


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>10:00am Brain Games CR</p> <p>11:00am Chair Exercise CR</p> <p>1:45pm Scenic Ride ✓ LB</p> <p>3:30pm B.I.N.G.O! CR</p> <p>7:00pm Game Shows LR</p>	<p>2</p> <p>10:00am Dominos CR</p> <p>11:00am NO Chair Connection CR</p> <p>2:00pm Flinch Game CR</p> <p>4:15pm Jethro & Abbott LB</p> <p>4:30pm Kevin Farley 🎵 LR</p>	<p>3</p> <p>10:00am Speed Scrabble CR</p> <p>11:00am Chair Exercise CR</p> <p>1:45pm Shopping (Walmart) ✓</p> <p>3:30pm Documentary L</p> <p>7:00pm Movie Night! L</p>	<p>4</p> <p>10:00am Rummikub CR</p> <p>11:00am Chair Connection CR</p> <p>1:45pm Scenic Ride LB</p> <p>2:00pm Jerry Wiles ML</p> <p>3:30pm B.I.N.G.O! CR</p> <p>4:30pm Happy Hour LR</p> <p>4:30pm Rainbow & Charm LB</p>	<p>5</p> <p>10:00am Meet & Greet with Chelsie and Jenalee LR</p> <p>11:00am Chair Exercise CR</p> <p>1:30pm Peary-MacMillan Arctic Museum (Free) ✓</p> <p>2:00pm Flinch Game CR</p> <p>3:30pm TED Talk L</p>	<p>6</p> <p>10:00 Chair Exercise L</p> <p>2:00pm Brain Games CR</p> <p>4:00pm Card Games CR</p> <p>7:00pm Evening Film L</p>
<p>7</p> <p>11:00am Chair Exercise L</p> <p>2:00pm Monty Don's French Gardens L</p> <p>3:45pm Mike McCarthy 🎵 LR</p> <p>4:00pm Vespers ML</p> <p>4:00pm Board Games</p>	<p>8</p> <p>10:30am Painting: Phyllis CR</p> <p>11:00am Resident Board Mtg. ML</p> <p>11:00am Chair Exercise CR</p> <p>1:45pm Scenic Ride ✓ LB</p> <p>3:30pm B.I.N.G.O! CR</p> <p>7:00pm Game Shows LR</p>	<p>9</p> <p>10:00am Boggle CR</p> <p>11:00am Chair Connection CR</p> <p>2:00pm Civil War Series ML</p> <p>2:00pm Flinch Game CR</p> <p>4:15pm Jethro & Abbott LB</p>	<p>10</p> <p>10:00am Church Service LR</p> <p>11:00am Chair Exercise CR</p> <p>1:45pm Shopping (Walmart) ✓</p> <p>3:30pm Documentary L</p> <p>7:00pm Movie Night! L</p>	<p>11</p> <p>10:00am Rummikub CR</p> <p>10:30am Library Trip ✓ LB</p> <p>10:45am Berrie's Hearing LR</p> <p>11:00am Chair Connection CR</p> <p>1:45pm Scenic Ride LB</p> <p>3:30pm B.I.N.G.O! CR</p> <p>4:30pm Rainbow & Charm LR</p>	<p>12</p> <p>10:00am Just For Laughs CR</p> <p>11:00am Chair Exercise CR</p> <p>11:00am Lunch Bunch, ✓ \$</p> <p>Broad Arrow Tavern, Freeport</p> <p>2:00pm Flinch Game CR</p> <p>3:30pm TED Talk L</p>	<p>13</p> <p>10:00 Chair Exercise L</p> <p>2:00pm Sing-along w/Jim LR</p> <p>4:00pm Card Games CR</p> <p>7:00pm Evening Film L</p>
<p>14</p> <p>11:00am Chair Exercise L</p> <p>2:00pm Monty Don's French Gardens L</p> <p>4:00pm Board Games CR</p> <p>7:00pm Evening Film L</p>	<p>15</p> <p>10:00am Brain Games CR</p> <p>11:00am Chair Exercise CR</p> <p>1:45pm Scenic Ride ✓ LB</p> <p>3:30pm B.I.N.G.O! CR</p> <p>7:00pm Game Shows LR</p>	<p>16</p> <p>10:00am Resident Forum L</p> <p>11:00am Chair Connection CR</p> <p>1:30pm Fun with Susie CR</p> <p>4:15pm Jethro & Abbott LB</p>	<p>17</p> <p>10:00am Speed Scrabble CR</p> <p>11:00am Chair Exercise CR</p> <p>1:45pm Shopping (Walmart) ✓</p> <p>3:30pm Documentary L</p> <p>7:00pm Movie Night! L</p>	<p>18</p> <p>10:00am Chorale Sing-Along CR</p> <p>11:00am Chair Connection CR</p> <p>1:45pm Scenic Ride LB</p> <p>3:30pm B.I.N.G.O! CR</p> <p>4:30pm Happy Hour LR</p> <p>4:30pm Rainbow & Charm LB</p>	<p>19</p> <p>10:00am Hand Massages CR</p> <p>11:00am Chair Exercise CR</p> <p>2:00pm Flinch Game CR</p> <p>3:30pm MSMT Preview LR</p> <p>7:00pm Game Shows LR</p>	<p>20</p> <p>10:00 Chair Exercise L</p> <p>2:00pm Brain Games CR</p> <p>4:00pm Card Games CR</p> <p>7:00pm Evening Film L</p>
<p>21 Easter Sunday</p> <p>11:00am Holiday Brunch</p> <p>11:00am Chair Exercise L</p> <p>2:00pm Monty Don's French Gardens L</p> <p>4:00pm Vespers ML</p>	<p>22 Earth Day Celebration</p> <p>10:30am Painting: Phyllis CR</p> <p>11:00am Chair Exercise CR</p> <p>1:45pm Scenic Ride ✓ LB</p> <p>3:30pm B.I.N.G.O! CR</p> <p>7:00pm Game Shows LR</p>	<p>23</p> <p>10:00am Boggle CR</p> <p>11:00am Chair Connection CR</p> <p>2:00pm Flinch Game CR</p> <p>2:00pm Uncalled Four ML</p> <p>4:15pm Jethro & Abbott LB</p> <p>6:30pm George Lopez 🎵 ML</p>	<p>24</p> <p>10:00am Speed Scrabble CR</p> <p>11:00am Chair Exercise CR</p> <p>1:45pm Gelato Fiasco</p> <p>Scoop-a-thon ✓</p> <p>4:15pm Sharon Wright 🎵 LR</p> <p>7:00pm Movie Night! L</p>	<p>25</p> <p>10:00am Rummikub CR</p> <p>10:30am Library Trip ✓ LB</p> <p>11:00am Chair Connection CR</p> <p>1:45pm Scenic Ride LB</p> <p>3:30pm B.I.N.G.O! CR</p> <p>4:30pm Rainbow & Charm LR</p>	<p>26</p> <p>10:00am Just For Laughs CR</p> <p>11:00am Chair Exercise CR</p> <p>2:00pm Flinch Game CR</p> <p>3:15pm Phil Smith Magic LR</p> <p>6:30pm Games w/Friends CR</p>	<p>27</p> <p>10:00am-4:00pm HRAF Clothing Sale MBR</p> <p>10:00 Chair Exercise L</p> <p>2:00pm Brain Games CR</p> <p>4:00pm Card Games CR</p> <p>7:00pm Evening Film L</p>
<p>28</p> <p>11:00am Chair Exercise L</p> <p>2:00pm Monty Don's French Gardens L</p> <p>4:00pm Board Games CR</p> <p>7:00pm Evening Film L</p>	<p>29</p> <p>10:00am Brain Games CR</p> <p>11:00am Chair Exercise CR</p> <p>1:45pm Scenic Ride ✓ LB</p> <p>3:30pm B.I.N.G.O! CR</p> <p>7:00pm Game Shows LR</p> <p>7:00pm Open Mic Night ML</p>	<p>30</p> <p>10:00am Dominos CR</p> <p>11:00am NO Chair Connection CR</p> <p>2:00pm Flinch Game CR</p> <p>2:00pm David Ramsey, Three Notable Women of ME ML</p> <p>4:15pm Jethro & Abbott LB</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	L L L
Monday	11:00AM Chair Exercise 1:45 PM Scenic Ride 2:00 PM Highlands' Chorale Practice✓	CR LBY LBY
Tuesday	11:00 AM Chair Connection With Brenda or Angela	CR
Wednesday	11:00 AM Chair Exercises 1:45PM AL Shopping Trip ✓	L LBY
Thursday	11:00 AM Chair Connection With Brenda or Angela 1:45 PM Scenic Ride	CR LBY
Friday	11:00 AM Chair Exercises	L
Saturday	11:00 AM Chair Exercises 2:00 PM Brain Games 7:00 PM Evening Film	L CR L

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
2nd Monday	11:00 AM Resident Board Meeting	MBR
2nd & 4th Thursday	10:30 AM Topsham Library	✓ LBY
1st and 3rd Thursday	4:30 PM Highlands' Happy Hour	LR
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	LBY Meet in Lobby	CLPD Cadigan Lodge Private Dining	CR Community Room	L Library	\$ Additional Cost
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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

Wellness Coordinator Kelly Curtis 207.725.2650 x. 148
Cadigan Lodge Care Coordinator Nicole Votra 207.725.2650 x. 126
Life Enrichment (Activities) Teddi Reed 207.725.2650 x. 173



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