

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div> <div>October</div> <div>2025</div> <div>Cottages & Apartments</div> </div>			<div>1</div> <div> 10 am: Fitness Class (MR) 11 am: Sharing & Caring Open Discussion Group (2T LR) 1 pm: Enrichment Series, "Life Pumps in Senegal" (M/LR) * 2:45 pm: Wii Bowling 4 pm: Closed Bereavement Group, Session 4 (GR)* 4:30 pm: Piano by George (MR) Yom Kippur Begins </div>	<div>2</div> <div> 9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 2 pm: Book Chat & Stitch (L) 2:30 pm: Seated Yoga (2T) </div>	<div>3</div> <div> 9:30 am Departure: Shopping (Walmart, Thomaston)* ** 10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR) </div>	<div>4</div>
<div>5</div>	<div>6</div> <div> 10 am: Fitness Class (MR) 1:30 pm Departure: Fall Foliage Viewing (Beech Hill Preserve, Rockport)* ** (Rain Date 10/8, 1:30 pm) 3 pm: QHA Annual Meeting (M/LR) 4 pm: Bereavement Support Group (GR) Sukkot Begins </div>	<div>7</div> <div> 9:30 am Departure: Shopping (Camden) 10 am: Activity Committee Mtg (GR) 11 am: Just Beat It (MR) 1 to 2 pm: Blood Pressure Clinic (HSC) 1 pm: Matter of Balance, Session 2 (M/LR)* 6 pm: Alzheimer's Support Group (Zoom) </div>	<div>8</div> <div> 10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T) 2:45 pm: Wii Bowling (MR) 4 pm: Closed Bereavement Group, Session 5 (GR)* 4:30 pm: Piano by George (MR) </div>	<div>9</div> <div> 9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 2 pm: Chat & Stitch (L) 2:30 pm: Seated Yoga (2T) </div>	<div>10</div> <div> 10 am: Fitness Class (MR) 1 pm Departure: Camden Library/Shopping Shuttle* ** 1 pm: Chinese Mahjong (GR) 2 pm: Resident Choir Practice (2T) 4 to 5:15 pm: Birthday Social (M/LR) </div>	<div>11</div> <div> 1:30 pm: Resident Newsletter Reading (GR) 7 pm: Movie Night (M/LR) </div>
<div>12</div>	<div>13</div> <div> 10 am: Fitness Class (MR) 12 noon: Parkinson's Support Group (M/LR) 12:30 pm Departure: Artistic Pumpkin Viewing (Damariscotta)* 3 pm: Unidine Dietician Presentation: The Importance of Food in Boosting Your Immunity (M/LR) Indigenous Peoples' Day </div>	<div>14</div> <div> 9:30 am Departure: Shopping (Camden) 1 to 2 pm: Blood Pressure Clinic (HSC) 1 pm: Matter of Balance, Session 3 (M/LR)* </div>	<div>15</div> <div> 10 am: Fitness Class (MR) 11 am: Sharing & Caring Open Discussion Group (2T LR) 2 pm: Live Piano Music w/ Sean Fleming (M/LR) 4 pm: Closed Bereavement Group, Session 6 (GR)* 4:30 pm: Piano by George (MR) </div>	<div>16</div> <div> 9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 2 pm: Chat & Stitch (L) 2:30 pm: Seated Yoga (2T) 3 pm: Apts Resident Council Meeting (M/LR) 3:30 pm: Caregiver Support Group (GR) </div>	<div>17</div> <div> 10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR) 2 pm: Resident Choir Practice (2T) </div>	<div>18</div>
<div>19</div>	<div>20</div> <div> 10 am: Fitness Class (MR) 2 to 3 pm: Preferred Therapy Solutions Open House (Preferred Therapy Office, Gardens) </div>	<div>21</div> <div> 9:15 am: Grounds Committee (PDR) 9:30 am Departure: Shopping (Camden) 10:30 am: Just Beat It (MR) 1 to 2 pm: Blood Pressure Clinic (HSC) 1 pm: Matter of Balance, Session 4 (M/LR)* 3 pm: Alzheimer's Support Group (PDR) </div>	<div>22</div> <div> 10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T) 2:45 pm: Wii Bowling (MR) 4 pm: Closed Bereavement Group, Session 7 (GR)* 4:30 pm: Piano by George (MR) </div>	<div>23</div> <div> 9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 11 am: Enrichment Series, "Antique Appraisal Fair" (IL Dining Room)* 2 pm: Chat & Stitch (L) 2:30 pm: Seated Yoga (2T) </div>	<div>24</div> <div> 10 am: Fitness Class (MR) 1 pm Departure: Camden Library/Shopping Shuttle* ** 1 pm: Chinese Mahjong (GR) 2 pm: Resident Choir Practice (2T) 4 to 5:15 pm: Wine & Cheese Social (M/LR) </div>	<div>25</div> <div> 1:30 pm: Resident Newsletter Reading (GR) 7 pm: Movie Night (M/LR) </div>
<div>26</div> <div> 1:30 pm: Chestnut Street Baptist Church Service (2T) </div>	<div>27</div> <div> 9:30 am: Veterans Coffee Social w/ American Legion War Memorial Post 30 (3T DR) 10 am: Fitness Class (MR) </div>	<div>28</div> <div> 9:30 am Departure: Shopping (Camden) 1 to 2 pm: Blood Pressure Clinic (HSC) 1 pm: Matter of Balance, Session 5 (M/LR)* </div>	<div>29</div> <div> 10 am: Fitness Class (MR) 11 am: Sharing & Caring Open Discussion Group (2T LR) 2:45 pm: Wii Bowling (MR) 4 pm: Closed Bereavement Group, Session 8 (GR)* 4:30 pm: Piano by George (MR) </div>	<div>30</div> <div> 9:30 am: Balance Exercise Class (MR) 10:30 am: Men's Group (GR) 2 pm: Chat & Stitch (L) 4 pm: Creative Prompt Writing Group (GR)* </div>	<div>31</div> <div> 9 am to 12 noon: Community Service Donation Drive, Main Entrance Lobby 10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR) 2 pm: Halloween Costume Parade, Anderson Inn (Meet in Apts./Marketing Lobby) Halloween </div>	