pm: Kentucky Derby Viewing Party (M/LR) 6:57 pm: Race Begins
			Cottages & Ap	ai liileiils	May Day	7 Fine movie ragin (in, 2n)	
	4	5	6	7	8	9	10
		10 am: Fitness Class (MR) 11 am: Walking Group (Lobby) 2 pm: Resident Choir Practice (2T) 4 pm: Bereavement Support Group (GR) Cinco de Mayo	9:30 am Departure: Shopping 10 am: Activity Committee Mtg (GR) 11 am: Just Beat It (MR) 12 noon Departure: Encore Opera Series, Le Nozze di Figaro (Strand Theatre, Rockland)* ** 1 to 2 pm: Blood Pressure Clinic (HSC) 1:30 pm: Enrichment Series, "An Armchair Exploration of the Allagash Wilderness Waterway" (M/LR)* 5:15 pm Departure: Play Dress Rehearsal: Willy Wonka (CHRHS, Rockport)* ** 6 pm: Alzheimer's Support Group (Zoom)	10 am: Fitness Class (MR) 10:30 am: Our Lady of Good Hope Catholic Church Service (2T) 2 pm: Library Committee Mtg (L) 2 pm: Matter of Balance, Session 2 (GDR)* 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	10:30 am: Men's Group (GR) 11 am: Show Tunes Performance w/ The Riley School (M/LR) 2 pm: Chat & Stitch (L) 2:30 pm: Seated Yoga (2T) 4 pm: Closed Men's Bereavement Group, Session 4 (GR)*	10 am: Fitness Class (MR) 1:30pm: Chinese Mahjong (GR) 2 pm Departure: Camden Library/Shopping Shuttle* ** 4 to 5:15 pm: Birthday Social (M/LR)	1:30 pm: Resident Newsletter Reading (GR)
	11	12	13	14	15	16	17
	Brunch, Dining Room*	10 am: Fitness Class (MR) 11 am: Walking Group (Lobby) 12 noon: Parkinson's Support Group (M/LR) 2 pm: Resident Choir Practice (2T) 3 pm: Food Committee Meeting (PDR)	9:30 am Departure: Shopping 1 to 2 pm: Blood Pressure Clinic (HSC) 10:30 am: Sharing & Caring Open Discussion Group (2T LR)	10 am: Fitness Class (MR) 11:30 Departure: Italian Cuisine, Osprey Nest Café (Midcoast School of Technology, Owls Head)* ** 2 pm: Matter of Balance, Session 3 (GDR)* 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	10:30 am: Men's Group (GR) 1 pm: CMCA Art Studio (GDR) 2 pm: Chat & Stitch (L) 2:30 pm: Seated Yoga (2T) 3:30 pm: Caregiver Support Group (M/LR) 4 pm: Closed Men's Bereavement Group, Session 5 (GR)*	10 am: Fitness Class (MR) 1:30 pm: Chinese Mahjong (GR) 2 pm: Hank Lunn Presents "Myron Harris: The 20th Maine at Gettysburg 1862" (M/LR) 7 pm: Movie Night (M/LR)	Armed Forces Day
	18	19	20	21	22	23	24
		10 am: Fitness Class (MR) 11 am: Walking Group (Lobby) 2 pm: Resident Choir Practice (2T)	9:30 am Departure: Shopping 10:30 am: Just Beat It (MR) 1 to 2 pm: Blood Pressure Clinic (HSC) 2 pm: Live Music w/ The Greenfields (M/LR) 3 pm: Alzheimer's Support Group (PDR)	10 am: Fitness Class (MR) 10:30 am: Our Lady of Good Hope Catholic Church Service (2T) 2 pm: Matter of Balance, Session 4 (GDR)* 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	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) 4 pm: Enrichment Series, "Hitting the Sweet Spot: A Cider Tasting and Pairing" (GDR)* 4 pm: Closed Men's Bereavement Group, Session 6 (GR)*	10 am: Fitness Class (MR) 1:30pm: Chinese Mahjong (GR) 2 pm Departure: Camden Library/Shopping Shuttle* ** 4 to 5:15 pm: Wine & Cheese Social (M/LR)	10:30 am: Live Music w/ Bruce Hardina (M/LR) 1:30 pm: Resident Newsletter Reading (GR)
	25	26	27	28	29	30	31
	Baptist Church Service (2T)	2 pm: Memorial Day Observance, Outside at the Flagpole (Weather Permitting) Memorial Day	9 am: QHA Board Meeting (Microsoft Teams) 9:30 am Departure: Shopping 10:30 am: Sharing & Caring Open Discussion Group (2T LR) 1 to 2 pm: Blood Pressure Clinic (HSC) 12 noon Departure: Encore Opera Series, Salome (Strand Theatre, Rockland)* ** 2 pm: Women's Spring Social w/ Refreshments (M/LR) *	10 am: Fitness Class (MR) 11 am: Play: Aesop's Fables by The Riley School (GDR) 2 pm: Matter of Balance, Session 5 (GDR)* 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	10:30 am: Men's Group (GR) 2 pm: Chat & Stitch (L) 2:30 pm: Seated Yoga (2T) 4 pm: Closed Men's Bereavement Group, Session 7 (GR)*	9 to10:30 am: Town of Camden Annual Meeting Election Absentee Voting (2T) 10 am: Fitness Class (MR) 1:30 pm: Chinese Mahjong (GR) 7 pm: Movie Night (M/LR)	