

October 2026

Cottages and Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 **9:30 am:** Balance Exercise Class (MR) **10:30 am:** Men's Group (GR) **1 pm:** Matter of Balance, Session 1 (M/LR)* **2:30 pm:** Seated Yoga (2T)	2 **9:30 am Departure:** Shopping (Walmart, Thomaston)* ** **10 am:** Fitness Class (MR) **1 pm:** Chinese Mahjong (GR) **2 pm:** Resident Choir Practice (2T)	3 **7 pm:** Movie Night (M/LR) Simchat Torah Begins
4	5 **10 am:** Fitness Class (MR) **2 pm:** Book Club (L) **2:30 pm:** Creative Stitchery (3T) **3 pm:** QHA Annual Board Meeting (M/LR) **4 pm:** Bereavement Support Group (GR)	6 **9:30 am Departure:** Shopping (Camden) **10 am**: Activities Comm. Mtg (GR) **1 to 2 pm:** Blood Pressure Clinic (HSC) **3 pm**: Awareness Series, "A Report from the West Bank" (M/LR)* **6 pm:** Alzheimer's Support Group (Zoom)	7 **10 am:** Fitness Class (MR) **10 am:** Our Lady of Good Hope Catholic Church Service (2T) **3 pm:** Wii Bowling (MR) **4:15 pm:** Piano by George (MR)	8 **9:30 am:** Balance Exercise Class (MR) **10:30 am:** Men's Group (GR) **1 pm:** Matter of Balance, Session 2 (M/LR)* **3 pm:** Apt. Resident Exec. Committee Mtg. (GR)	9 **9 to 11:30 am:** Absentee Voting (2T) **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)	10 **10 am:** Resident Newsletter Reading (GR) **7 pm:** Movie Night (M/LR)
11	12 **12 noon:** Parkinson's Support Group (M/LR) **1 pm:** Lecture, "Popular Songs and Their Immigrant Roots" (2T) **2:30 pm:** Creative Stitchery (3T) **3 pm:** What's Next (M/LR) Indigenous People's Day	13 **9:15 am:** Grounds Committee Mtg (PDR) **9:30 am Departure:** Shopping (Camden) **12:30 pm Departure:** Artistic Pumpkin Viewing (Damariscotta)* ** **1 to 2 pm:** Blood Pressure Clinic (HSC)	14 **10 am:** Fitness Class (MR) **11 am:** Sharing & Caring Open Discussion Group (2T Living Room **2 pm:** Community Service Committee Meeting (HSC) **3 pm:** Wii Bowling (MR) **4:15 pm:** Piano by George (MR)	15 **9:30 am:** Balance Exercise Class (MR) **10:30 am:** Men's Group (GR) **1 pm:** Matter of Balance, Session 3 (M/LR)* **2:30 pm:** Seated Yoga (2T) **3 pm:** Apt. Resident Council Meeting (M/LR) **3:30 pm:** Caregiver Support Group (GR)	16 **10 am:** Seated Volleyball (2T) **1 pm:** Chinese Mahjong (GR) **2 pm:** Resident Choir Practice (2T) **3 pm:** Chef's Tasting: Fall/ Winter Menu (MR)	17 **7 pm:** Movie Night (M/LR)
18	19 **10 am:** Fitness Class (MR) **2 pm:** Low Vision Group (PDR) **2:30 pm:** Creative Stitchery (3T)	20 **9:30 am Departure:** Shopping (Camden) **1 to 2 pm:** Blood Pressure Clinic (HSC) **3 pm:** Alzheimer's Support Group (PDR)	21 **10 am:** Fitness Class (MR) **10 am:** Our Lady of Good Hope Catholic Church Service (2T) **2 pm:** Travelogue Video Presentation, "*Destination: Checking Out the Czech Republic*" (2T) **3 pm:** Wii Bowling (MR) **4:15 pm:** Piano by George (MR)	22 **9:30 am:** Balance Exercise Class (MR) **10:30 am:** Men's Group (GR) **1 pm:** Matter of Balance, Session 4 (M/LR)* **2:30 pm:** Seated Yoga (2T) **3 pm:** Apt. Resident Exec. Committee Mtg. (GR)	23 **10 am:** Fitness Class (MR) **1 pm Departure:** Rockport Library/Shopping Shuttle* ** **1 pm:** Chinese Mahjong (GR) **2 pm:** Resident Choir Practice (2T) **3:45 to 5 pm:** Wine & Cheese Social (M/LR)	24 **10 am:** Resident Newsletter Reading (GR) **7 pm:** Movie Night (M/LR)
25 **1:30 pm:** Chestnut Street Baptist Church Service (2T)	26 **9:30 am:** Veterans Coffee Social w/ American Legion War Memorial Post 30 (3T DR) **10 am:** Fitness Class (MR) **2:30 pm:** Creative Stitchery (3T) **3 pm:** What's Next (M/LR)	27 **8 to 10 am:** Flu/Covid Vaccination Clinic (GDR) **9:30 am Departure:** Shopping (Camden) **1 to 2 pm:** Blood Pressure Clinic (HSC) **2 pm:** Halloween Ice Cream Social (Apts./Marketing Lobby)	28 **10 am:** Fitness Class (MR) **11 am:** Sharing & Caring Open Discussion Group (2T Living Room **1 pm:** Enrichment Series, "Bored of Your Board?" (DR)* **4:15 pm:** Piano by George (MR)	29 **9:30 am:** Balance Exercise Class (MR) **10:30 am:** Men's Group (GR) **1 pm:** Matter of Balance, Session 5 (M/LR)* **2:30 pm:** Seated Yoga (2T)	30 **10:45 am:** Halloween Costume Parade, Anderson Inn (Meet in Main Lobby) **1 pm:** Chinese Mahjong (GR) **2 pm:** Resident Choir Practice (2T)	31 **7 pm:** Movie Night (M/LR) Halloween

Activities Details Subject to Change

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