

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 Labor Day	2 9:30 am Departure: Shopping (Camden) 10 am: Activity Commiteeee Meeting (GR) 1 to 2 pm: Blood Pressure Clinic (HSC) 6 pm: Alzheimer's Support Group (Zoom)	3 9:45 am Departure: Truly S. Ocean Boat Ride (Camden Yacht Club)* ** 10 am: Fitness Class (MR) 2 pm Library Committee Mtg (L) 2:45 pm: Wii Bowling (MR) 4:30 pm: Piano by George (MR)	4 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)	5 9:30 am Departure: Shopping (Walmart, Thomaston) * ** 10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR) 1:15 pm Departure: CMCA Tour and Art Studio (Rockland)* **	6 7 pm: Movie Night (M/LR)	
	7 Grandparents Day	8 10 am: Fitness Class (MR) 11 am: Walking Group (Lobby) 12 noon: Parkinson's Support Group (M/LR) 2 pm: Live Music w/ Elvis (Anderson Inn Front Lawn, Rain Location M/LR) 3 pm: Food Committee (PDR) 4 pm: Bereavement Support Group (GR)	9 9:15 am: QHA Grounds Committee Meeting (PDR) 9:30 am Departure: Shopping (Camden) 10:30 am: Just Beat It (MR) 1 to 2 pm: Blood Pressure Clinic (HSC) 4 pm: Enrichment Series, "Midcoast Ukes: Intro to Ukulele & Concert Sing-a-Long" (Anderson Inn Front Lawn, Rain Location M/LR)	10 10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T) 1:30 pm Departure: Pontoon Boat Ride (Megunticook Lake)* ** 2:45 pm: Wii Bowling (MR) 4 pm: Closed Bereavement Group, Session 1 (GR)* 4:30 pm: Piano by George (MR)	11 9:30 am: Balance Exercise Class (MR) 10:30 am Departure: Lighthouse Museum, Lunch at Park Street Grille, and Friends of Maine Coastal Islands (Rockland)* ** 10:30 am: Men's Group (GR) 2 pm: Chat & Stitch (L) 2:30 pm: Seated Yoga (2T) 4 to 5:30 pm Terraces Open House (2T LR)	12 10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR) 1 pm Departure: Camden Library/Shopping Shuttle* ** 4 to 5:15 pm: Birthday Social (M/LR)	13 1:30 pm: Resident Newsletter Reading (GR) 7 pm: Movie Night (M/LR)
	14	15 10 am: Fitness Class (MR) 11 am: Walking Group (Lobby) 2 pm: Bouquet Flower Arrangement Class w/ Nina (M/LR)*	16 9:30 am Departure: Shopping (Camden) 1 to 2 pm: Blood Pressure Clinic (HSC) 2 pm: Live Piano Music w/ Masanobu (M/LR) 3 pm: Alzheimer's Support Group (PDR)	17 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 2 (GR)* 4:30 pm: Piano by George (MR)	18 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: Seated Yoga (2T) 3 pm: Quarterly Apartment Residents Meeting w/ Loriman (M/LR) 3:30 pm: Caregiver Support Group (GR) 4 pm: Resident Social (Gazebo) (Rain Date 9/19)	19 10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR) 2 pm: End of Summer Ice Cream Social (Anderson Inn Front Lawn, Rain Location M/LR)	20 7 pm: Movie Night (M/LR)
	21	22 10 am: Autumn Kickoff Apple Cider and Donuts Social (Main Entrance Lobby) 10 am: Fitness Class (MR) 11 am: Walking Group (Lobby) Rosh Hashanah Begins Autumn Begins	23 9:30 am Departure: Shopping (Camden) 10:30 am: Just Beat It (MR) 1 to 2 pm: Blood Pressure Clinic (HSC) 2 pm: Fall Cookie Decorating w/ Leslie & Sue (M/LR)*	24 10 am: Fitness Class (MR) 10 am: Our Lady of Good Hope Catholic Church Service (2T) 1pm: Enrichment Series, "Defying Gravity: Captain Albert W. Stevens, Aerial Daredevil" (M/LR)* 2:45 pm: Wii Bowling (MR) 4 pm: Closed Bereavement Group, Session 3, (GR)* 4:30 pm: Piano by George (MR)	25 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)	26 10 am: Fitness Class (MR) 1 pm: Chinese Mahjong (GR) 1 pm Departure: Camden Library/Shopping Shuttle* ** 2 pm: Resident Choir Practice (2T) 4 to 5:15 pm: Wine & Cheese Social (M/LR)	27 1:30 pm: Resident Newsletter Reading (GR) 7 pm: Movie Night (M/LR)
28 1:30 pm: Chestnut Street Baptist Church Service (2T)	29 10 am: Fitness Class (MR) 11 am: Walking Group (Lobby)	30 9:30 am Departure: Shopping (Camden) 11 am to 12 noon: Blood Pressure Clinic (HSC) 1 pm: Matter of Balance, Session 1 (M/LR)*	 <div>September 2025 Cottages and Apartments</div>				