



February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00am Picture Stories CR 11:00am Chair Exercise L 2:00pm Flinch Game CR 3:30pm TED Talk L 7:00pm Game Shows LR	2 Ground Hog Day 11:00am Chair Exercise L 2:00pm L 4:00pm Card Games CR 7:00pm Evening Film L
3 11:00am Chair Exercise L 2:00pm <i>Monty Don's Italian Gardens</i> L 4:00pm Board Games CR 7:00pm Evening Film L	4 10:00am Brain Games CR 11:00am Chair Exercise L 1:45pm Shop or Ride Walmart 3:30pm B.I.N.G.O! CR 7:00pm Game Shows LR	5 10:00am Mad Libs CR 11:00am Chair Connection CR 2:00pm Flinch Game CR 4:15pm Jethro & Abbot LR 4:30pm Peter Mezoian 🎵 LR 7:00pm Game Shows LR	6 10:00am Speed Scrabble CR 11:00 am Chair Exercise L 1:15pm Trip: Wilbur's Candy \$☒ 2:30 Documentary L 7:00pm Movie Night! L	7 10:00am Rummikub CR 11:00am Chair Connection CR 1:45pm Scenic Ride LBY 3:30pm B.I.N.G.O! CR 4:30pm Rainbow & Charm LR	8 10:00am Hand Massages CR 11:00am Chair Exercises L 11:00am Lunch Bunch Lemongrass, Brunswick ☒ 2:00pm Flinch Game CR 3:30pm Travel Films L	9 11:00am Chair Exercise L 2:00pm Sing Along w/ Jim LR 4:00pm Card Games CR 7:00pm Evening Film L
10 11:00am Chair Exercise L 2:00pm <i>Monty Don's Italian Gardens</i> L 4:00pm Board Games CR 7:00pm Evening Film L	11 10:00am Brain Games CR 11:00am Chair Exercise L 11:00am Resident Board Mtg. 1:45pm Shop or Ride Target 3:30pm B.I.N.G.O! CR 7:00pm Game Shows LR	12 10:00am Dominos CR 11:00am Chair Connection CR 2:00pm Fun with Susie CR 3:15pm Bruce Pratt (Piano) & Elijah Pratt (Violin) LR 4:15pm Jethro & Abbott LR	13 10:00am Church Service LR 11:00 am Chair Exercise L 2:30 Homemade Applesauce L 7:00pm Movie Night! L	14 ♥ Valentine's Day ♥ 10:00am Rummikub CR 10:45am Berries' Hearing LR 11:00am Chair Connection CR 1:45pm Scenic Ride LBY 3:30pm B.I.N.G.O! CR 4:30pm Rainbow & Charm LR	15 10:00am Picture Stories L 11:00am Chair Exercise L 2:00pm Flinch Game CR 3:30pm TED Talk L 7:00pm Game Shows LR	16 11:00am Chair Exercise L 2:00pm Card Games CR 3:15pm Red Gallagher LR 7:00pm Evening Film L
17 11:00am Chair Exercise L 2:00pm <i>Monty Don's Italian Gardens</i> L 4:00pm Board Games CR 7:00pm Evening Film L	18 10:00am Brain Games CR 11:00am Chair Exercise L 1:45pm Shop or Ride Walmart 3:30pm B.I.N.G.O! CR 7:00pm Game Shows LR	19 10:00am Resident Forum LR 11:00am Chair Connection CR 2:00pm Longfellow Days ML 2:00pm Flinch Game CR 4:15pm Jethro & Abbott LR 7:00pm Game Shows LR	20 10:00am Speed Scrabble CR 11:00 am Chair Exercise L 2:30 Documentary L 7:00pm Movie Night! L	21 10:00am Highland Chorale CR 11:00am Chair Connection CR 1:45pm Scenic Ride LBY 3:30pm B.I.N.G.O! CR 4:30pm Rainbow & Charm LR	22 10:00am Hand Massages CR 11:00am Chair Exercises L 2:00pm Flinch Game CR 3:30pm Travel Films L 6:30pm Games w/ Friends CR	23 11:00am Chair Exercise L 1:00pm-3:00pm Cabin Fever Party CL 3:00pm World Percussion Ensemble First Parish ML 4:00pm Card Games CR 7:00pm Evening Film L
24 11:00am Chair Exercise L 2:00pm <i>Monty Don's Italian Gardens</i> L 3:45pm Mike McCarthy LR 7:00pm Evening Film L	25 10:00am Brain Games CR 11:00am Chair Exercise L 1:45pm Shop or Ride Target 3:30pm B.I.N.G.O! CR 7:00pm Game Shows LR 7:00pm Open Mic ML	26 10:00am Dominos CR 11:00am Chair Connection CR 2:00pm Flinch Game CR 4:15pm Jethro & Abbott LR 7:00pm Game Shows LR	27 10:00am Speed Scrabble CR 11:00 am Chair Exercise L 2:30 Documentary L 7:00pm Movie Night! L	28 10:00am Rummikub CR 11:00am Chair Connection CR 1:45pm Scenic Ride LBY 3:30pm B.I.N.G.O! CR 4:00pm Clare Longendyke 🎵 ML 4:30pm Rainbow & Charm LR		

2019 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-10:45am 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

LR Living Room	LB Meet in Lobby	CL Cadigan Lodge	CR Community Room	L Library
		CLPD Cadigan Lodge Private Dining	✓ 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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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



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A GRACE MGMT COMMUNITY