



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 			<p>1 10:00am Speed Scrabble CR 11:00am Chair Exercise CR 1:45pm Shopping ✓ LBY 3:30pm Televised Concert L 7:00pm Movie Night!</p>	<p>2 10:00am Rummikub CR 11:00am NO Chair Connection CR 1:45pm Scenic Ride ✓ LBY 2:00pm Bob Beringer: Living Unafraid at the End of Life GP,ML 3:30pm B.I.N.G.O! CR 4:30pm Rainbow &amp; Charm LR 4:30pm Happy Hour LR</p>	<p>3 10:00am Hand Massages 11:00am Chair Exercise CR 2:00pm Dominos CR 3:30pm Documentary L</p>	<p>4 10:00am Chair Exercise L 2:00pm Brain Games CR 4:30pm Flash Allen ♪ LR 7:00pm Evening Film L</p>
<p>5 11:00am Chair Exercise L 2:00pm Monty Don's French Gardens L 3:00pm Sing-along with Marilyn LR 4:00pm Vespers (Rabbi Vinikoor) ML 7:00pm Evening Film L</p>	<p>6 10:00am Giant Crossword CR 11:00am Chair Exercise CR 1:45pm Scenic Ride ✓ LBY 3:30pm B.I.N.G.O! CR 7:00pm Game Shows LR</p>	<p>7 10:00am Left.Center.Right CR 11:00am NO Chair Connection CR 2:00pm Flinch CR 2:00pm Civil War Series GP 4:15pm Jethro &amp; Abbott LR</p>	<p>8 10:00am Church Service LR 11:00am Chair Exercise CR 1:45pm Shopping ✓ LBY 3:15pm Visit: Rita &amp; Molly L 7:00pm Movie Night L</p>	<p>9 10:00am Rummikub CR 10:30 am Library Trip ✓ LBY 10:45am Berrie's Hearing LR 11:00am Chair Connection CR 1:45pm Scenic Ride ✓ LBY 3:00pm Homo sapiens: An Exceptional Species Fred Cichocki 3:30pm B.I.N.G.O! CR</p>	<p>10 10:00am Just for Laughs CR 11:00am Chair Exercise CR 11:00am Lunch Bunch ✓ \$ <i>Dolphin Marina, Harpswell</i> 2:00pm Learn a New Game! CR 3:30pm Documentary L</p>	<p>11 10:00am Chair Exercise L 2:00pm Sing-a-Long w/ Jim LR 4:00pm Flinch CR 7:00pm Evening Film L</p>
<p>12 11:00am-1:00pm Brunch Buffet 11:00am Chair Exercise L 2:00pm Monty Don's French Gardens L 7:00pm Evening Film L</p>	<p>13 10:00am BOGGLE CR 11:00am Resident Board Mtg ML 11:00am Chair Exercise CR 1:45pm Scenic Ride ✓ LBY 3:30pm B.I.N.G.O! CR</p>	<p>14 10:00am Left.Center.Right CR 11:00am Chair Connection CR 2:00pm Flinch CR 4:15pm Jethro &amp; Abbott LR</p>	<p>15 10:00am Neighbor Project for GK CR 11:00am Chair Exercise CR 1:45pm Shopping ✓ LBY 3:15pm Visit: Rita &amp; Molly L 7:00pm Movie Night!</p>	<p>16 10:00am Chorale Sing-along CR 11:00am Chair Connection CR 2:00pm Highlands' Annual Community Celebration Tent 3:30pm B.I.N.G.O! CR 4:30pm Rainbow &amp; Charm LR</p>	<p>17 10:00am Hand Massages 11:00am Chair Exercise CR 2:00pm Dominos CR 3:30pm Documentary L</p>	<p>18 10:00am Chair Exercise L 2:00pm Games w/Teddi CR 4:00pm Flinch CR 7:00pm Evening Film L</p>
<p>19 11:00am Chair Exercise L 2:00pm Monty Don's French Gardens L 3:45pm Mike McCarthy ♪ LR 4:00pm Vespers: Rev. Gordon Cook 7:00pm Evening Film L</p>	<p>20 10:00am Giant Crossword CR 11:00am Chair Exercise CR 1:45pm Scenic Ride ✓ LBY 3:30pm B.I.N.G.O! CR 7:00pm Game Shows LR</p>	<p>21 10:00am Resident Forum LR 11:00am Chair Connection CR 2:00pm Flinch CR 4:30pm Peter Mezoian ♪ LR 4:15pm Jethro &amp; Abbott LR</p>	<p>22 10:00am Speed Scrabble CR 11:00am Chair Exercise CR 1:45pm Shopping ✓ LBY 3:15pm Visit: Rita &amp; Molly L 7:00pm Movie Night! L</p>	<p>23 10:00am Ann Sparling ♪ LR 10:30 am Library Trip ✓ LBY 11:00am Chair Connection CR 1:45pm Scenic Ride ✓ LBY 3:30pm B.I.N.G.O! CR 4:30pm Rainbow &amp; Charm LR</p>	<p>24 10:00am Just for Laughs CR 11:00am Chair Exercise CR 2:00pm Learn a New Game! CR 3:00pm Sally Davis Jazz ML 3:30pm Documentary L 6:30pm Games w/Friends CR</p>	<p>25 10:00am Chair Exercise L 2:00pm Brain Games CR 4:00pm Flinch CR 7:00pm Evening Film L</p>
<p>26 11:00am Chair Exercise L 2:00pm Monty Don's French Gardens L 4:00pm Dominos CR 7:00pm Evening Film L</p>	<p>27 Memorial Day Parade 11:00am Chair Exercise CR 1:45pm Scenic Ride ✓ LBY 3:30pm B.I.N.G.O! CR 7:00pm Open Mic Nite! ML 7:00pm Game Shows LR</p>	<p>28 10:00am Left.Center.Right CR 11:00am Chair Connection CR 2:00pm Flinch CR 4:15pm Jethro &amp; Abbott LR 4:30pm Jose Duddy ♪ LR</p>	<p>29 10:00am Speed Scrabble CR 11:00am Chair Exercise CR 1:45pm Shopping ✓ LBY 3:15pm Visit: Rita &amp; Molly L 7:00pm Movie Night!</p>	<p>30 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 &amp; Charm LR</p>	<p>31 10:00am Hand Massages 11:00am Chair Exercise CR 2:00pm Dominos CR 3:30pm Documentary L</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 Scenic Ride ✓ 2:00 PM Highlands'	Library LBY LBY LBY
Tuesday	11:00 AM Chair Connection	Community RM
Wednesday	11:00 AM Chair Exercises 1:45 PM Shopping (Walmart) ✓	Library
Thursday	11:00 AM Chair Connection 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	Library

## 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 notify you if 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	Georgetown Parlor 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>CL</b> Cadigan Lodge	<b>CR</b> Community Room	<b>L</b> Library
<b>LR</b> Living Room	<b>LBY</b> Meet in Lobby	<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	<b>ML</b> 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  
Claudine McNamara  
207.725.2650 x.

Life Enrichment (Activities)  
Teddi Reed  
207.725.2650 x. 173

Wellness Coordinator  
Teresa Coffey, RN  
207.725.2650 x.

Cadigan Lodge Care Coordinator  
Nicole Votra 207.725.2650 x. 126



THE HIGHLANDS  
A GRACE MGMT COMMUNITY