

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 201	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)	Birds of Bates 8:30 – 10:30 am / Commons 201		VO2 Max Testing 7:00–10:00 am / Merrill Gymnasium
		Piloxing! – Pilates, Boxing and Dance 9:30 – 10:30 am / Merrill 213 (Multi-Purpose Room)	Printmaking with Nature 9:30 – 10:30 am / Commons 226		Birds of Bates 8:30 – 10:30 am / Pettengill 116
		Introduction to Buddhist Meditation 9:30 – 11:00 am / Hedge 106	Personal Safety & Self-Defense 10:00 – 11:30 am / Pettengill G52		Campus Tour – History of Bates Athletics 9:30 – 11:00 am / Hathorn Hall
		12:00 noon - 1:00 pm BINGO	ANDROSCOGGIN HUMANE SOCIETY BINGO Starts at Noon / Commons RM 221-222		Croquet: The Lawn Game of Strategy 9:30 – 11:00 am / Commons Tent
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	Quiet Reading Time 9:30 – 11:00 am / Chase 210		
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	Introduction to Buddhist Meditation 9:30 – 11:00 am / Hedge 106			
Lunch Schedule				Bates Community Lunch Music and Lawn Games 11:30 am - 1:00 pm	
Afternoon Workshops	Lego means Play Well 1:00 – 3:00 pm / Muskie 201	Adult CPR/AED Certification 1:00 – 3:00 pm / Muskie 201	Lego means Play Well 9:30 – 11:30 am / Muskie 201	Volunteer Opportunity 1:00 pm – 3:00 pm / St. Mary's Nutrition Center Community Gardens (behind Harward Center at 161 Wood St.)	
	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	ANDWELL HEALTH PARTNERS 12:00 noon - 1:00 pm Rock n Roll	FRIDAY 6/14 In-Person, Virtual and Hybrid Sessions	
		Healthy Eating / Cooking Demo 1:00 – 2:00 pm / Commons 201	Intro to Table Top Role Playing Games - Part 2 1:00 – 3:00 pm / Pettengill G52	Aetna 1:1 9:30 am – 3:00 pm / Pettengill 116	
		Paint Night with Ron 4:00 – 5:30 pm / Bobcat Den	CPR – Adult/Infant/Child Certification 1:00 – 3:00 pm / Muskie 201	Getting a Head Start: A Step-by-Step Overview of Your Retirement Plan 1:00 – 2:00 pm / VIRTUAL	
			Rock On 1:00 – 2:00 pm / Hedge 106	Aetna Insurance Overview 12:00 – 1:00 pm / HYBRID – Pettengill 116	
		Zen Zone 1:00 – 3:00 pm / Pettengill G65			
		Treasure Hunt: Connect & Conquer! 1:00 – 3:00 pm / Commons Fireplace Lounge			
		– GO BOBCATS –			

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