

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 November 2025						1
2 Daylight Saving Time Ends	3 10 am: Fitness Class (MR) 2 pm: Book Club (L) 4 pm: Bereavement Support Group (GR)	4 9:30 am Departure: Shopping (Camden) 10 am: Activity Committee Mtg (GR) 11 am to 12 noon: Blood Pressure Clinic (HSC) 11 am: Just Beat It (MR) 1 pm: Matter of Balance, Session 6 (M/LR)*	5 10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T) 2 pm: Library Committee Meeting (L) 2 pm: Live Music w/ Chris Heard (M/LR) 3:15 pm: Wii Bowling 4:30 pm: Piano by George (MR)	6 9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 11 am: Enrichment Series, "Telling Tales: Maine History from Letters and Diaries" (M/LR)* 2 pm: Chat & Stitch (L)	7 9:30 am Departure: Shopping (Walmart, Thomaston)* ** 10 am: Fitness Class (MR) 1 pm Departure: Camden Library/Shopping Shuttle* ** 1 pm: Chinese Mahjong (GR) 2 pm: Resident Choir Practice (2T)	8 1:30 pm: Resident Newsletter Reading (GR) 7 pm: Movie Night (M/LR)
9	10 10 am: Fitness Class (MR) 12 noon: Parkinson's Support Group (M/LR) 3 pm: Food Committee Mtg (PDR)	11 8 am Departure: Veterans Day Breakfast, Camden Hills Regional High School, Camden* ** 9:15 am: Grounds Committee Mtg (PDR) 9:30 am Departure: Shopping (Camden) 11 am to 12 noon: Blood Pressure Clinic (HSC) 1 pm: Matter of Balance, Session 7 (M/LR)* Veterans Day	12 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)	13 9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 2 pm: Chat & Stitch (L) 2 pm: Fall/Christmas Cookie Decorating (M/LR)*	14 10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR) 2 pm: Resident Choir Practice (2T) 4 to 5:15 pm: Birthday Social (M/LR)	15
16	17 10 am: Fitness Class (MR) 2 pm: History Presentation, "Camden and the War of 1812" (M/LR)	18 9 am: QHA Board Meeting (M/LR & Microsoft Teams) 9:30 am Departure: Shopping (Camden) 11 am: Just Beat It (MR) 11 am to 12 noon: Blood Pressure Clinic (HSC) 1 pm: Matter of Balance, Session 8 (M/LR)* 4 pm: Enrichment Series, "Live Author Event: Rivers of Ink and North Woods at Night" (M/LR)*	19 10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T) 3 pm: Wii Bowling 4:30 pm: Piano by George (MR)	20 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. Executive Committee Mtg (PDR) 3:30 pm: Caregiver Support Group (GR) 4 pm: Prompt Writing Group (L) *	21 10 am: Fitness Class (MR) 1 pm Departure: Camden Library/Shopping Shuttle* ** 1 pm: Chinese Mahjong (GR) 2 pm: Resident Choir Practice (2T)	22 1:30 pm: Resident Newsletter Reading (GR) 7 pm: Movie Night (M/LR)
23 1:30 pm: Chestnut Street Baptist Church Service (2T)	24 10 am: Fitness Class (MR)	25 9:30 am Departure: Shopping (Camden) 1 to 2 pm: Blood Pressure Clinic (HSC) 3 pm: Awareness Series, "Alternative Medicine: An Overview" (M/LR)*	26 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 (M/LR)	27 10:30 am: Men's Group (GR) Thanksgiving Day (U.S.)	28 10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR) 2 pm: Resident Choir Practice (2T) 4 to 5:15 pm: Wine & Cheese Social (M/LR)	29
30	 Cottages and Apartments					