



**DIRIGO PINES**

A GRACE MGMT COMMUNITY

It's not like home. It *is* home.™

## August 2021

### Your Team

**Paul Arbour // Executive Director**

parbour@dirigopines.com

**Jenna Biehn // Sales Counselor**

jbiehn@dirigopines.com

**William Burke // Maintenance Director**

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**Deanna Chesson // Business Office Manager**

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**Kelly Cox // Village Program Coordinator**

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**Kate Hills // Marketing Director**

khills@dirigopines.com

**Elizabeth Pelkey // Life Enrichment Director**

epelkey@dirigopines.com

**Lewis Stubbs // Executive Chef**

lstubbs@dirigopines.com

### Resident Birthdays

8/1 - Beverly McLean

8/8 - Nancy Nadzo

8/9 - Fred Stine

8/11 - George Wright

8/13 - Marisue Pickering

8/13 - Ronald Striar

8/14 - William Ceckler

8/20 - Nancy Grant

8/22 - Charles Grant

8/27 - Beth Brand

8/29 - Richard Brisson

8/29 - Theoline LeBlanc

8/31 - William Soule

## 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

Penobscot & Cottages

Sunshine, Blue Skies

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

## Independent Living





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

## Friday

## Saturday

6	<p>9:30 Exercise - PMR</p> <p>10:00 Exercise - PMR</p> <p>10:00 Sittercise - KGP</p> <p>1:00 Wii Bowling - KGP</p> <p>1:30 Cribbage - GR</p> <p>7:00 Documentary   Fantastic Fungi - KGP</p>	7	<p>1:00 TV Series   WWII in Color: Siege of Stalingrad - KGP</p> <p>1:30 Card Games - SR</p> <p>1:30 Crafting Group - LIB</p> <p>7:00 Movie Night   The Karate Kid - KGP</p>
13	<p>9:30 Exercise - PMR</p> <p>10:00 Exercise - PMR</p> <p>10:00 Sittercise - KGP</p> <p>1:00 Wii Bowling - KGP</p> <p>1:30 Cribbage - GR</p> <p>7:00 Documentary   Audubon - KGP</p> <p>7:00 Documentary   Fantastic Fungi - KGP</p>	14	<p>1:00 TV Series   WWII in Color: D-Day - KGP</p> <p>1:30 Card Games - SR</p> <p>1:30 Crafting Group - LIB</p> <p>7:00 Movie Night   The Karate Kid II - KGP</p>
20	<p>9:30 Exercise - PMR</p> <p>10:00 Exercise - PMR</p> <p>10:00 Sittercise - KGP</p> <p>1:00 <b>Putting Competition - Putting Green</b></p> <p>1:30 Cribbage - GR</p> <p>7:00 Documentary   Fiddler: A Miracle of Miracles - KGP</p>	21	<p><b>Senior Citizen's Day</b></p> <p>1:00 TV Series   WWII in Color: Battle of the Bulge - KGP</p> <p>1:30 Card Games - SR</p> <p>1:30 Crafting Group - LIB</p> <p>7:00 Movie Night   The Karate Kid Part III - KGP</p>
27	<p>9:30 Exercise - PMR</p> <p>10:00 Exercise - PMR</p> <p>10:00 Sittercise - KGP</p> <p>1:30 Cribbage - GR</p> <p>7:00 Documentary   The Gardener - KGP</p>	28	<p>1:00 TV Series   WWII in Color: Dresden Firestorm - KGP</p> <p>1:30 Card Games - SR</p> <p>1:30 Crafting Group - LIB</p> <p>7:00 Movie Night   The Next Karate Kid - KGP</p>
<p><b>Birthdays</b></p> <p>8/1 - Beverly McLean</p> <p>8/8 - Nancy Nadzo</p> <p>8/9 - Fred Stine</p> <p>8/11 - George Wright</p> <p>8/13 - Marisue Pickering</p> <p>8/13 - Ronald Striar</p> <p>8/14 - William Ceckler</p> <p>8/20 - Nancy Grant</p> <p>8/22 - Charles Grant</p> <p>8/27 - Beth Brand</p>		<p><b>Birthdays</b></p> <p>8/29 - Richard Brisson</p> <p>8/29 - Theoline LeBlanc</p> <p>8/31 - William Soule</p>	

# Did You Know?

## HEALTH *Tips*

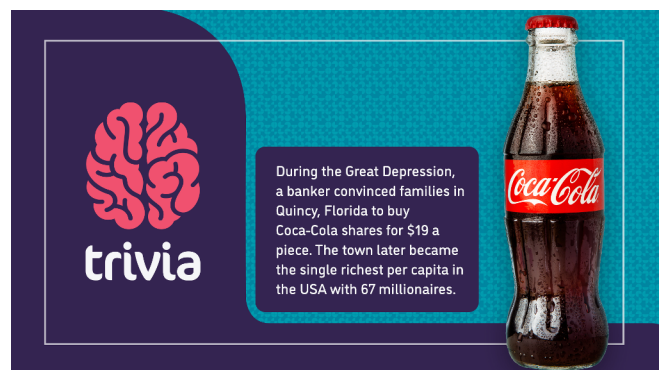
### Chill Out!

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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