November 2026

Cottages and Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Saving Time Ends	2 **10 am:** Fitness Class (MR) **2 pm:** Book Club (L) **2 pm:** Virtual Tour, "South Dakota" (2T) (YouTube, 90 min.) **4 pm:** Bereavement Support Group (GR) South Dakota Statehood Anniversary	3 **9:30 am Departure:** Shopping (Camden) **10 am**: Activities Comm. Mtg. (GR) **1 to 2 pm:** Blood Pressure Clinic (HSC) **6 pm:** Alzheimer's Support Group (Zoom)	4 **10 am:** Fitness Class (MR) **10 am:** Our Lady of Good Hope Catholic Church Service (2T) **2 pm:** Library Committee Meeting (L) **3 pm:** Wii Bowling (MR) **4:15 pm:** Piano by George (MR)	5 **9:30 am:** Balance Exercise Class (MR) **10:30 am:** Men's Group (GR) **1 pm: Matter of Balance, Session 6 (M/LR)*** **2:30 pm:** Seated Yoga (2T)	6 **9:30 am Departure: Shopping (Walmart, Thomaston)* **** **10 am:** Fitness Class (MR) **1 pm:** Chinese Mahjong (GR) **2 pm:** Resident Choir Practice (2T)	7 **10 am:** Resident Newsletter Reading (GR) **7 pm:** Movie Night (M/LR)
8	9 **10 am:** Fitness Class (MR) **12 noon:** Parkinson's Support Group (M/LR) **1 pm: Lecture, "The Songs That Made Elvis"** (2T) **2:30 pm:** Creative Stitchery (3T) **3 pm:** Food Committee Mtg (PDR) **3 pm:** What's Next (M/LR)	10 **9:30 am Departure:** Shopping (Camden) **1 to 2 pm:** Blood Pressure Clinic (HSC) **3 pm: Awareness Series, "Peace Ridge Sanctuary" (M/LR)***	11 **8 am Departure: Veterans Day Breakfast, Camden Hills Regional High School (Camden)* **** **11 am:** Sharing & Caring Open Discussion Group (2T LR) **3 pm:** Wii Bowling (MR) **4:15 pm:** Piano by George (MR) Veterans Day	12 **9:30 am:** Balance Exercise Class (MR) **10:30 am:** Men's Group (GR) **1 pm: Matter of Balance, Session 7 (M/LR)*** **2 pm:** Apt. Resident Exec. Committee Mtg. (GR) **2:30 pm:** Seated Yoga (2T)	13 **10 am:** Fitness Class (MR) **1 pm:** Chinese Mahjong (GR) **1 pm Departure: Rockport Library/Shopping Shuttle* **** **2 pm:** Resident Choir Practice (2T) **3:45 to 5 pm: Birthday Social (M/LR)**	14 **12:45 pm Departure: *Shrek the Musical*, Oceanside High School (Rockland)* **** **7 pm:** Movie Night (M/LR)
15	16 **10 am:** Fitness Class (MR) **2 pm:** Low Vision Group (PDR) **3 pm**: Creative Stitchery (3T)	17 **9 am:** QHA Board Meeting (MR) **9:30 am Departure:** Shopping (Camden) **1 to 2 pm:** Blood Pressure Clinic (HSC) **2 pm: Piano Music w/ Masanobu (M/LR)** **3 pm:** Alzheimer's Support Group (PDR)	18 **10 am:** Fitness Class (MR) **10 am:** Our Lady of Good Hope Catholic Church Service (2T) **2:15 pm:** Community Service Committee Meeting (HSC) **2 pm:** Travelogue Video Presentation, "Destination: An Aviation Where in the World?" (2T) **3 pm:** Wii Bowling (MR) **4:15 pm:** Piano by George (MR)	19 **9:30 am:** Balance Exercise Class (MR) **10:30 am:** Men's Group (GR) **1 pm: Matter of Balance, Session 8 (M/LR)*** **2:30 pm:** Seated Yoga (2T) **3:30 pm:** Caregiver Support Group (GR) **4:00 pm: Presentation, "History of the Star Lighting at Mount Battie" (M/LR)**	20 **10 am:** Fitness Class (MR) **1 pm:** Chinese Mahjong (GR) **2 pm:** Resident Choir Practice (2T)	21 **10 am:** Resident Newsletter Reading (GR) **7 pm:** Movie Night (M/LR)
22 **1:30 pm:** Chestnut Street Baptist Church Service (2T)	23 **10 am:** Fitness Class (MR) **2:30 pm:** Creative Stitchery (3T) **3 pm:** What's Next (M/LR)	24 **9:30 am Departure:** Shopping (Camden) **1 to 2 pm:** Blood Pressure Clinic (HSC) **1 pm: Awareness Series, "Tech, Talk, Thrive: Helping Seniors Stay Connected" (M/LR)***	25 **10 am:** Fitness Class (MR) **11 am:** Sharing & Caring Open Discussion Group (2T LR) **3 pm:** Wii Bowling (MR) **4:15 pm:** Piano by George (MR)	26 **10:30 am**: Men's Group (GR) **12 noon to 2 pm: Thanksgiving Dinner*** Thanksgiving	27 **1 pm:** Chinese Mahjong (GR) **1 pm Departure: Rockport Library/Shopping Shuttle* **** **2 pm:** Resident Choir Practice (2T) **3:45 to 5 pm: Wine & Cheese Social (M/LR)**	28 **7 pm:** Movie Night (M/LR)
29	30 **10 am:** Fitness Class (MR)					

Activities Details Subject to Change

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