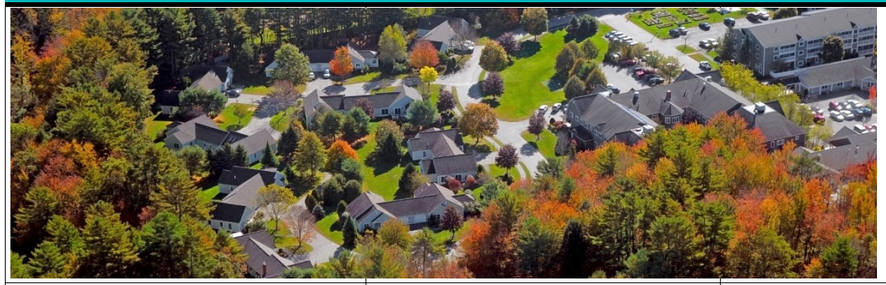
November 2019 Cadigan Lodge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			THE HIGHLANDS A GRACE MGMT COMMUNITY	**PLEASE NOTE** **$ = ADDITIONAL COST** **✓= SIGN UP REQUIRED**	**1** 8:30AM Morning Chuckle DR 10:00AM Hand Massages CR 11:00AM Seated Exercise CR 2:00PM Book Club L 3:30PM Wisdom Walking LBY 4:00 PM November Birthday's Happy Hour LR	**2** 11:00AM Seated Exercise L 2:00PM Flinch Club CR 3:00PM Dominos Club CR 4:00PM Uno Club CR 7:00PM Movie Night L
3 Daylight Savings Ends 11:00AM Seated Exercise CR 1:00PM Praying the Rosary L 2:00PM Flinch Club CR 3:00PM Dominos Club CR 4:00PM Vespers: Rev. Sylvie Stocker UUC, Brunswick ML 7:00PM Movie Night L	**4** 8:30AM Morning Chuckle DR 9:00AM Dominos CR 10:00AM Pet Visit: Teddi & Willie B. LR 11:00AM Seated Exercise CR 1:45PM Scenic Ride LBY 3:30PM Bingo CR 7:00PM Wheel of Fortune & Jeopardy L	**5** 8:30AM Morning Chuckle DR 10:00AM Crossword Club CR 11:00AM Seated Exercise CR 11:30AM 25 Questions CR 3:30PM Pet Visit: Abbott & Elroy L **4:30PM Sue & Blue Jazz** ♫	**6** 8:30AM Morning Chuckle DR 10:00AM Uno Club CR 11:00AM Tai Chi w/ Jackie CR 1:45PM Walmart LBY 3:15PM Pet Visit: Reta & Molly LR 4:00PM TED Talk L	**7** 8:30AM Morning Chuckle DR 10:00AM Taboo Club CR 11:00AM Seated Exercise CR 11:30AM Book Club L 1:45PM Scenic Ride LBY 3:00 PM Pet Visit: Rainbow & Charm LR 3:30PM Bingo CR	**8** 8:30AM Morning Chuckle DR 9:00AM Dr. Pelletier L 10:00AM Hand Massages CR 11:00 AM Seated Exercise CR 10:30AM Lunch Bunch $ Tuscan Bistro LBY 2:00PM Book Club L 3:30 PM Wisdom Walking LBY	**9** 11:00AM Chair Exercise L **2:00PM Sing-A-Long** ♫ **LR** 3:00PM Dominos Club CR 4:00PM Uno Club CR
10 11:00AM Seated Exercise L 1:00PM Praying the Rosary L 2:00PM Flinch CR 3:00PM Dominos Club CR 4:00PM Uno Club CR 7:00PM Movie Night L	**11** VETERANS DAY 8:30AM Morning Chuckle DR 9:00AM Veteran's Celebration CR 10:00AM Pet Visit: Teddi & Willie B. LR **10:00AM Resident Board Meeting ML** 11:00AM Seated Exercise CR 1:45PM Scenic Ride LBY 3:30PM Bingo CR 7:00PM Wheel of Fortune & Jeopardy L	**12** 8:30AM Morning Chuckle DR 10:00AM Crossword Club CR 11:00AM Seated Exercise CR 11:30AM Getting To Know You L 2:00PM Civil War Program ML 3:00PM Pet Visit: Abbott & Elroy Abbott & Elroy LR	**13** 8:30AM Morning Chuckle DR 10:00AM Uno Club CR 10:00AM Highlands Holiday Craft Fair MLGP 11:00AM Tai Chi w/ Jackie CR 1:45PM Walmart LBY 3:15PM Pet Visit: Reta & Molly LR 4:00PM TED Talk L	**14** 8:30AM Morning Chuckle DR 11:00AM Seated Exercise CR 11:00AM Book Club L 1:45PM Scenic Ride LBY 3:00PM Pet Visit: Rainbow & Charm LR 3:30PM Bingo CR	**15** 8:30AM Morning Chuckle DR 10:00AM Hand Massages CR 11:00AM Seated Exercise CR 2:00PM Book Club L 3:30PM Wisdom Walking LBY	**16** 11:00AM Chair Exercise L 2:00PM Flinch Club CR 3:00PM Dominos Club CR 4:00PM Uno Club CR 7:00PM Movie Night L
17 11:00AM Seated Exercise L 1:00 PM Praying the Rosary L 2:00PM Flinch Club CR 4:00PM Vespers: Rev. Nathan Shearman, Seventh Day Adventist , Brunswick ML	**18** 8:30 AM Morning Chuckle DR 9:00AM Dominos CR 10:00AM Pet Visit: Teddi & Willie B. LR 11:00AM Seated Exercise CR 1:45PM Scenic Ride LBY 3:30PM Bingo CR 7:00PM Wheel of Fortune & Jeopardy L	**19** 8:30AM Morning Chuckle DR 10:00AM Cadigan Lodge Resident Forum LR 11:00AM Seated Exercise CR 1:45PM Bowdoin College Museum of Art LBY 3:00PM Pet Visit: Abbott & Elroy LR	**20** 8:30AM Morning Chuckle DR **10:00AM Ann Sparling** ♫ LR 11:00AM Tai Chi w/ Jackie CR 1:45PM Walmart Holiday Shopping LBY 3:15PM Pet Visit: Reta & Molly LR	**21** 8:30AM Morning Chuckle DR 10:00AM Mad Libs CR 11:00AM Seated Exercise CR 11:30AM Book Club CR 1:45PM Scenic Ride LBY 3:00 PM Pet Visit: Rainbow & Charm LR 3:30PM Bingo CR	**22** 8:30 AM Morning Chuckle DR 10:00AM Hand Massages CR 11:00AM Seated Exercise CR 1 :45PM *Target & Reny's Holiday Shopping* LBY 2:00PM Book Club L 3:30PM Wisdom Walking LBY 6:30PM Table Games CR	**23** 11:00AM Chair Exercise L 2:00PM Flinch Club CR 3:00PM Dominos Club CR 4:00PM Uno Club CR 7:00PM Movie Night L
24 11:00AM Seated Exercise L 1:00PM Praying the Rosary L 2:00PM Flinch CR **3:45PM Mike McCarthy** ♫ **LR** 4:00PM Uno Club CR 7:00PM Movie Night L	**25** 8:30AM Morning Chuckle DR 9:00AM Dominos CR 10:00AM Pet Visit: Teddi & Willie B. LR 11:00AM Seated Exercise CR 1:45PM Scenic Ride LBY 3:30PM Bingo CR 7:00PM Wheel of Fortune & Jeopardy L	**26** 8:30AM Morning Chuckle DR 10:00AM Crossword Club CR 11:00AM Chair Exercise CR 11:30AM 20 Questions CR **2:00PM Michael Perry** ♫ **ML** 3:30PM Pet Visit: Abbott & Elroy LR	**27** 8:30AM Morning Chuckle DR 10:00AM Uno Club CR 11:00 AM Tai Chi w/ Jackie CR *1:45PM Walmart Holiday Shopping* LBY 3:15PM Pet Visit: Reta & Molly LR 4:00PM TED Talk L	**28** Happy Thanksgiving 9:00AM Macy's Parade L & LR 11:00AM - 2:00PM Thanksgiving Brunch DR 3:00 PM Pet Visit: Rainbow & Charm LR 7:00PM Moving Night L	**29** 8:30 AM Morning Chuckle DR 10:00AM Hand Massages CR 11:00AM Seated Exercise CR 2:00PM Book Club L 3:30 PM Wisdom Walking LBY	**30** 11:00AM Chair Exercise L 2:00PM Flinch Club CR 3:00PM Dominos Club CR 4:00PM Uno Club CR 7:00PM Movie Night L