



DIRIGO PINES

A GRACE MGMT COMMUNITY

It's not like home. It *is* home.™

August 2021

Your Team

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Elizabeth Pelkey // Life Enrichment Director

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Lewis Stubbs // Executive Chef

lstubbs@dirigopines.com

Resident Birthdays

8/2 - Anna Black

8/11 - Jim Cowan

8/21 - Beatrice Violette

8/29 - Frances Treadwell

8/29 - Mae Alexander

8/30 - Jean Stubbs

Welcome to the Family

Our story is yours. We grow older and wiser but are sure to never lose the spark that started it all. Grace Management Continues to evolve, and we're ever more dedicated to nurturing our company and our team to be healthy contributors to communities across the U.S. Delivering exceptional living experiences, we can focus on the big issues that concern the daily lives of our residents—from healthcare and finances to overall quality of life—while never losing sight of the details that matter most: the connections we make along the way.

Jean Brisson

George Wright

Deborah Bergman

Pehr Olsson



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AUGUST 2021

Meadowbrook & Kenduskeag

Sunshine, Blue Skies

Sunday	Monday	Tuesday	Wednesday	Thursday
1 SP 10:00 Catholic Holy Communion - SR SP 10:00 Church of Universal Fellowship ZOOM Service - PMR PR 1:00 Library Work Session - LIB E 2:30 Movie Matinee The Book of Henry - KGP CO 2:30 Rummikub - SR	2 PY 9:30 Exercise - PMR CO 10:00 Rummikub - SR PY 10:00 Sittercise - KGP PY 11:00 Sittercise - MLR SO 1:30 Social - KEN E 7:00 Movie Night Casino Royale (1967) - KGP	3 PR 10:00 Shopping Assistance - LEO PY 10:00 Tai Chi Class - KGP I 1:00 Technology Assistance - LEO CO 1:30 Scrabble - GR SO 3:00 Bingo with Theoline - PMR SE 7:00 Tuesday The Doors - When You're Strange - KGP	4 PY 9:30 Exercise - PMR PY 10:00 Sittercise - KGP PY 11:00 Sittercise - MLR CO 1:30 Mahjong - SR SO 2:00 Social - MDR CO 3:00 Trivia & Games - KEN SE 4:00 Happy Hour - L & GR E 7:00 Movie Night POMS - KGP	5 PY 9:00 Grounds Walk - Meet in L CR 10:00 Paint with Pete - PMR CO 1:00 Cribbage Tournament - GR SE 1:00 Theatre Thursday Flower Drum Song - KGP PR 3:00 Bereavement Group with Judy Tredwell - PMR CO 3:00 Poker Games - GR
8 SP 10:00 Catholic Holy Communion - SR SP 10:00 Church of Universal Fellowship ZOOM Service - PMR PR 1:00 Library Work Session - LIB E 2:30 Movie Matinee The Mirror Has Two Faces - KGP CO 2:30 Rummikub - SR	9 PY 9:30 Exercise - PMR CO 10:00 Rummikub - SR PY 10:00 Sittercise - KGP PY 11:00 Sittercise - MLR SO 1:30 Social - KEN E 7:00 Movie Night Casino Royale (2006) - KGP	10 PR 10:00 Shopping Assistance - LEO PY 10:00 Tai Chi Class - KGP I 1:00 Technology Assistance - LEO CO 1:30 Scrabble - GR SO 3:00 Bingo with Theoline - PMR SE 7:00 Tuesday It All Begins with a Song - KGP	11 PY 9:30 Exercise - PMR PY 10:00 Sittercise - KGP PY 11:00 Sittercise - MLR SO 1:00 Social - MDR CO 1:30 Mahjong - SR I 3:30 1950's Cocktail Party - Patio (rain = KGP) E 7:00 Movie Night Hampstead - KGP	12 PY 9:00 Grounds Walk - Meet in L CR 10:00 Paint with Pete - PMR CO 1:00 Cribbage Tournament - GR SE 1:00 Theatre Thursday Jekyll & Hyde - KGP CO 3:00 Poker Games - GR
15 SP 10:00 Catholic Holy Communion - SR SP 10:00 Church of Universal Fellowship ZOOM Service - PMR PR 1:00 Library Work Session - LIB E 2:30 Movie Matinee Mystic River - KGP CO 2:30 Rummikub - SR	16 PY 9:30 Exercise - PMR CO 10:00 Rummikub - SR PY 10:00 Sittercise - KGP PY 11:00 Sittercise - MLR SO 1:30 Social - KEN E 7:00 Movie Night Quantum of Solace - KGP	17 PR 10:00 Shopping Assistance - LEO PY 10:00 Tai Chi Class - KGP I 1:00 Technology Assistance - LEO CO 1:30 Scrabble - GR SO 3:00 Bingo with Theoline - PMR SE 7:00 Tuesday The Best of Celtic Woman - KGP	18 PY 9:30 Exercise - PMR PY 10:00 Sittercise - KGP PY 11:00 Sittercise - MLR CO 1:30 Mahjong - SR SO 2:00 Social - MDR CO 3:00 Trivia & Games - KEN SE 4:00 Happy Hour - L & GR E 7:00 Movie Night Paper Moon - KGP	19 PY 9:00 Grounds Walk - Meet in L CR 10:00 Paint with Pete - PMR CO 1:00 Cribbage Tournament - GR SE 1:00 Theatre Thursday Alice's Adventures in Wonderland [Ballet] - KGP CO 3:00 Poker Games - GR
22 SP 10:00 Catholic Holy Communion - SR SP 10:00 Church of Universal Fellowship ZOOM Service - PMR PR 1:00 Library Work Session - LIB E 2:30 Movie Matinee The Beguiled - KGP CO 2:30 Rummikub - SR	23 PY 9:30 Exercise - PMR CO 10:00 Rummikub - SR PY 10:00 Sittercise - KGP PY 11:00 Sittercise - MLR SO 3:00 Hawaiian Social - KEN E 7:00 Movie Night Skyfall - KGP	24 PR 10:00 Shopping Assistance - LEO PY 10:00 Tai Chi Class - KGP I 1:00 Technology Assistance - LEO CO 1:30 Scrabble - GR SO 3:00 Bingo with Theoline - PMR SE 7:00 Tuesday Rise Up: Songs of the Women's Movement - KGP	25 PY 9:30 Exercise - PMR PY 10:00 Sittercise - KGP PY 11:00 Sittercise - MLR CO 1:30 Mahjong - SR SO 2:00 Hawaiian Social - MDR CO 3:00 Trivia & Games - KEN SE 4:00 Happy Hour - L & GR E 7:00 Movie Night And Then There Were None - KGP	26 PY 9:00 Grounds Walk - Meet in L CR 10:00 Paint with Pete - PMR CO 1:00 Cribbage Tournament - GR SE 1:00 Theatre Thursday 2 Pianos, 4 Hands - KGP CO 3:00 Poker Games - GR
29 SP 10:00 Catholic Holy Communion - SR SP 10:00 Church of Universal Fellowship ZOOM Service - PMR PR 1:00 Library Work Session - LIB E 2:30 Movie Matinee G.I. Blues - KGP CO 2:30 Rummikub - SR	30 PY 9:30 Exercise - PMR CO 10:00 Rummikub - SR PY 10:00 Sittercise - KGP PY 11:00 Sittercise - MLR SO 1:30 Social - KEN SE 3:00 Patio Music Party - Patio E 7:00 Movie Night Spectre - KGP	31 PR 10:00 Shopping Assistance - LEO PY 10:00 Tai Chi Class - KGP I 1:00 Technology Assistance - LEO CO 1:30 Scrabble - GR SO 3:00 Bingo with Theoline - PMR SE 7:00 Tuesday Chuck Berry: Brown-Eyed Handsome Man - KGP	CO - Cognitive CR - Creative E - Emotional I - Intergenerational PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual	LOCATION LEGEND KEN - Kenduskeag KGP - KEN Gathering Place PMR - Penobscot Media Room SR - Social Room GR - Garden Room LIB - Dirigo Pines Library MED - Meadowbrook MLR - MED Living Room MDR - MED Dining Room LEO - Life Enrichment Office

Events are Subject to Change.

Assisted Living



9 Alumni Drive
Orono, Maine 04473
207-866-3400
www.dirigopines.com

Friday

Saturday

6	<p>9:30 Exercise - PMR 10:00 Sittercise - KGP 11:00 Sittercise - MLR 1:00 Wii Bowling - KGP 1:30 Cribbage - GR 2:00 Meadowbrook Bingo - MDR 7:00 Documentary Fantastic Fungi - KGP</p>	7	<p>1:00 TV Series WWII in Color: Siege of Stalingrad - KGP 1:30 Card Games - SR 1:30 Crafting Group - LIB 7:00 Movie Night The Karate Kid - KGP</p>
13	<p>9:30 Exercise - PMR 10:00 Sittercise - KGP 11:00 Sittercise - MLR 1:00 Wii Bowling - KGP 1:30 Cribbage - GR 2:00 Meadowbrook Bingo - MDR 7:00 Documentary Audubon - KGP 7:00 Documentary Fantastic Fungi - KGP</p>	14	<p>1:00 TV Series WWII in Color: D-Day - KGP 1:30 Card Games - SR 1:30 Crafting Group - LIB 7:00 Movie Night The Karate Kid II - KGP</p>
20	<p>9:30 Exercise - PMR 10:00 Sittercise - KGP 11:00 Sittercise - MLR 1:00 Putting Competition - Putting Green 1:30 Cribbage - GR 2:00 Meadowbrook Bingo - MDR 7:00 Documentary Fiddler: A Miracle of Miracles - KGP</p>	21	<p>Senior Citizen's Day 1:00 TV Series WWII in Color: Battle of the Bulge - KGP 1:30 Card Games - SR 1:30 Crafting Group - LIB 7:00 Movie Night The Karate Kid Part III - KGP</p>
27	<p>9:30 Exercise - PMR 10:00 Sittercise - KGP 11:00 Sittercise - MLR 1:30 Cribbage - GR 2:00 Meadowbrook Bingo - MDR 7:00 Documentary The Gardener - KGP</p>	28	<p>1:00 TV Series WWII in Color: Dresden Firestorm - KGP 1:30 Card Games - SR 1:30 Crafting Group - LIB 7:00 Movie Night The Next Karate Kid - KGP</p>
<p>Birthdays 8/2 - Anna Black 8/11 - Jim Cowan 8/21 - Beatrice Violette 8/29 - Frances Treadwell 8/29 - Mae Alexander 8/30 - Jean Stubbs</p>		<p>WE LOVE YOUR FEEDBACK If you note any errors on this calendar, your group has changed meeting times, or you have an idea for an event you'd like to see featured, please let the Life Enrichment Team know so we can provide you with accurate and engaging events!</p>	

Did You Know?

HEALTH Tips

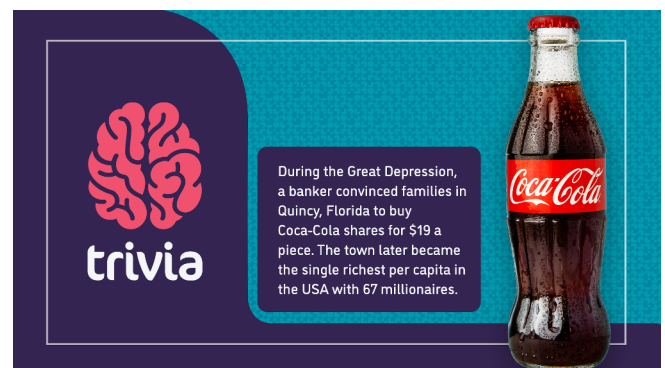
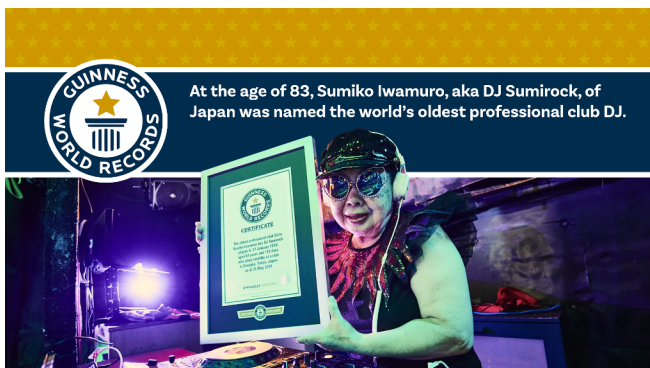
Chill Out!

Just two or three minutes under cool water in the shower can boost your mood.

HEALTH Tips

Wash Your Hands!

Viruses can live on surfaces for up to 24 hours. Wash your hands with warm soapy water often, and for at least 20 seconds.





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