

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1
10 am: Fitness Class, Media Room
2 pm: Library Committee Meeting, Library
2:45 pm: Wii Bowling, Media Room
4:30 pm: Piano by George, Media Room
 May Day

2
9:30 am: Chair Yoga, Fitness Room
10:30 am: Men's Group, Game Room
1:15 pm: Awareness Series: Stroke Awareness Info Session, Media/Living Room*
2 pm: Knitting & Hand Crafts, Library

3
9:30 am Departure: Walmart, Thomaston*
10 am: Fitness Class, Media Room
1:30 pm: Chinese Mahjong, Game Room
2 pm Departure: Camden & Rockport Libraries*

4
7 pm: Movie Night, Media/Living Room

5
9 am Departure: MCST Car Show, Rockland*
 Cinco de Mayo

6
10 am: Fitness Class, Media Room
11 am: Walking Group, Lobby
3 pm: Book Club, Library
4 pm: Bereavement Support Group, Game Room

7
9:30 am: Chair Yoga, Fitness Room
9:30 am Departure: Shopping
10:30 am: Activity Committee Mtg, Game Room
1:30 pm: Mahjong, Game Room
4 pm: Closed Bereavement Group, Session 5, Game Room*
6 pm: Alzheimer's Support Group, Zoom

8
10 am: Fitness Class, Media Room
10 am: Our Lady of Good Hope Catholic Church Service, 2T Living Room
10:45 am Departure: Lunch at Kume Japanese Restaurant, Augusta*
1 to 2 pm: Blood Pressure Clinic, HSC Office
2:45 pm: Wii Bowling, Media Room
4:30 pm: Piano by George, Media Room

9
9:30 am: Chair Yoga, Fitness Room
10:30 am: Men's Group, Game Room
1:30 pm: Yard Sale Planning Mtg, Gardens Dining Room
2 pm: Knitting & Hand Crafts, Library

10
9:30 am Departure: Pen Bay Farmers' Market*
10 am: Fitness Class, Media Room
1:30 pm: Chinese Mahjong, Game Room
4 to 5:15 pm: Birthday Social, Media/Living Room
6:30 pm: Shabbat Service, Welcoming the Jewish Sabbath (All Welcome), 2T Living Room

11
1:30 pm: Resident Newsletter Reading, Game Room
7 pm: Movie Night, Media/Living Room

12
11 am & 12:30 pm Seatings: Mother's Day Brunch, Dining Room*
1:30 pm: First Congregational Church Service, 2T
 Mother's Day

13
9:30 am: Veterans Coffee Social w/ American Legion War Memorial Post 30, 3T Dining Room
10 am: Fitness Class, Media Room
11 am: Walking Group, Meet in Lobby
12 noon: Parkinson's Support Group, Media/Living Room

14
9:15 am: Grounds Committee Mtg, Private Dining Room
9:30 am: Chair Yoga, Fitness Room
9:30 am Departure: Shopping
1 to 2 pm: Blood Pressure Clinic, HSC Office
1:30 pm: Mahjong, Game Room
4 pm: Closed Bereavement Group, Session 6, Game Room*

15
4:30 pm: Piano by George, Media/Living Room

16
9:30 am: Chair Yoga, Fitness Room
10:30 am: Men's Group, Game Room
2 pm: Knitting & Hand Crafts, Library

17
10 am: Fitness Class, Media Room
1:30 pm: Chinese Mahjong, Game Room
2 pm Departure: Camden & Rockport Libraries*
2:30 to 5 pm: Yard Sale Resident/Staff Pre-Sale, Carport

18
8 am to 2 pm: Yard Sale, Carport
7 pm: Movie Night, Media/Living Room
 Armed Forces Day

19
1:30 pm: Chestnut Street Baptist Church, 2T

20
10 am: Fitness Class, Media Room
11 am: Walking Group, Meet in Lobby

21
9:30 am: Chair Yoga, Fitness Room
9:30 am Departure: Shopping
1 to 2 pm: Blood Pressure Clinic, HSC Office
1:30 pm: Mahjong, Game Room
3 pm: Alzheimer's Support Group, Private Dining Room
4 pm: Closed Bereavement Group, Session 7, Game Room*

22
10 am: Fitness Class, Media Room
10 am: Our Lady of Good Hope Catholic Church Service, 2T Living Room
2:45 pm: Wii Bowling, Media Room
4:30 pm: Piano by George, Media Room

23
9:30 am: Chair Yoga, Fitness Room
10:30 am: Men's Group, Game Room
2 pm: Knitting & Hand Crafts, Library
4 pm: Flaura Wine Talk & Tasting, Gardens Dining Room*

24
10 am: Fitness Class, Media Room
1:30 pm: Chinese Mahjong, Game Room
4 to 5:15 pm: Wine & Cheese Social, Media/Living Room

25
10:30 am Departure: Knox Museum Boots on the Ground Event, Thomaston*
1:30 pm: Resident Newsletter Reading, Game Room
7 pm: Movie Night, Media/Living Room

26
2 pm: Memorial Day Observance, Outside at the Flagpole (Weather Permitting)
 Memorial Day

27
2 pm: Memorial Day Observance, Outside at the Flagpole (Weather Permitting)

28
9 am: QHA Board Mtg, Microsoft Teams
9:30 am: Chair Yoga, Fitness Room
9:30 am Departure: Shopping
1 to 2 pm: Blood Pressure Clinic, HSC Office
1:30 pm: Mahjong, Game Room
4 pm: Closed Bereavement Group, Session 8, Game Room*

29
8 am: Men's Breakfast, Dining Room*
9:45 am Departure: Senior Walk Day Event, Rockland*
10 am: Fitness Class, Media Room
2:45 pm: Wii Bowling, Media Room
4:30 pm: Piano by George, Media/Living Room

30
9:30 am: Chair Yoga, Fitness Room
10 am Departure: Rockland Farmers' Market*
10:30 am: Men's Group, Game Room
2 pm: Community Service Committee Mtg, HSC Office
2 pm: Knitting & Hand Crafts, Library

31
9 am Departure: Cole Land Transportation Museum & Lunch at Dysart's, Bangor*
10 am: Fitness Class, Media Room
1:30 pm: Chinese Mahjong, Game Room

