

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div> <div>SEPTEMBER 2023</div> <div>Independent Living</div> </div>					<div>1</div> <div>10 am: Fitness Class, Media Room 7 pm: Movie Night, Media Room</div>	<div>2</div>
<div>3</div>	<div>4</div> <div>Labor Day</div>	<div>5</div> <div>9:30 am: Chair Yoga, Media Room 9:30 am Departure: Shopping Van w/ Lynne 10:30 am: Activities Committee Meeting, Game Room</div>	<div>6</div> <div>10 am: Fitness Class, Media Room 2 pm: Library Committee Meeting, Library 3 pm: Wii Bowling, Media Room 4:30 pm: Piano by George, Media Room</div>	<div>7</div> <div>9:30 am: Chair Yoga, Media Room 1:30 pm Departure: Pontoon Boat Ride w/ Doug, Megunticook Lake* 2 pm: Knitting & Hand Crafts, Living Room</div>	<div>8</div> <div>10 am: Fitness Class, Media Room 2 to 3:30 pm: Vintage Car Show, Parking Lot 3 to 5 pm: 50's Themed Sock Hop Social, Media/Living Room, Lobby - Come in your best 50's attire!</div>	<div>9</div> <div>7 pm: Movie Night, Media Room</div>
<div>Assisted Living Week! 10</div> <div>1:30 pm: Congregational Church Service, 2T</div> <div>Grandparents Day</div>	<div>11</div> <div>9 am: Veterans Coffee Social w/ American Legion War Memorial Post 30, 3T Dining Room* 10 am: Fitness Class, Media Room 12 noon: Parkinson's Disease Support Group, Media/Living Room 3 pm: Book Club, Library</div>	<div>12</div> <div>9:30 am: Chair Yoga, Media Room 9:30 am Departure: Shopping Van w/ Lynne 2 pm: History of a Norman Rockwell Painting w/ Jennifer Healy, 2T</div>	<div>13</div> <div>10 am: Fitness Class, Media Room 10 am: Catholic Church Service, 2T 2 pm: Live Music w/ Electric Violinist Freddie Prez, Media Room 3 pm: Wii Bowling, Media Room 4:30 pm: Piano by George, Media Room</div>	<div>14</div> <div>9:30 am: Chair Yoga, Media Room 11:30 am to noon: Welcome Reception for Amy and Christine, Media Room 2 pm: Knitting & Hand Crafts, Living Room</div>	<div>15</div> <div>10 am: Fitness Class, Media Room 10:30 am Departure: The Lively Lady Boat Ride, Camden Harbor* 2 to 3 pm: Ice Cream Social, Anderson Inn Main Entrance Portico 7 pm: Movie Night, Media Room Rosh Hashanah Begins</div>	<div>16</div> <div>Oktoberfest Begins</div>
<div>17</div> <div>1:30 pm: Baptist Church Service, 2T</div>	<div>18</div> <div>10 am: Fitness Class, Media Room 1:30 pm Departure: Downtown Rockland Shopping (1 hour) and TJ Maxx (30-45 minutes)*</div>	<div>19</div> <div>9:30 am: Chair Yoga, Media Room 9:30 am Departure: Shopping Van w/ Lynne 2:30 pm: Autumn Kickoff w/ Apple Cider and Donuts, Gazebo 3 pm: Alzheimer's Disease Support Group, Private Dining Room</div>	<div>20</div> <div>9 am Departure: Bowdoin Arctic Museum and Lunch at Byrnes Irish Pub, Brunswick/Bath* 10 am: Fitness Class, Media Room 3 pm: Wii Bowling, Media Room 4:30 pm: Piano by George, Media Room</div>	<div>21</div> <div>9:30 am: Chair Yoga, Media Room 2:30 pm: Quarterly Apartment Residents Meeting</div>	<div>22</div> <div>10 am: Fitness Class, Media Room 4 to 5:15 pm: Birthday Social, Media/Living Room</div>	<div>23</div> <div>7 pm: Movie Night, Media Room Autumn Begins</div>
<div>24</div> <div>Yom Kippur</div>	<div>25</div> <div>10 am: Fitness Class, Media Room</div>	<div>26</div> <div>9:30 am: Chair Yoga, Media Room 9:30 am Departure: Shopping Van w/ Lynne</div>	<div>27</div> <div>10 am: Fitness Class, Media Room 10 am: Catholic Church Service, 2T 1:30 pm Departure: Tour of Sussman House w/ Heidi McCaffery* 3 pm: Wii Bowling, Media Room 4:30 pm: Piano by George, Media Room</div>	<div>28</div> <div>9 am: Preferred Therapy Meet & Greet, for Apt. Residents, Media/Living Room 10:30 am: Preferred Therapy Meet & Greet for Cottage Residents, Media/Living Room 9:15 am Departure: Langlais Sculpture Preserve Tour, Cushing & Brown Bag Lunch, Rockland Harbor (Bring Your Own)* 9:30 am: Chair Yoga, Fitness Room 2 pm: CIFF Documentary, The Flag Makers, Media/Living Room 2 pm: Knitting & Hand Crafts, Living Room</div>	<div>29</div> <div>10 am: Fitness Class, Media Room 4 to 5:15 pm: Wine & Cheese Social, Bryant Park Gazebo Sukkot Begins</div>	<div>30</div> <div>7 pm: Movie Night, Media Room</div>