



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
				<b>1 Happy New Year!</b> 11:00am-2:00pm Holiday Brunch 11:00am Chair Connection Cr 2:00pm Movie Matinee L 7:00 pm Game Shows LR		<b>2</b> 10:00am Speed Scrabble CR 11:00am Chair Exercise L 2:30pm Documentary L 7:00pm Game Shows LR		<b>3</b> 10:00am Rummikub CR 11:00am Chair Connection CR 1:45pm Scenic Ride LB 3:30pm B.I.N.G.O! CR 4:30pm Highlands' Happy Hour		<b>4</b> 10:00am Guess the Word CR 11:00am Chair Exercises LR 2:00pm Finch Game CR 3:30pm Classical Music L 7:00pm Game Shows LR		<b>5</b> 11:00am Chair Exercise L 2:00pm Movie Matinee L 4:00pm Card Games CR 7:00pm Evening Film L	
		<b>6</b> 11:00am Chair Exercise L 2:00pm Movie Matinee L 4:00pm Board Games CR 7:00pm Evening Film L		<b>7</b> 10:00am Brain Games CR 11:00am Chair Exercises L 1:45pm Shop or Ride LB 3:30pm B.I.N.G.O! CR 7:00pm Game Shows LR		<b>8</b> 10:00am Dominos CR 11:00am Chair Connection Cr 2:00pm Chat: Kelly & Cristy LR 4:15pm Jethro & Abbot LR <b>4:30pm Sue &amp; Blue 🎵 LR</b>		<b>9</b> 10:00am Church Service LR 11:00am Chair Exercise L 2:30pm Time with Teddi CR <i>Tissue Paper Painting</i> 7:00pm Game Shows LR		<b>10</b> 10:00am Rummikub CR 10:30am Berrie's Hearing Aid 11:00am Chair Connection CR 1:45pm Scenic Ride LB 3:30pm B.I.N.G.O! CR 4:30pm Charm & Rainbow L		<b>11</b> 10:00am Giant Crossword CR 11:00am Chair Exercises LR <b>11:00am Lunch Bunch \$/ LB</b> <i>Coast Bistro, Brunswick</i> 2:00pm Finch Game CR 3:30pm Classical Music L 7:00pm Game Shows LR	
<b>13</b> 11:00am Chair Exercise L 2:00pm Movie Matinee L 4:00pm Board Games CR 7:00pm Evening Film L		<b>14</b> 10:00am Brain Games CR <b>11:00am Resident Board Mtg. ML</b> 11:00am Chair Exercises L <b>1:45pm Shop or Ride: Target</b> 3:30pm B.I.N.G.O! CR		<b>15</b> 10:00am Mad Libs CR 11:00am Chair Connection Cr 2:00pm Finch Game CR 4:15pm Jethro & Abbot LR 7:00pm Game Shows LR		<b>16</b> 10:00am Speed Scrabble CR 11:00am Chair Exercise L 2:30pm Time with Teddi L <i>Space Exploration</i> <b>4:15PM Sharon Wright 🎵 LR</b> 7:00pm Game Shows LR		<b>17</b> 10:00am Highlands' Chorale LR 11:00am Chair Connection CR 1:45pm Scenic Ride LB 3:30pm B.I.N.G.O! CR 4:30pm Highlands' Happy Hour 4:30pm Charm & Rainbow L		<b>18</b> 10:00am Guess the Word CR 11:00am Chair Exercises LR 2:00pm Finch Game CR 3:30pm Classical Music L 7:00pm Game Shows LR		<b>19</b> 11:00am Chair Exercise L 1:00pm Fun & Games with Teddi CR 2:00pm Movie Matinee L 4:00pm Card Games CR 7:00pm Evening Film L	
<b>20</b> 11:00am Chair Exercise L 2:00pm Movie Matinee L 4:00pm Board Games CR 7:00pm Evening Film L		<b>21 Martin Luther King, Jr. Day</b> 10:00am Brain Games CR 11:00am Chair Exercises L 1:45pm Shop or Ride LB 3:30pm B.I.N.G.O! CR 7:00pm Game Shows LR		<b>22</b> 10:00am Resident Forum L 11:00am Chair Connection Cr 2:00pm Finch Game CR 4:15pm Jethro & Abbot LR 7:00pm Game Shows LR		<b>23</b> 10:00am Speed Scrabble CR 11:00am Chair Exercise L 2:30pm Documentary L 7:00pm Game Shows LR		<b>24</b> 10:00am Rummikub CR 11:00am Chair Connection CR 1:45pm Scenic Ride LB 3:30pm B.I.N.G.O! CR 4:30pm Charm & Rainbow L		<b>25</b> 10:00am Giant Crossword CR 11:00am Chair Exercises LR 2:00pm Finch Game CR 3:30pm Classical Music L 6:30pm Games w/ Friends CR United Baptist Church		<b>26</b> 11:00am Chair Exercise L 2:00pm Movie Matinee L 4:00pm Card Games CR 7:00pm Evening Film L	
<b>27</b> 11:00am Chair Exercise L 2:00pm Movie Matinee L <b>3:45pm Mike McCarthy LR</b> 7:00pm Evening Film L		<b>28</b> 10:00am Brain Games CR 11:00am Chair Exercises L <b>1:45pm Shop or Ride: Target</b> 3:30pm B.I.N.G.O! CR 7:00pm Open Mic ML		<b>29</b> 10:00am Dominos CR 11:00 am Chair Exercises L 2:00pm Finch Game CR 4:15pm Jethro & Abbot LR <b>4:30pm Jose Duddy 🎵 LR</b> 7:00pm Game Shows LR		<b>30</b> 10:00am Speed Scrabble CR 11:00am Chair Exercise L 2:30pm Time with Teddi L <i>Painting Canvas Bags</i> 7:00pm Game Shows LR		<b>31</b> 10:00am Rummikub CR 11:00am Chair Connection CR 1:45pm Scenic Ride LB 3:30pm B.I.N.G.O! CR 4:30pm Charm & Rainbow L					

# 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	

## Amenities

2nd Thursday of the Month	Berries' Hearing Aid Services 10:30am-1o:45am Waiting Area: Living Room	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

## 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

### Room Key

#### Cadigan Lodge

<b>LR</b> Living Room	<b>LB</b> Meet in Lobby	<b>CL</b> Cadigan Lodge	<b>CR</b> Community Room	<b>L</b> Library
		<b>CLPD</b> Cadigan Lodge Private Dining	✓ Sign-up Required	<b>\$</b> Additional Cost

### Maine Lodge Room Key

<b>W</b> Wellness Center	<b>FC</b> Friendship Cove	<b>GP</b> Georgetown Parlor Maine Lodge	<b>MBR</b> Merrymeeting Bay Room	<b>T</b> Theater Maine Lodge
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## 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

## 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