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.

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**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).

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**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
- **TIAA 1:1**
  - 9:00 am – 4:00 pm / Commons 225
- **Aetna 1:1**
  - 9:30 am – 3:00 pm / Pettengill 116

### Morning Workshops
- All Day Event: Puzzles, Coloring Books & Game Tables
  - Commons Fireplace Lounge
- TIAA 1:1
  - 9:00 am – 4:00 pm / Commons 225

### Lunch Schedule
- Gravestone Cleaning in Riverside Cemetery
  - 1:00 – 3:00 pm / Riverside Cemetery
- Lego means Play Well
  - 1:00 – 3:00 pm / Muskie 201

## TUESDAY 6/11
- **Commons 225**
- **Pilates**
  - 8:00 – 9:00 am / Merrill 213 (Multi-Purpose Room)
- **Birds of Bates**
  - 8:30 – 10:30 am / Commons 201

### Morning Workshops
- Resting Metabolic Rate Test
  - 7:00 – 10:00 AM / Merrill Gymnasium
- VO2 Max Testing
  - 7:00–10:00 am / Merrill Gymnasium

### Afternoon Workshops
- Lego means Play Well
  - 1:00 – 3:00 pm / Muskie 201
- Adult CPR/AED Certification
  - 1:00 – 3:00 pm / Muskie 201

### Lunch Schedule
- Gravestone Cleaning in Riverside Cemetery
  - 1:00 – 3:00 pm / Riverside Cemetery
- Lego means Play Well
  - 1:00 – 3:00 pm / Muskie 201

## WEDNESDAY 6/12
- **Commons 225**
- **Pilates**
  - 8:00 – 9:00 am / Merrill 213 (Multi-Purpose Room)
- **Birds of Bates**
  - 8:30 – 10:30 am / Commons 201

### Morning Workshops
- Resting Metabolic Rate Test
  - 7:00 – 10:00 AM / Merrill Gymnasium
- VO2 Max Testing
  - 7:00–10:00 am / Merrill Gymnasium

### Afternoon Workshops
- Lego means Play Well
  - 1:00 – 3:00 pm / Muskie 201
- Adult CPR/AED Certification
  - 1:00 – 3:00 pm / Muskie 201

### Lunch Schedule
- Gravestone Cleaning in Riverside Cemetery
  - 1:00 – 3:00 pm / Riverside Cemetery
- Lego means Play Well
  - 1:00 – 3:00 pm / Muskie 201

## THURSDAY 6/13
- **Commons 225**
- **Pilates**
  - 8:00 – 9:00 am / Merrill 213 (Multi-Purpose Room)
- **Birds of Bates**
  - 8:30 – 10:30 am / Commons 201

### Morning Workshops
- Resting Metabolic Rate Test
  - 7:00 – 10:00 AM / Merrill Gymnasium
- VO2 Max Testing
  - 7:00–10:00 am / Merrill Gymnasium

### Afternoon Workshops
- Lego means Play Well
  - 1:00 – 3:00 pm / Muskie 201
- Adult CPR/AED Certification
  - 1:00 – 3:00 pm / Muskie 201

### Lunch Schedule
- Gravestone Cleaning in Riverside Cemetery
  - 1:00 – 3:00 pm / Riverside Cemetery
- Lego means Play Well
  - 1:00 – 3:00 pm / Muskie 201

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**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**

**FRIDAY 6/14**
- **In-Person, Virtual and Hybrid Sessions**
  - 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
  - Aetna Insurance Overview
    - 12:00 – 1:00 pm / HYBRID – Pettengill 116

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**5K FUN Run/Walk**
- Starts at 10:00 AM
- Outside Commons
- 11:15 am Awards Ceremony

**Bates Community Lunch**
- Music and Lawn Games
- 11:30 am - 1:00 pm

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**Volunteer Opportunity**
- 7:30 am – 10:30 am / Trinity Jubilee Center Food Pantry

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**- GO BOBCATS -**