






MARCH 2020



Cottages & Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1:30 Nondenominational Service Hosted by Methodist Church (2 nd Floor, Terraces)	2 9:30 Fitness Class (FR) 11:00 Walking Group (Lobby) 3:00 Book Club (Library, 3 rd Floor, Anderson Inn) 3:00 Activities Committee (GR)	3 10:00 Camden Shopping** 2:00-3:00 Blood Pressure Clinic (Nina's Office) 4:30 Piano w/ Mary (MR)	4 9:30 Rockland Shopping** 9:30 Fitness Class (FR) 1:00 Wii Golf (MR) 4:30 Piano w/ Mary (MR)	5 9:30 Zumba (2 nd Floor, Terraces) 1:30 Knitting/Handcrafts (LR) 1:30-2:30 Walk-in Clinic	6 9:30 Fitness Class (FR) 10:00 New Pathways for Parkinson's (MR) 3:00 Poetry, Tea & Thee (LR) 7:00 Movie Night (MR)	
8  1:30 Nondenominational Service by Congregational Church (2 nd Floor, Terraces)	9 9:30 Fitness Class (FR) 11:00 Walking Group (Lobby) 4:30 Piano w/ Mary (MR)	10 10:00 Camden Shopping** 12:15 departure Opera at the Strand, <i>Agrippina</i> * ** 2:00-3:00 Blood Pressure Clinic (Nina's Office) 4:30 Piano w/ Mary (MR)	11 9:30 departure Snowmobile Trip (cond. permitting) * ** 9:30 Fitness Class (FR) 1:00 Wii Golf (MR) 4:30 Piano w/ Mary (MR)	12 9:30 Zumba (2 nd Floor, Terraces) 10:30 "Shakespeare's Insights and Wisdom on Aging" (M/LR) 1:30 Knitting/Handcrafts (LR)	13 9:30 Fitness Class (FR) 10:00 New Pathways for Parkinson's (<u>DR</u> today & 3/27 only) 7:00 Movie Night (MR)	14 4:00 Birthday Social (M/LR) 
15 1:30 Nondenominational Service Hosted by Catholic Church (2 nd Floor, Terraces)	16 9:30 Fitness Class (FR) 11:00 Walking Group (Lobby) 4:30 Piano w/ Mary (MR)	17  10:00 Camden Shopping** 10:30 Catholic Mass (2 nd Floor, Terraces) 2:00-3:30 Irish Coffee Social (M/LR) 2:00-3:00 Blood Pressure Clinic (Nina's Office) 4:30 Piano w/ Mary (MR)	18 9:30 Rockland Shopping** 9:30 Fitness Class (FR) 10:30 "Life of a Rural New England Doctor" (M/LR)* 1:00 Wii Golf (MR) 4:30 Piano w/ Mary (MR)	19  9:30 Zumba (2 nd Floor, Terraces) 1:30 Knitting/Handcrafts (LR) 1:30-2:30 Walk-in Clinic 6:30 Scrabble/Cribbage (GR)	20 9:30 Fitness Class (FR) 10:00 New Pathways for Parkinson's (MR) 3:00 Poetry, Tea & Thee (LR) 7:00 Movie Night (MR)	21
22 1:00 departure Maple Sunday Trip to Camden/Rockport Historical Society* ** 1:30 Nondenominational Service Hosted by Episcopal Church (2 nd Floor, Terraces)	23 9:30 Fitness Class (FR) 11:00 Walking Group (Lobby) 4:30 Piano w/ Mary (MR)	24 10:00 Camden Shopping** 12:15 departure Opera at the Strand, <i>Der Fliegende Holländer</i> * ** 2:00-3:00 Blood Pressure 3:00 Piano with Masanobu (MR)	25 9:30 Fitness Class (FR) 1:00 Wii Golf (MR) 4:30 Piano w/ Mary (MR)	26 8:30 departure Senior College, Morning Classes* ** 9:30 Zumba (2T) 12:15 departure Senior College, Afternoon Classes* ** 6:30 Scrabble/Cribbage (GR)	27 9:30 Fitness Class (FR) 10:00 New Pathways for Parkinson's (<u>DR</u>) 11:30 departure Lunch Out: World Café* ** 7:00 Movie Night (MR)	28 4:00 Wine & Cheese Social (M/LR) 
29 1:30 Nondenominational Service by Chestnut St. Baptist Church (2 nd Floor, Terraces)	30 9:30 Fitness Class (FR) 11:00 Walking Group (Lobby) 4:30 Piano w/ Mary (MR)	31 10:00 Camden Shopping** 2:00-3:00 Blood Pressure Clinic (Nina's Office) 3:00 "Brain Health As We Age" (M/LR)*	*Signup required **Transportation provided, weather and ridership permitting	