

LUNCH SCHEDULE

Celebrating Our Community



Greater Androscoggin Humane Society

Our Mission: The GAHS enriches lives; supporting and engaging the community by providing effective, accessible and innovative services and advocacy for animals.

Andwell Health Partners (Formerly Androscoggin Home Healthcare + Hospice)

Our Mission: Andwell Health Partners is an organization about living, dedicated to enhancing quality of life by providing innovative, compassionate health care for all.



Tuesday, June 11th

Greater Androscoggin
Humane Society

Wednesday, June 12th

Andwell Health Partners

Thursday, June 13th

5K Walk / Run

10:00 am to 11:15 am (Outside Commons)

11:15 am Awards Ceremony

Bates Community Lunch

Music and Lawn Games 11:30 am - 1:00 pm (following the 5K).



BATES ENRICHMENT PROGRAM



2024

Course Calendar & Lunch Schedule


Workshops will be offered from 9:30 am and/or 1:00 pm.

Virtual Workshops will be offered at times listed.

Lunch is served June 13-14th 12:00 to 1:00 pm

Sponsored by the Bates Employee Enrichment Committee

COURSE CALENDAR 2024 – STAFF ENRICHMENT PROGRAM

	MONDAY 6/10	TUESDAY 6/11	WEDNESDAY 6/12	THURSDAY 6/13	
Morning Workshops	TIAA 1:1 9:00 am – 4:00 pm / Commons 225	ALL DAY EVENT: Puzzles, Coloring Books & Game Tables Commons Fireplace Lounge	TIAA 1:1 9:00 am – 4:00 pm / Commons 225	Volunteer Opportunity 7:30 am – 10:30 am / Trinity Jubilee Center Food Pantry	
	Aetna 1:1 9:30 am – 3:00 pm / Pettengill 116	Resting Metabolic Rate Test 7:00 – 10:00 AM / Merrill Gymnasium	ALL DAY EVENT: Puzzles, Coloring Books & Game Tables Commons Fireplace Lounge	5K FUN Run/Walk Starts at 10:00 AM Outside Commons 11:15 am Awards Ceremony	
			Pilates 8:00 – 9:00 am / Merrill 213 (Multi-Purpose Room)		VO2 Max Testing 7:00–10:00 am / Merrill Gymnasium
			Birds of Bates 8:30 – 10:30 am / Commons 211		Campus Tour – History of Bates Athletics 9:30 – 11:00 am / Hathorn Hall
			Piloxing! – Pilates, Boxing and Dance 9:30 – 10:30 am / Merrill 213 (Multi-Purpose Room)		Croquet: The Lawn Game of Strategy 9:30 – 11:00 am / Commons Tent
			Printmaking with Nature 9:30 – 10:30 am / Commons 226		Quiet Reading Time 9:30 – 11:00 am / Pettengill Atrium
		Introduction to Buddhist Meditation 9:30 – 11:00 am / Hedge 106	Introduction to Buddhist Meditation 9:30 – 11:00 am / Hedge 106		
	Personal Safety & Self-Defense 10:00 – 11:30 am / Pettengill G52	Lego means Play Well 9:30 – 11:30 am / Muskie 201			
Lunch Schedule		12:00 noon - 1:00 pm BINGO	12:00 noon - 1:00 pm Rock n Roll	Bates Community Lunch Music and Lawn Games 11:30 am - 1:00 pm	
		ANDROSCOGGIN HUMANE SOCIETY	ANDWELL HEALTH PARTNERS		
		BINGO Starts at Noon / Commons RM 221-222	– GO BOBCATS –		
Afternoon Workshops	Gravestone Cleaning in Riverside Cemetary 1:00 – 3:00 pm / Riverside Cemetary	Intro to Table Top Role Playing Games - Part 1 1:00 – 3:00 pm / Pettengill G52	Intro to Table Top Role Playing Games - Part 2 1:00 – 3:00 pm / Pettengill G52	Volunteer Opportunity 1:00 pm – 3:00 pm / St. Mary's Nutrition Center Community Gardens (behind Harward Center at 161 Wood St.)	
	Elements & Theory of a Yoga Practice 1:00 – 2:30 pm / Muskie Garden (Weather Location: Skelton Lounge)	Historic Frye Street Walking Tour 1:00 – 2:30 pm / Cheney House	CPR – Adult/Infant/Child Certification 1:00 – 3:00 pm / Pettengill 116	FRIDAY 6/14 In-Person, Virtual and Hybrid Sessions	
	Lego means Play Well 1:00 – 3:00 pm / Muskie 201	Adult CPR/AED Certification 1:00 – 3:00 pm / Pettengill 116	Rock On 1:00 – 2:00 pm / Hedge 106		Aetna 1:1 9:30 am – 3:00 pm / Pettengill 116
	Getting a Head Start: A Step-by-Step Overview of Your Retirement Plan 1:00 – 2:00 pm / VIRTUAL	Printmaking with Nature 1:00 – 2:00 pm / Commons 226	Zen Zone 1:00 – 3:00 pm / Pettengill G65	Getting a Head Start: A Step-by-Step Overview of Your Retirement Plan 1:00 – 2:00 pm / VIRTUAL	
		Healthy Eating / Cooking Demo 1:00 – 2:00 pm / Commons 211	Treasure Hunt: Connect & Conquer! 1:00 – 3:00 pm / Commons Fireplace Lounge	Aetna Insurance Overview 12:00 – 1:00 pm / HYBRID – Pettengill 116	
		Paint Night with Ron 4:00 – 5:30 pm / Bobcat Den			

WORKSHOPS WILL BE OFFERED AT 9:30 AM AND 1:00 PM • LUNCH IS SERVED 12:00 TO 1:00 PM ON JUNE 11TH & 12TH