



DIRIGO PINES

A GRACE MGMT COMMUNITY

It's not like home. It *is* home.™

September 2021

Your Team

Paul Arbour // Executive Director

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epelkey@dirigopines.com

Lewis Stubbs // Executive Chef

lstubbs@dirigopines.com

Erin Finch // Wellness Director

efinch@dirigopines.com

Resident Birthdays

9/4 Gary C.

9/9 Andrea N.

9/9 Evelyn D.

9/13 Richard B.

9/17 John F.



We Are Family!

September 12-16, 2021 is National Assisted Living Week and our community theme this year is "We Are Family!"

We'll be celebrating our Dirigo Pines family of residents and associates throughout the week with special themed days and activities centered around the 1970's. Please, keep your eyes peeled for flyers!

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.

Henry & Lois Riemersma

Matt & Sandra Arnett

Joe & Joan Sheehan

Doug & Marie Enman

Nao Ohno

Maija Speer



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SEPTEMBER 2021

Meadowbrook & Kenduskeag

Welcome, Harvest!

Sunday	Monday	Tuesday	Wednesday	Thursday
<p>CO - Cognitive CR - Creative E - Emotional I - Intergenerational PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual</p>	<p>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</p>	<p>Birthdays 9/9 - Evelyn D</p>	<p>1</p> <p>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 About Time - KGP</p>	<p>2</p> <p>PY 9:00 Grounds Walk - Meet in L CR 10:00 Paint with Pete - PMR CO 1:00 Cribbage Tournament - GR SE 1:00 Movie Matinee Big Fish - KGP PR 3:00 Bereavement Group with Judy Treadwell - PMR CO 3:00 Poker Games - GR</p>
<p>5</p> <p>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 Wild Oats - KGP CO 2:30 Rummikub - SR</p>	<p>6 Labor Day</p> <p>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 Hotel Rwanda - KGP</p>	<p>7 Rosh Hashanah Begins</p> <p>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 Tunesday La La Land - KGP</p>	<p>8</p> <p>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 The Pianist - KGP</p>	<p>9</p> <p>PY 9:00 Grounds Walk - Meet in L CR 10:00 Paint w/ Pete - PMR CO 1:00 Cribbage Tournament - GR SE 1:00 Movie Matinee Big Fish - KGP SE 1:00 Theatre Thursday A Chorus line - KGP CO 3:00 Poker Games - GR</p>
<p>12 Grandparent's Day</p> <p>I "We are Family" Day 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 2012 - KGP CO 2:30 Rummikub - SR</p>	<p>13</p> <p>I "We are Compassion" Day 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 Manchester By The Sea - KGP</p>	<p>14</p> <p>I "We are Caring" Day 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 Tunesday Cats - KGP</p>	<p>15 Yom Kippur Begins</p> <p>I "We are Community" Day 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 Fisherman's</p>	<p>16</p> <p>I "We are Good Neighbors" PY 9:00 Grounds Walk - Meet in L CR 10:00 Art w/ Agnes - PMR CO 1:00 Cribbage Tmnt - GR SE 1:00 Theatre Springsteen on Broadway - KGP CO 3:00 Poker Games - GR E 7:00 Special Movie A Beautiful Day in the Neighborhood - KGP</p>
<p>19</p> <p>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 Charlie's Angels (2000) - KGP CO 2:30 Rummikub - SR</p>	<p>20</p> <p>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 Seabiscuit - KGP</p>	<p>21</p> <p>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 Tunesday Les Misérables - KGP</p>	<p>22 Fall Begins</p> <p>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 Hugo - KGP</p>	<p>23</p> <p>PY 9:00 Grounds Walk - Meet in L CR 10:00 Art w/ Agnes - PMR CO 1:00 Cribbage Tournament - GR SE 1:00 Theatre Thursday Pippin - KGP SE 1:00 Theatre Springsteen on Broadway - KGP CO 3:00 Poker Games - GR</p>
<p>26</p> <p>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 Ferris Bueller's Day Off - KGP CO 2:30 Rummikub - SR</p>	<p>27</p> <p>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 The Fundamentals of Caring - KGP</p>	<p>28</p> <p>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 Tunesday The Story of The Beebees - KGP</p>	<p>29</p> <p>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 Rango - KGP</p>	<p>30</p> <p>PY 9:00 Grounds Walk - Meet in L CR 10:00 Art w/ Agnes - PMR CO 1:00 Cribbage Tournament - GR SE 1:00 Theatre Thursday Peter Pan - KGP CO 3:00 Poker Games - GR</p>

Events are Subject to Change.

Assisted Living



Bereavement Support Group

3:00 PM on the first Thursday

Facilitated by Judy Treadwell in the Penobscot Media Room



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

Friday

Saturday

<p>3</p> <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 Secret Life of Deer - KGP</p>	<p>4</p> <p>1:00 TV Series The Liberator: Why We Fight - KGP 1:30 Card Games - SR 1:30 Crafting Group - LIB 3:00 Bingo with Theoline 7:00 Movie Night Million Dollar Baby - KGP</p>
<p>10</p> <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 Above Us Only Sky - KGP</p>	<p>11</p> <p>1:00 TV Series The Liberator: One Word: Anzio - KGP 1:30 Card Games - SR 1:30 Crafting Group - LIB 3:00 Bingo with Theoline 7:00 Movie Night 21 - KGP</p>
<p>17</p> <p>"We are Home" Day 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 Social Dilemma - KGP</p>	<p>18</p> <p>"We are Living Gracefully" Day 1:00 TV Series The Liberator: The Enemy - KGP 1:30 Card Games - SR 1:30 Crafting Group - LIB 3:00 Bingo with Theoline 7:00 Movie Night My Girl - KGP</p>
<p>24</p> <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 Growing Up Wild - KGP</p>	<p>25</p> <p>1:00 TV Series The Liberator: Home - KGP 1:30 Card Games - SR 1:30 Crafting Group - LIB 3:00 Bingo with Theoline 7:00 Movie Night Moneyball - KGP</p>
<p>WE LOVE YOUR FEEDBACK</p> <p>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>	<p>September 12-16 is National Assisted Living Week! Keep your eyes peeled for the extra flyers highlight special events following the theme of those days!</p>

Did You Know?

FLOWER OF SEPTEMBER

ASTER

The aster symbolises love, faith, wisdom and colour.

HEALTH *Tips*

Add avocados to your diet

Adults who added half an avocado to their lunch had their appetite decreased by 40% for three hours afterwards.

Life Enrichment Updates

Bingo with Theoline

In the Penobscot Media Room

3:00 PM Tuesdays & Saturdays

Art with Agnes

Class resumes on September 16!

10:00 AM Thursdays - Penobscot Media Room





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