






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00am Speed Scrabble CR 11:00am Chair Connection CR 1:45pm Scenic Ride LB 3:30pm B.I.N.G.O! CR 4:15pm Matt Loosigian 🎵 LR 4:30pm Happy Hour LR 4:30pm Rainbow & Charm LR	2 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	3  11:00am Chair Exercise L 2:00pm Movie Matinee L 4:00pm Card Games CR 7:00pm Evening Film L
4 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	5 10:00am Brain Games CR 11:00am Chair Exercise L 1:45 pm Shop or Ride LB 3:30pm B.I.N.G.O! CR 7:00pm Game Shows LR	6 10:00am Dominos CR 11:00am Chair Connection CR 2:00pm Flinch Game CR 3:15pm José Duddy 🎵 LR 4:15pm Jethro & Abbott LR 7:00pm Game Shows LR	7 10:00am Boggle CR 11:00am Chair Exercise L 2:30pm Time with Teddi CR 7:00pm Game Shows LR	8 10:00am Speed Scrabble CR 11:00am Chair Connection CR 1:45pm Scenic Ride LB 3:30pm B.I.N.G.O! CR 4:30pm Rainbow & Charm LR	9 Frosty Friday 10:00am Guess the Word L 11:00am Lunch Bunch: \$✓ Chick-a-dee, Lewiston LB 11:00am Chair Exercise L 2:00pm Flinch Game CR 3:30pm Opera (Resident Choice)L	10 11:00am Chair Exercise L 2:00pm Movie Matinee L 3:00pm-5:00pm Anne Salom Art Reception LR 4:00pm Card Games CR 7:00pm Evening Film L
11  11:00am Chair Exercise L 2:00pm Veterans' Celebration LR 4:00 Board Games 7:00pm Evening Film	12 10:00am Brain Games CR 11:00am Resident Board Mtg. 11:00am Chair Exercise L 1:45 pm Shop or Ride LB 3:30pm B.I.N.G.O! CR 7:00pm Game Shows LR	13 10:00am Dominos CR 11:00am Chair Connection CR 2:30pm Mr. Drew and his Animals Too CR 4:15pm Jethro & Abbott LR 7:00pm Game Shows LR	14 10:00am Church Service 10:00am-2:00pm Craft Fair Maine Lodge Meet in Lobby @ 11:00am 2:30pm Time with Teddi CR Hand massages 7:00pm Game Shows LR	15 10:00am Speed Scrabble CR 11:00am Chair Connection CR 1:45pm Scenic Ride LB 2:30pm Gardens' Aglow ✓\$ 3:30pm B.I.N.G.O! CR 4:30pm Happy Hour LR 4:30pm Rainbow & Charm LR	16 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	17 11:00am Chair Exercise L 2:00pm Movie Matinee L 4:00pm Card Games CR 7:00pm Evening Film L
18 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	19 10:00am Brain Games CR 11:00am Chair Exercise L 1:45 pm Shop or Ride LB 3:30pm B.I.N.G.O! CR 7:00pm Game Shows LR	20 10:00am Resident Forum CR 11:00am Chair Connection CR 2:00pm Flinch Game CR 4:15pm Jethro & Abbott LR 7:00pm Game Shows LR	21 10:00am Boggle CR 11:00am Chair Exercise L 2:30pm Time with Teddi CR 7:00pm Game Shows LR	22  11:00am-2:00pm Thanksgiving Brunch 3:00 pm Movie Matinee: <i>Love at the Thanksgiving Day Parade</i>	23 10:00am Guess the Word L 11:00am Chair Exercise L 2:00pm Flinch Game CR 7:00pm Game Shows LR	24 11:00am Chair Exercise L 2:00pm Movie Matinee L 4:00pm Card Games CR 7:00pm Evening Film L
25 11:00am Chair Exercise 2:00pm <i>World's Most Extraordinary Homes</i> 3:45pm Mike McCarthy LR 7:00pm Evening Film	26 10:00am Brain Games CR 11:00am Chair Exercise L 1:45 pm Shop or Ride LB 3:30pm B.I.N.G.O! CR 7:00pm Open Mic Night ML 7:00pm Game Shows LR	27 10:00am Dominos CR 11:00am Chair Connection CR 2:00pm Flinch Game CR 4:15pm Kevin Farley LR 4:15pm Jethro & Abbott LR	28 10:00am Scattergories CR 11:00am Chair Exercise L 2:30pm Time with Teddi CR Homemade Applesauce 7:00pm Game Shows LR	29 10:00am Speed Scrabble CR 11:00am Chair Connection CR 1:45pm Scenic Ride LB 3:30pm B.I.N.G.O! CR 4:30pm Rainbow & Charm LR	30 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	

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	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
--------------------------------	---------------------------------	---	--	------------------------------------

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



THE HIGHLANDS
A GRACE MGMT COMMUNITY