

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# May 2026

<p>9:30 am Departure: <b>Shopping (Walmart)* **</b>  10 am: Fitness Class (MR)  1 pm: Chinese Mahjong (GR)  3 pm: Resident Choir Practice (2T)  7 pm: Movie Night (M/LR)</p> <p>May Day</p>							1	2
3	4	5	6	7	8	9		
<p>10 am: Fitness Class (MR)  2 pm: Book Club (L)  2:30 pm: <b>Lecture, "Hilma af Klint: Painting the Unseen" (M/LR)</b>  4 pm: Bereavement Support Group (GR)</p>	<p>9:30 am Departure: Shopping (Camden)  10 am: Activities Committee Mtg. (GR)  1 to 2 pm: Blood Pressure Clinic (HSC)  6 pm: Alzheimer's Support Group (Zoom)</p> <p>Cinco de Mayo</p>	<p>10 am: Fitness Class (MR)  10 am: Our Lady of Good Hope Catholic Church Service (2T)  1 pm: <b>Awareness Series, "Maine to Memorials: A Mission of Honor" (M/LR)*</b>  2 pm: Library Committee (L)  3 pm: Wii Bowling (MR)  4:30 pm: Piano by George (MR)</p>	<p>9:30 am: Balance Exercise Class (FR)  10:30 am: Men's Group (GR)  11 am: <b>Forest Bathing Info Session (MR)</b>  2 pm: <b>Cookie Decorating Class (M/LR)*</b>  2:30 pm: Seated Yoga (2T)  3 pm: Creative Stitchery (3T)</p>	<p>10 am: Fitness Class (MR)  1 pm Departure: <b>Camden Library/Shopping Shuttle* **</b>  1 pm: Chinese Mahjong (GR)  2 pm: Resident Choir Practice (2T)  4 to 5:15 pm: <b>Birthday Social (M/LR)</b></p>	<p>1:30 pm: Resident Newsletter Reading (GR)  7 pm: Movie Night (M/LR)</p>			
10	11	12	13	14	15	16		
<p>11:30 am &amp; 1:30 pm Seatings: <b>Mother's Day Brunch (DR)*</b></p> <p>Mother's Day</p>	<p>10 am: Fitness Class (MR)  11 am: Forest Bathing (Lobby)  12 noon: Parkinson's Support Group (M/LR)  3 pm: Food Committee (PDR)</p>	<p>9:30 am Departure: Shopping (Camden)  1 to 2 pm: Blood Pressure Clinic (HSC)</p>	<p>10 am: Fitness Class (MR)  11 am: Sharing &amp; Caring Open Discussion Group (2T LR)  2 pm: <b>Music w/ Brian Burchfield (M/LR)</b>  4:30 pm: Piano by George (MR)</p>	<p>9:30 am: Balance Exercise Class (FR)  10:30 am: Men's Group (GR)  2:30 pm: Seated Yoga (2T)  3 pm: Apts. Executive Committee Mtg. (GR)  3 pm: Creative Stitchery (3T)</p>	<p>9 to 11:30 am: <b>Camden Primary Absentee Voting (2T)</b>  10 am: Fitness Class (MR)  1 pm: Chinese Mahjong (GR)  2 pm: Resident Choir Practice (2T)</p>	<p>10 am Departure: <b>Maine Maritime Museum Community Day and Lunch at Flight Deck Pizza &amp; Beer Garden (Bath)* **</b>  7 pm: Movie Night (M/LR)</p> <p>Armed Forces Day</p>		
17	18	19	20	21	22	23		
<p>10 am: Fitness Class (MR)  11 am: Forest Bathing (Lobby)  1 pm: <b>Preferred Therapy Learning Lab, "Oh, My Aching Back" (M/LR)*</b>  2 pm: Low Vision Group (PDR)</p>	<p>9:30 am Departure: Shopping (Camden)  1 to 2 pm: Blood Pressure Clinic (HSC)  3 pm: Alzheimer's Support Group (PDR)  3 pm: <b>Enrichment Series, "The Monarch's Wings of Wonder" (M/LR)*</b></p>	<p>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)  5:45 pm Departure: <b>CHRHS Spring Concert (Rockport)* **</b></p>	<p>9:30 am: Balance Exercise Class (FR)  10:30 am: Men's Group (GR)  1 pm: <b>CMCA Art Studio (GDR)</b>  2:30 pm: Seated Yoga (2T)  3 pm: Creative Stitchery (3T)  2:30 pm: Community Service Committee (HSC)  3:30 pm: Caregiver Support Group (GR)</p> <p>Shavuot Begins</p>	<p>10 am: Fitness Class (MR)  1 pm Departure: <b>Camden Library/Shopping Shuttle* **</b>  1 pm: Chinese Mahjong (GR)  2 pm: Resident Choir Practice (2T)  4 to 5:15 pm: <b>Wine &amp; Cheese Social (M/LR)</b></p>	<p>1:30 pm: Resident Newsletter Reading (GR)  7 pm: Movie Night (M/LR)</p>			
24	25	26	27	28	29	30		
<p>1:30 pm: Chestnut Street Baptist Church Service (2T)</p>	<p>2 pm: <b>Memorial Day Observance, Outside at the Flagpole (Weather Permitting)</b></p> <p>Memorial Day</p>	<p>9 am: QHA Board Meeting (M/LR)  9:30 am Departure: Shopping (Camden)  1 to 2 pm: Blood Pressure Clinic (HSC)  2 pm: Travelogue Video Presentation, "Destination: Getting to Know Guatemala (2T)</p>	<p>10 am: Fitness Class (MR)  11 am: Sharing &amp; Caring Open Discussion Group (2T LR)  3 to 5 pm: <b>Maple Grove Massage Sessions (FR)*</b>  3 pm: Wii Bowling (MR)  4:30 pm: Piano by George (MR)</p>	<p>9:30 am: Balance Exercise Class (FR)  10:30 am: Men's Group (GR)  2:30 pm: Seated Yoga (2T)  3 pm: Creative Stitchery (3T)</p>	<p>10 am: Fitness Class (MR)  1 pm: Chinese Mahjong (GR)  2 pm: Resident Choir Practice (2T)</p>	<p>7 pm: Movie Night (M/LR)</p>		
31	<p style="text-align: center;"><b>Cottages and Apartments</b></p>							



Activities Details Subject to Change

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