




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 11:00am Chair Exercise L 2:00pm Movie Matinee L 4:00pm Card Games CR 7:00pm Evening Film L
2 11:00am Chair Exercise LR 2:00pm <i>World's Most Extraordinary Homes</i> L 4:00pm Board Games CR 7:00pm Evening Film L	3 10:00am Brain Games CR 11:00am Chair Exercise L 1:45 pm Shop or Ride LBY 3:30pm B.I.N.G.O! CR	4 10:00am Dominos CR 11:00am Chair Connection CR 2:00pm Flinch Game CR 4:15pm Jethro & Abbott LR 7:00pm Game Shows LR	5 10:00am Boggle CR 11:00am Chair Exercise L 2:00pm-4:00pm Cook's Corner Shopping Trip ✓	6 10:00am Speed Scrabble CR 11:00am Chair Connection CR 2:00pm B.I.N.G.O! CR 3:30pm Light Seeing LBY 4:30pm Happy Hour LR	7 Frosty Friday 10:00am Guess the Word L 11:00am Chair Exercise L 2:00pm Flinch Game CR 3:30pm Classical Music L	8 11:00am Chair Exercise L 1:00pm Highlands' Chorale Presbyterian Church, 3:00pm Red Gallagher LR 4:00pm Card Games CR
9 11:00am Chair Exercise LR 2:00pm <i>World's Most Extraordinary Homes</i> L 3:45pm Mike McCarthy LR 7:00pm Evening Film L	10 10:00am Brain Games CR 11:00am Chair Exercise L 11:00 Resident Board Mtg. ML 1:45 pm Shop or Ride LBY 3:30pm B.I.N.G.O! CR 7:00pm Game Shows LR	11 10:00am Dominos CR 11:00am Chair Connection CR 2:00pm Chat: Kelly & Cristy LR 4:15pm Jethro & Abbott LR 7:00pm Game Shows LR	12 10:00am Scattergories CR 11:00am Chair Exercise L 2:30pm Documentary L 7:00pm Game Shows LR	13 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 Rainbow & Charm LR	14 Frosty Friday 10:00am Giant Crossword CR 11:00am Chair Exercise L 1:00am Lunch Bunch Seadog 2:00pm Flinch Game CR 3:30pm Classical Music L	15 11:00am Chair Exercise L 2:00pm Movie Matinee L 4:00pm Card Games CR 7:00pm Evening Film L
16 11:00am Chair Exercise LR 2:00pm <i>World's Most Extraordinary Homes</i> L 4:00pm Board Games CR	17 10:00am Brain Games CR 11:00am Chair Exercise L 1:45 pm Shop or Ride LBY 3:30pm B.I.N.G.O! CR 7:00pm Open Mic ML 7:00pm Game Shows LR	18 10:00am Resident Forum LR 11:00am Chair Connection CR 2:00pm Flinch Game CR 4:15pm Jethro & Abbott LR 7:00pm Nor'Easters Barbershop Quartet ML	19 10:00am 22 Questions CR 11:00am Chair Exercise L 2:30-5:00 pm LLBean Lights and shopping ✓ LBY 7:00pm Game Shows LR	20 10:00am Speed Scrabble CR 11:00am Chair Connection CR 4:00 Holiday Party Dave Stone 4:30pm Rainbow & Charm LR	21 Frosty Friday 10:00am Guess the Word L 11:00am Chair Exercise L 2:00pm Flinch Game CR 3:30pm Classical Music L 7:00pm Game Shows LR	22 11:00am Chair Exercise L 2:00pm Movie Matinee L 4:00pm Card Games CR 7:00pm Evening Film L
23 11:00am Chair Exercise LR 2:00pm <i>World's Most Extraordinary Homes</i> L 4:00pm Board Games CR 7:00pm Evening Film L	24 Christmas Eve 10:00am Brain Games CR 11:00am Chair Exercise L 1:45 pm Shop or Ride LBY 3:30pm B.I.N.G.O! CR 4:30pm Happy Hour LR	25 	26 10:00am Rummikub CR 11:00am Chair Exercise L 2:30pm Documentary L 7:00pm Game Shows LR	27 10:00am Speed Scrabble CR 11:00am Chair Connection CR 1:45pm Scenic Ride LBY 3:30pm B.I.N.G.O! CR	28 Frosty Friday 10:00am Giant Crossword CR 11:00am Chair Exercise L 2:00pm Flinch Game CR 3:15pm Ragtimer Sue 🎵 LR 6:30pm Games w/ Friends CR	29 11:00am Chair Exercise L 2:00pm Movie Matinee L 4:00pm Card Games CR 7:00pm Evening Film L
30 11:00am Chair Exercise LR 2:00pm <i>World's Most Extraordinary Homes</i> L 4:00pm Board Games CR 7:00pm Evening Film L	31 New Year's Eve 10:00am Brain Games CR 11:00am Chair Exercise L 1:45 pm Shop or Ride LBY 3:30pm B.I.N.G.O! CR 4:30pm Happy Hour 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	Berries' Hearing Aid Services 10:30am-11:00am	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	CL Cadigan Lodge	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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