





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>3</p> <p>11:00am Chair Exercise CR 2:00pm <i>Monty Don's Italian Gardens</i> L 4:00pm Vespers ML 4:00pm Board Games CR 7:00pm Evening Film L</p>	<p>4</p> <p>10:00am Brain Games CR 11:00am Chair Exercise CR 1:45pm Scenic Ride LB 3:30pm B.I.N.G.O! CR 7:00pm Game Shows L</p>	<p>5 Mardi Gras</p> <p>10:00am Dominos CR 11:00am Chair Connection CR 2:00pm Flinch Game CR 4:15pm No Jethro & Abbott L 4:30pm Will Ogmundson ♪ LR</p>	<p>6</p> <p>10:00am Speed Scrabble CR 11:00am Chair Exercise CR 1:45pm Shopping (Walmart) ☒ 2:30 pm Documentary L 7:00pm Movie Night! L</p>	<p>7</p> <p>10:00am Rummikub CR 11:00am Chair Connection CR 1:45pm Scenic Ride LB 3:30pm B.I.N.G.O! CR 4:30pm Happy Hour LR 4:30pm Rainbow & Charm</p>	<p>1</p> <p>10:00am Picture Stories CR 11:00am Chair Exercise CR 2:00pm Flinch Game CR 3:30pm TED Talk L</p>	<p>2</p> <p>10:00am Chair Exercise L 2:00pm Brain Games CR 4:00pm Card Games CR 7:00pm Evening Film L</p>
<p>10</p> <p>11:00am Chair Exercise CR 2:00pm <i>Monty Don's Italian Gardens</i> L 4:00pm Board Games CR 7:00pm Evening Film L</p>	<p>11</p> <p>10:00am Brain Games CR 10:30am Painting w/ Phyllis CR 11:00am Residents' Board Mtg. 1:45pm Scenic Ride LB 3:30pm B.I.N.G.O! CR 7:00pm Game Shows L</p>	<p>12</p> <p>10:00am Dominos CR 11:00am Chair Connection CR 1:30pm Fun with Susie CR 4:15pm No Jethro & Abbott L 4:15pm Dave Stone ♪ LR</p>	<p>13</p> <p>10:00am Speed Scrabble CR 11:00am Chair Exercise CR 2:30 pm Documentary L 7:00pm Movie Night! L</p>	<p>14</p> <p>10:00am Rummikub CR 10:30am Library Trip ☒ LB 10:45am Berries; Hearing L 11:00am Chair Connection CR 1:45pm Scenic Ride LB 3:30pm B.I.N.G.O! CR</p>	<p>15</p> <p>10:00am Just for Laughs CR 11:00am Chair Exercise CR 1:45pm Shopping Trip (Target) ☒ 3:30pm TED Talk L</p>	<p>16</p> <p>10:00am Chair Exercise L 2:00pm Brain Games CR 4:00pm Card Games CR 7:00pm Evening Film L</p>
<p>17 St. Patrick's Day</p> <p>11:00am Chair Exercise CR 2:00pm <i>Monty Don's Italian Gardens</i> L 4:00pm Vespers ML 4:00pm Board Games CR 7:00pm Evening Film L</p>	<p>18</p> <p>10:00am Brain Games CR 10:30am Painting w/ Phyllis CR 1:45pm Scenic Ride LB 3:30pm B.I.N.G.O! CR 7:00pm Game Shows L</p>	<p>19</p> <p>10:00am Dominos CR 11:00am Chair Connection CR 2:00pm Flinch Game CR 4:15pm No Jethro & Abbott L 7:00pm Game Shows LR</p>	<p>20</p> <p>10:00am Speed Scrabble CR 11:00am Chair Exercise CR 1:30pm Clairnotes ♪ ML 1:45pm Shopping (Walmart) ☒ 2:30 pm Documentary L 7:00pm Movie Night! L</p>	<p>21</p> <p>10:00am Highlands' Chorale IR 11:00am Chair Connection CR 1:45pm Scenic Ride LB 3:30pm B.I.N.G.O! CR 4:30pm Happy Hour LR 4:30pm Rainbow & Charm</p>	<p>22</p> <p>10:00am Hand Massage CR 11:00am Chair Exercise CR 1:15pm Peary-MacMillan Arctic Museum ☒ Free LB 2:00pm Flinch Game CR 3:30pm TED Talk L 6:30pm Games w/ Friends CR</p>	<p>23</p> <p>10:00am Chair Exercise L 2:00pm Brain Games CR 4:00pm Card Games CR 7:00pm Evening Film L</p>
<p>24</p> <p>11:00am Chair Exercise CR 2:00pm <i>Monty Don's Italian Gardens</i> L 3:45pm Mike McCarthy LR 7:00pm Evening Film</p>	<p>25</p> <p>10:00am Brain Games CR 10:30am Painting w/ Phyllis CR 1:45pm Scenic Ride LB 3:30pm B.I.N.G.O! CR 7:00pm Game Shows L 7:00pm Open Mic Nite ML</p>	<p>26</p> <p>10:00am Dominos CR 11:00am Chair Connection CR 2:00pm Flinch Game CR 4:45pm Morgan Peppe ♪ LR 7:00pm Game Shows LR</p>	<p>27</p> <p>10:00am Speed Scrabble CR 11:00am Chair Exercise CR 1:45pm Shopping Trip (Target) ☒ 2:30 pm Documentary L 7:00pm Movie Night! L</p>	<p>28</p> <p>10:00am Rummikub CR 10:30am Library Trip ☒ LB 11:00am Chair Connection CR 1:45pm Scenic Ride LB 3:30pm B.I.N.G.O! CR 4:30pm Rainbow & Charm</p>	<p>29 Healthy Maine Smiles</p> <p>10:00am Just for Laughs L 11:00am Chair Exercise L 2:00pm Flinch Game CR 3:30pm TED Talk L</p>	<p>30</p> <p>10:00am Chair Exercise L 2:00pm Think Spring Fun & Games w/ Teddi CR 4:00pm Card Games CR 7:00pm Evening Film L</p>
<p>31</p> <p>11:00am Chair Exercise CR 2:00pm <i>Monty Don's Italian Gardens</i> L 4:00pm Board Games CR 7:00pm Evening Film</p>						

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 10:45am-11:00 am 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