




	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:00AM Portland Wheelers 10:00AM Brain Games CR 11:00AM Walking Group LBY 1:45PM Shop or Ride LBY 3:30PM B.I.N.G.O! CR 7:00PM Game Shows LR	2 10:00AM <i>How Does THAT Work?</i> 11:00AM Chair Connection CR 2:00PM Rummikub CR 4:15PM Jethro & Abbott LR 7:00PM Game Shows LR	3 10:00AM Boggle CR 11:00AM Chair Exercise L 2:30PM Time with Teddi CR 7:00PM Game Shows LR	4 10:00AM Speed Scrabble CR 11:00AM Chair Connection CR 1:45PM Scenic Ride LBY 3:30PM B.I.N.G.O! CR 4:30PM Highlands' Happy Hour 4:30PM Rainbow & Charm LR 7:00PM Game Shows LR	5 Frosty Friday 10:00AM Guess the Word CR 11:00AM Walking Group LBY 2:00PM Flinch Game CR 3:30PM Classical Music L 7:00PM Game Shows LR	6 11:00AM Chair Exercise L 2:00PM Movie Matinee L 4:00 PM Card Games CR 7:00PM Evening Film L
7 Fall Festival Week! 11:00AM Chair Exercise L 2:00PM Anne with an "E" L 4:00PM Board Games CR 7:00PM Evening Film L	8 Scarecrows Up! (TBA) 10:00AM Brain Games CR 11:00AM Resident Board Mtg M 1:45PM Shop or Ride LBY 3:30PM B.I.N.G.O! CR 7:00PM Game Shows LR	9 Golf Carts Rides To View Scarecrows (TBA) 10:00AM <i>How Does THAT Work?</i> 11:00AM Chair Connection CR 2:00PM Chat: Cristy & Kelly LR 4:00PM Dave Stone LR	10 10:00AM Church Service LR 11:00 AM Chair Exercise L 2:00PM Wreath Decorating CR 7:00 PM Game Shows LR	11 10:00 AM 10:30AM Berrie's Hearing 11:00AM Chair Connection CR 1:45PM Scenic Foliage Ride 3:30PM B.I.N.G.O! CR 4:30PM Rainbow & Charm LR	12 Frosty Friday 10:00AM Walking Group LBY 11:00AM Pumpkin Decorating 2:00 PM Apple Picking @ Rocky Ridge √\$ 3:30PM Classical Music L 7:00PM Game Shows LR	13 Open House & Fall Festival 11:00am-3:00pm CL 11:00AM-1:00PM Carriage rides 2:00PM Woodside Wheelers Perform (Outside) 2:30 Contest Winners Announced @ Maine Lodge
14 11:00AM Chair Exercise L 2:00PM Anne with an "E" L 4:00PM Board Games CR 7:00PM Evening Film L	15 8:00AM Portland Wheelers 10:00AM Brain Games CR 11:00AM Walking Group LBY 1:45PM Shop or Ride LBY 3:30PM B.I.N.G.O! CR 7:00PM Game Shows LR	16 10:00AM Resident Forum LR 11:00AM Chair Connection CR 2:00PM Rummikub CR 4:15PM Jethro & Abbott LR 7:00PM Game Shows LR	17 10:00AM Boggle CR 11:00AM Chair Exercise L 2:30PM Time with Teddi CR 7:00PM Game Shows LR	18 10:00AM Highlands' Chorale LR 11:00AM Chair Connection CR 1:45PM Scenic Ride LBY 3:30PM B.I.N.G.O! CR 4:30PM Highlands' Happy Hour 4:30PM Rainbow & Charm LR 7:00PM Game Shows LR	19 Frosty Friday 10:00AM Guess the Word CR 11:00AM Walking Group LBY 11:00AM Lunch Bunch Tuscan Bistro √\$ 2:00PM Flinch Game CR 3:30PM Classical Music L	20 11:00AM Chair Exercise L 2:00PM Movie Matinee L 4:00 PM Card Games CR 7:00PM Evening Film L
21 11:00AM Chair Exercise L 2:00PM Anne with an "E" L 4:00PM Board Games CR 7:00PM Evening Film L	22 10:00AM Brain Games CR 11:00AM Walking Group LBY 1:45PM Shop or Ride LBY 3:30PM B.I.N.G.O! CR 7:00PM Game Shows LR	23 10:00AM <i>How Does THAT Work?</i> 11:00AM Chair Connection CR 2:00PM Rummikub CR 4:00PM Ron Bergeron LR 4:15PM Jethro & Abbott LR 7:00PM Game Shows LR	24 10:00AM Scattergories CR 11:00AM Chair Exercise L 2:30PM Time with Teddi CR 7:00PM Game Shows LR	25 10:00AM Giant Crossword CR 11:00AM Chair Connection CR 1:45PM Scenic Ride LBY 3:30PM B.I.N.G.O! CR 4:30PM Rainbow & Charm LR 7:00PM Game Shows LR	26 Frosty Friday 10:00AM Guess the Word CR 11:00AM Walking Group LBY 2:00PM Flinch Game CR 3:30PM Classical Music L 7:00PM Game Shows LR	27 11:00AM Chair Exercise L 2:00PM Movie Matinee L 4:00 PM Card Games CR 7:00PM Evening Film L
28 11:00AM Chair Exercise L 2:00PM Anne with an "E" L 3:45 PM Mike McCarthy LR 7:00PM Evening Film L	29 10:00AM Brain Games CR 11:00AM Walking Group LBY 1:45PM Shop or Ride LBY 3:30PM B.I.N.G.O! CR 7:00PM Game Shows LR	30  10:00AM <i>How Does THAT Work?</i> 11:00AM Chair Connection CR 2:00PM Halloween Stories GP 4:15PM Jethro & Abbott LR 7:00PM Game Shows LR	31 10:00AM Boggle CR 11:00AM Chair Exercise L 2:30PM Time with Teddi CR 7:00PM Game Shows LR	 		

2018 Recurring Events Cadigan Lodge

Weekly Resident Activities

Sunday	11:00 AM Chair Exercises 2:00 PM Television Series 7:00 PM Evening Film	Library Library Library
Monday	11:00AM Chair Exercise 1:45 PM Shop or Scenic Ride 2:00 PM Highlands' Chorale Practice✓	Library Meet in Lobby Meet in Lobby
Tuesday	11:00 AM Chair Connection With Brenda or Angela	Community RM
Wednesday	11:00 AM Chair Exercises	Library
Thursday	11:00 AM Chair Connection With Brenda or Angela 1:45 PM Scenic Ride	Community RM Meet in Lobby
Friday	11:00 AM Chair Exercises	Library
Saturday	11:00 AM Chair Exercises 2:00 PM Movie Matinee 7:00 PM Evening Film	

Monthly Recurring

1st & 3rd Sunday	4:00 PM Vespers	GP Maine Lodge
2nd Monday	11:00 AM Resident Board Meeting	M Maine Lodge
2nd & 4th Thursday	10:30 AM Topsham Library	✓ Meet in LBY
1st and 3rd Thursday	4:30 PM Highlands' Happy Hour	Living Room
1st & 3rd Wednesdays	2:00 PM Grief Support Group	Cadigan Lodge Private Dining
2nd Wednesdays	2:00 PM Vision Support Group	Cadigan Lodge Private Dining
2nd & 4th Thursdays	2:00 PM Caregiver Support Group	Cadigan Lodge Private Dining

Sunday Church Services

Pick up times are listed below

8:30AM Good Shepherd Lutheran

9:20 PM
First Parish
Mid Coast Presbyterian
Saint Charles Borromeo
Saint John's
Unitarian Universalist
United Baptist

10:00 AM
Catholic Communion Friendship Cove

Amenities

2nd Thursday of the Month	Berrie's Hearing Aid Services	Cadigan Lodge Private Dining
TBA	Podiatry Services Scheduled by Podiatrist	Wellness will let you know when you are scheduled.
Hair Dresser	Amy Jasper Call extension 233 to make an appointment	Thursdays By appointment only

Room Key Cadigan Lodge

LR Living Room	LBY Meet in Lobby	CLPD Cadigan Lodge Private Dining	CR Community Room	L Library
			✓ Sign-up Required	\$ Additional Cost

Maine Lodge Room Key

W Wellness Center	FC Friendship Cove	GP Georgetown Parlor Maine Lodge	MBR Merrymeeting Bay Room	T Theater Maine Lodge
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For More Information about Cadigan Lodge

Director of Assisted Living
Cristy Williams 207.725.2650 x. 120

Life Enrichment (Activities)
Teddi Reed 207.725.2650 x. 173

Wellness Coordinator
Kelly Curtis 207.725.2650 x. 148

Cadigan Lodge Care Coordinator
Nicole Votra 207.725.2650 x. 126



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