



# September 2019

## Cadigan Lodge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>1</p> <p>11:00 Chair Exercise L</p> <p>1:00pm <a href="#">Praying the Rosary</a> L</p> <p>2:00pm Brain Games: CR</p> <p>Dominos CR</p> <p>4:00pm <a href="#">Vespers: Rev. Bob Beringer, Retired Presbyterian</a> GP ML</p> <p>7:00pm Evening Film L</p>	<p>2 <a href="#">Labor Day</a></p> <p>10:00am Brain Games: CR</p> <p>Flinch CR</p> <p>11:00am Chair Exercise L</p> <p>No Scenic Ride Today</p> <p>3:30pm B.I.N.G.O! CR</p> <p>7:00pm Wheel of Fortune &amp; Jeopardy LR</p>	<p>3</p> <p>8:30am Morning Connection DR</p> <p>10:00am Brain Games: CR</p> <p>Dominos CR</p> <p>11:00am Chair Connection CR</p> <p>11:30 Tuesday's Topic CR</p> <p>1:30pm <a href="#">Creating w/ Susie</a> CR</p> <p>3:30pm <a href="#">Pet Visit: Abbott &amp; Elroy</a> LR</p>	<p>4</p> <p>8:30am Morning Connection DR</p> <p>10:00am Brain Games: CR</p> <p>Speed Scrabble CR</p> <p>11:00am <a href="#">Tai Chi w/Jackie</a> CR</p> <p>1:45pm Shopping Trip ✓ LBY</p> <p>3:30pm Brain Games: CR</p> <p>Word Puzzles CR</p> <p>7:00pm Movie Night! L</p>	<p>5</p> <p>8:30am Morning Connection DR</p> <p>10:00am Brain Games: CR</p> <p>Rummikub CR</p> <p>11:00am Chair Connection CR</p> <p>11:30am <a href="#">Today in History</a> CR</p> <p>1:45pm Scenic Ride LBY</p> <p>3:30pm B.I.N.G.O! CR</p> <p>4:30pm <a href="#">Pet Visit: Charm &amp; Rainbow</a> LR</p>	<p>6</p> <p>8:30am Morning Connection DR</p> <p>10:00am <a href="#">Men's Focus Group</a> L</p> <p>11:00am Walking Group LBY</p> <p>11:30am <a href="#">Where to Today?</a> CR</p> <p>11:00am <a href="#">Lunch Bunch</a> ✓ LBY</p> <p><a href="#">Water Street, Wiscasset</a> LBY</p> <p>2:00pm Brain Games: CR</p> <p>3:30pm Explorations in Travel L</p>	<p>7</p> <p>11:00am Chair Exercise L</p> <p>2:00pm Brain Games: CR</p> <p>Flinch CR</p> <p>3:15pm <a href="#">Red Gallagher</a> ♪ LR</p> <p>7:00pm Evening Film L</p>	
<p>8</p> <p><a href="#">National Assisted Living Week Begins</a></p> <p>11:00 Chair Exercise L</p> <p>1:00pm <a href="#">Praying the Rosary</a> L</p> <p>2:00pm Brain Games: CR</p> <p>Dominos CR</p> <p>6:00pm <a href="#">Highlands Campfire</a> CL</p> <p>7:00pm Evening Film L</p>	<p>9</p> <p>8:30am Morning Connection DR</p> <p>10:00am <a href="#">Rocking Art</a> CR</p> <p>11:00am <a href="#">Resident Board Mtg.</a> M</p> <p>11:00am Chair Exercise CR</p> <p>11:30am Motivation Monday CR</p> <p>1:45pm Scenic Ride ✓ LBY</p> <p>3:30pm B.I.N.G.O! CR</p>	<p>10</p> <p>8:30am Morning Connection DR</p> <p>10:00 <a href="#">Art on the Move</a> CR</p> <p>11:00am Chair Connection CR</p> <p>2:00pm <a href="#">Civil War Program</a> GP</p> <p>2:00pm Brain Game: Flinch CR</p> <p>3:30pm <a href="#">Pet Visit: Abbott &amp; Elroy</a> LR</p> <p>7:00pm <a href="#">Nor'easters Barbershop</a> GP</p>	<p>11 <a href="#">Patriot Day</a> <a href="#">First Responders' Day</a></p> <p>8:30am Morning Connection DR</p> <p>10:00am <a href="#">Church Service</a> LR</p> <p>11:00am <a href="#">Tai Chi w/Jackie</a> CR</p> <p>1:45pm Shopping Trip ✓ LBY</p> <p>3:15pm <a href="#">Breaking the Mold: Clay Jewelry</a> CR</p> <p>3:30pm Brain Games: CR</p> <p>Word Puzzles CR</p> <p>7:00pm Movie Night! L</p>	<p>12</p> <p>8:30am Morning Connection DR</p> <p>10:00am <a href="#">Canvas Creations</a> CR</p> <p>10:30am <a href="#">Library Trip</a> ✓ LBY</p> <p>11:00am Chair Connection CR</p> <p>11:30am <a href="#">Today in History</a> CR</p> <p>1:45pm Scenic Ride LBY</p> <p>3:30pm B.I.N.G.O! CR</p> <p>4:30pm <a href="#">Pet Visit: Charm &amp; Rainbow</a> LR</p>	<p>13</p> <p>8:30am Morning Connection DR</p> <p>10:00am <a href="#">Healthy Tips</a> CR</p> <p>11:00 Walking Group LBY</p> <p>11:30am <a href="#">Where to Today?</a> CR</p> <p>2:00pm-4:00pm <a href="#">Garden Party &amp; Art Walk</a> CL</p>	<p>14</p> <p>11:00am Chair Exercise L</p> <p>2:00pm <a href="#">Sing-a-long w/ Jim</a> LR</p> <p>7:00pm Evening Film L</p>	
<p>15</p> <p>11:00 Chair Exercise L</p> <p>1:00pm <a href="#">Praying the Rosary</a> L</p> <p>2:00pm Brain Games: CR</p> <p>Dominos CR</p> <p>4:00pm <a href="#">Vespers: Rev. Ron Kurtz, Retired UCC</a> GP ML</p> <p>7:00pm Evening Film L</p>	<p>16</p> <p>8:30am Morning Connection DR</p> <p>10:00am Brain Games: LR</p> <p>Giant Crossword LR</p> <p>11:00am Chair Exercise CR</p> <p>11:30am Motivation Monday CR</p> <p>1:45pm Scenic Ride ✓ LBY</p> <p>3:30pm B.I.N.G.O! CR</p> <p>7:00pm Wheel of Fortune &amp; Jeopardy LR</p>	<p>17</p> <p>8:30am Morning Connection DR</p> <p>10:00am <a href="#">Resident Forum</a> LR</p> <p>11:00am Chair Connection CR</p> <p>11:30 Tuesday's Topic CR</p> <p>3:30pm <a href="#">Pet Visit: Abbott &amp; Elroy</a> LR</p> <p>4:45pm <a href="#">Morgan Peppe</a> ♪ LR</p>	<p>18</p> <p>8:30am Morning Connection DR</p> <p>10:00am Brain Games: CR</p> <p>Speed Scrabble CR</p> <p>11:00am <a href="#">Tai Chi w/Jackie</a> CR</p> <p>1:45pm Shopping Trip ✓ LBY</p> <p>4:00pm <a href="#">Dale Kneeland</a> ♪ LR</p> <p>4:15pm <a href="#">Pet Visit: Reta &amp; Molly</a> LBY</p> <p>7:00pm Movie Night! L</p>	<p>19</p> <p>8:30am Morning Connection DR</p> <p>10:00am <a href="#">Highland's Chorale</a> LR</p> <p>11:00am Chair Connection CR</p> <p>11:30am <a href="#">Today in History</a> CR</p> <p>1:45pm Scenic Ride ✓ LBY</p> <p><a href="#">Stop at Sweeter's Orchard</a> GP</p> <p>2:00pm <a href="#">Civil War from the Rebel Perspective</a> GP</p> <p>3:30pm B.I.N.G.O! CR</p> <p>4:30pm <a href="#">Pet Visit: Charm &amp; Rainbow</a> LR</p>	<p>20</p> <p>8:30am Morning Connection DR</p> <p>10:00am <a href="#">Men's Focus Group</a> L</p> <p>11:00 Walking Group LBY</p> <p>11:30am <a href="#">Where to Today?</a> CR</p> <p>2:00pm Brain Games: CR</p> <p>Dominos CR</p> <p>3:30pm Explorations in Travel L</p>	<p>21</p> <p>11:00am Chair Exercise L</p> <p>2:00pm Brain Games: CR</p> <p>Flinch CR</p> <p>7:00pm Evening Film L</p>	
<p>22</p> <p>11:00 Chair Exercise L</p> <p>1:00pm <a href="#">Praying the Rosary</a> L</p> <p>2:00pm Brain Games: CR</p> <p>Dominos CR</p> <p>3:45pm <a href="#">Mike McCarthy</a> ♪ LR</p> <p>7:00pm Evening Film L</p>	<p>23</p> <p>8:30am Morning Connection DR</p> <p>11:00am Chair Exercise CR</p> <p>11:30am Motivation Monday CR</p> <p>1:45pm Scenic Ride ✓ LBY</p> <p>3:30pm B.I.N.G.O! CR</p> <p>7:00pm Wheel of Fortune &amp; Jeopardy LR</p>	<p>24</p> <p>8:30am Morning Connection DR</p> <p>10:00am Brain Games: CR</p> <p>Dominos CR</p> <p>11:00am Chair Connection CR</p> <p>11:30 Tuesday's Topic CR</p> <p>3:30pm <a href="#">Pet Visit: Abbott &amp; Elroy</a> LR</p> <p>4:30pm <a href="#">Dave Stone</a> ♪ CL</p>	<p>25</p> <p>8:30am Morning Connection DR</p> <p>10:00am Brain Games: CR</p> <p>Speed Scrabble CR</p> <p>11:00am <a href="#">Tai Chi w/Jackie</a> CR</p> <p>1:45pm Shopping Trip ✓ LBY</p> <p>4:15pm <a href="#">Pet Visit: Reta &amp; Molly</a> LBY</p> <p>7:00pm Movie Night! L</p>	<p>26</p> <p>8:30am Morning Connection DR</p> <p>10:00am <a href="#">Ann Sparling</a> ♪ LR</p> <p>11:00am Chair Connection CR</p> <p>11:30am <a href="#">Today in History</a> CR</p> <p>12:30PM-3:00pm Bus to: <a href="#">Cumberland Fair</a> \$ LBY</p> <p>3:30pm B.I.N.G.O! CR</p> <p>4:30pm <a href="#">Pet Visit: Charm &amp; Rainbow</a> LR</p>	<p>27</p> <p>8:30am Morning Connection DR</p> <p>10:00am <a href="#">Healthy Tips</a> CR</p> <p>11:00 Walking Group LBY</p> <p>11:30am <a href="#">Where to Today?</a> CR</p> <p>CR:2:00pm Brain Games: CR</p> <p>Dominos CR</p> <p>3:00pm <a href="#">Sally Davis</a> ♪ GP</p> <p>3:30pm Explorations in Travel L</p>	<p>28</p> <p>11:00am Chair Exercise L</p> <p>2:00pm Brain Games: CR</p> <p>Flinch CR</p> <p>7:00pm Evening Film L</p>	
<p>29</p> <p>11:00 Chair Exercise L</p> <p>1:00pm <a href="#">Praying the Rosary</a> L</p> <p>2:00pm Brain Games: CR</p> <p>Dominos CR</p> <p>7:00pm Evening Film L</p>	<p>30</p> <p>8:30am Morning Connection DR</p> <p>11:00am Chair Exercise CR</p> <p>11:30am Motivation Monday CR</p> <p>1:45pm Scenic Ride ✓ LBY</p> <p>3:30pm B.I.N.G.O! CR</p> <p>7:00pm Wheel of Fortune &amp; Jeopardy LR</p> <p>7:00PM <a href="#">Open Mic Night</a> ♪</p>	<p><b>NATIONAL ASSISTED LIVING WEEK</b></p> <p>SEPTEMBER 8-14</p> <p>WE WILL DOING SPECIAL PROJECTS ALL WEEK LONG.</p> <p>JOIN THE FUN!!!!</p>		<p>MONDAY:</p> <p><a href="#">ROCKING ART</a></p> <p>TUESDAY:</p> <p><a href="#">ART ON THE MOVE</a></p> <p>WEDNESDAY:</p> <p><a href="#">BREAKING THE MOLD</a></p>	<p>THURSDAY:</p> <p><a href="#">CANVAS CREATIONS</a></p> <p>FRIDAY:</p> <p><a href="#">ART WALK AT CADIGAN LODGE &amp; GARDEN PARTY</a></p>		 <p><b>THE HIGHLANDS</b> A GRACE MGMT COMMUNITY</p>

# 2019 Recurring Events Cadigan Lodge

## Weekly Resident Activities

Sunday	11:00 AM Chair Exercises	L
	1:00 PM Praying the Rosary	L
	7:00 PM Evening Film	L
Monday	11:00AM Chair Exercise	L
	1:45 PM Scenic Ride ✓	LBY
	2:00 PM Highlands'	LBY
	Chorale Practice✓	
Tuesday	11:00 AM Chair Connection	Community RM
Wednesday	11:00 AM Chair Exercises	L
	1:45 PM Shopping Walmart✓	LBY
Thursday	11:00 AM Chair Connection	CR
	1:45 PM Scenic Ride ✓	LBY
Friday	11:00 AM Chair Exercises	L
Saturday	11:00 AM Chair Exercises	L
	7:00 PM Evening Film	L

## Amenities

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	Georgetown Parlor Maine Lodge
2nd Monday	11:00 AM Resident Board Meeting	M Maine Lodge
2nd & 4th Thursday	Topsham Library 10:30 AM ✓ 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	\$ Additional Cost

## Maine Lodge Room Key

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

## 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

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Claudine McNamara  
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