


March 2020
Life Enrichment-Cadigan Lodge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 📖 Morning Flinch [CLCR] 1 10:00 🎲 Morning Dominoes [CLCR] 10:30 🎲 Morning Checkers [CLCR] 11:00 ➡️ Exercise: Seated Basic [CLL] 1:00P 🕊 Praying The Rosary [CLL] 1:30P 📖 Movie Series: "Highway To Heaven" [CLL] 4:30P 🎲 Afternoon UNO [CLCR] 7:00P 🦋 Evening Movie Series: "Highway To Heaven" [CLL]	8:30 🕊 Inspirational Quote [CLDR] 2 9:00 🇺🇸 American History Film #9 [CLL] 9:15 🦋 Let's Talk! [CL] 9:45 🎲 Opera / Symphony Video [CLL] 10:00 🧘 Hand Massages [CLL] 10:30 🇺🇸 Just Sit & Listen Book Club [CLL] 1:45P 🕊 The Scenic Ride [L] 3:15P 🇺🇸 American History Film #9 3:30P 🎲 Community Gathering: Bingo [CLCR] 4:00P 🎲 Technology Today via YouTube [CLL] 6:30P 🦋 Pet Visit: Teddi & Willie B. [CLCR] 7:00P 🎲 Evening Movie [CLL]	8:30 📖 Morning Chuckle [CLDR] 3 9:00 🇺🇸 American History Film #9 [CLL] 9:00 🌟 Topsham Library Trip [L] 9:45 🎲 Opera / Symphony Video [CLL] 10:15 🇺🇸 Poetry Readings with Ethan: Emily Dickinson [CLL] 11:00 ➡️ Exercise: Seated Basic [CLCR] 2:00P 🇺🇸 Just Sit & Listen Book Club [CLL] 2:30P 🧘 YOGA: Gentle & Seated [CLL] 3:15P 🇺🇸 American History Film #9 3:15P 🎲 Live Music: Trudy Callaghan [LR] 4:00P 🦋 Technology Today via YouTube [CLL] 7:00P 🎲 Evening Movie [CLL]	8:30 🕊 Inspirational Quote [CLDR] 4 9:00 🇺🇸 American History Film #9 [CLL] 9:15 🦋 Let's Talk! [CL] 9:30 🇺🇸 Just Sit & Listen Book Club [CLL] 9:45 🎲 Opera / Symphony Video [CLL] 10:00 🦋 Non-Denominational Devotional Gathering [LR] 11:15 ➡️ Seated Exercise DVD [CLL] 1:45P 🌟 Walmart Shopping Trip [L] 2:00P 🎲 Community Game: What's Is It? [LR] 2:30P 🕊 A Capella Sing Along [LR] 3:15P 🇺🇸 American History Film #9 4:00P 🦋 Technology Today via YouTube [CLL] 7:00P 🎲 Evening Movie [CLL]	8:30 🌟 Dentist Visit: Maine Healthy Smiles [CLCR] 5 8:30 📖 Morning Chuckle [CLDR] 9:00 🇺🇸 American History Film #9 [CLL] 9:00 🌟 Topsham Library Trip [L] 9:45 🎲 Opera / Symphony Video [CLL] 10:00 📖 My Life Story Social [CLL] 10:15 🦋 Thursday Trivia Challenge [CLL] 10:30 🇺🇸 Just Sit & Listen Book Club [CLL] 11:00 ➡️ Exercise: Seated Basic [CLCR] 1:45P 🕊 The Scenic Ride [L] 3:00P 🦋 Pet Visit: Rainbow & Charm [LR] 3:15P 🇺🇸 American History Film #9 3:30P 🎲 Community Gathering: Bingo [CLCR] 4:00P 🦋 Technology Today via YouTube [CLL] 7:00P 🎲 Evening Movie [CLL]	8:30 🕊 Inspirational Quote [CLDR] 6 9:00 🇺🇸 American History Film #9 [CLL] 9:15 🦋 Let's Talk! [CL] 9:30 🎲 Friday Doughnuts & Golden Girls Social [LR] 9:45 🎲 Opera / Symphony Video [CLL] 10:15 📖 Maine's Bicentennial Discussion [CLL] 10:30 🇺🇸 Just Sit & Listen Book Club [CLL] 9:45 🎲 Trivia Extravaganza [CLCR] 10:30 🇺🇸 American History Film #9 4:00P 🎲 First Friday Happy Hour! [LR] 7:00P 🎲 Evening Movie [CLL]	9:30 📖 Morning Flinch [CLCR] 7 10:00 🎲 Morning Dominoes [CLCR] 10:30 🎲 Morning Checkers [CLCR] 11:00 ➡️ Exercise: Seated Basic [CLL] 1:30P 🦋 Saturday Matinee: "Anne With An "E" [CLL] 4:30P 🎲 Afternoon UNO [CLCR] 7:00P 🦋 Evening Movie Series: "Anne With An "E" [CLL]
Daylight Saving Time Begins 8 9:30 📖 Morning Flinch [CLCR] 10:00 🎲 Morning Dominoes [CLCR] 10:30 🎲 Morning Checkers [CLCR] 11:00 ➡️ Exercise: Seated Basic [CLL] 1:00P 🕊 Praying The Rosary [CLL] 1:30P 📖 Movie Series: "Highway To Heaven" [CLL] 4:30P 🎲 Afternoon UNO [CLCR] 7:00P 🦋 Evening Movie Series: "Highway To Heaven" [CLL]	8:30 🕊 Inspirational Quote [CLDR] 9 9:00 🇺🇸 American History Film #10 [CLL] 9:15 🦋 Let's Talk! [CL] 9:45 🎲 Opera / Symphony Video [CLL] 10:00 🧘 Hand Massages [CLL] 10:30 🇺🇸 Just Sit & Listen Book Club [CLL] 11:00 🌟 The Highlands All Residents Board Meeting [M] 1:45P 🕊 The Scenic Ride [L] 3:15P 🇺🇸 American History Film #10 [CLL] 3:30P 🎲 Community Gathering: Bingo [CLCR] 4:00P 🎲 Technology Today via YouTube [CLL] 6:30P 🦋 Pet Visit: Teddi & Willie B. [CLCR] 7:00P 🎲 Evening Movie [CLL]	8:30 📖 Morning Chuckle [CLDR] 10 9:00 🇺🇸 American History Film #10 [CLL] 9:00 🌟 Topsham Library Trip [L] 9:45 🎲 Opera / Symphony Video [CLL] 11:00 ➡️ Exercise: Seated Basic [CLCR] 2:00P 🎲 Trivia & Joke Extravaganza [CLCR] 2:15P 🇺🇸 Just Sit & Listen Book Club [CLL] 2:30P 🕊 YOGA: Gentle & Seated [CLL] 3:15P 🇺🇸 American History Film #10 [CLL] 3:15P 🕊 Live Music: Sing along w/Matt Loosigan [LR] 4:00P 🦋 Technology Today via YouTube [CLL] 7:00P 🎲 Evening Movie [CLL]	8:30 🕊 Inspirational Quote [CLDR] 11 9:15 🦋 Let's Talk! [CL] 9:30 🇺🇸 Just Sit & Listen Book Club [CLL] 9:45 🎲 Opera / Symphony Video [CLL] 10:00 🦋 Non-Denominational Devotional Gathering [LR] 11:15 ➡️ Exercise: Seated Basic [CLL] 1:45P 🌟 Walmart Shopping Trip [L] 2:30P 🕊 A Capella Sing Along [LR] 3:00P 🎲 Community Game: What's Is It? [CLL] 3:15P 🇺🇸 American History Film #10 [CLL] 4:00P 🦋 Technology Today via YouTube [CLL] 7:00P 🎲 Evening Movie [CLL]	8:00 🌟 Dentist Visit: Maine Healthy Smiles [CLCR] 12 8:30 📖 Morning Chuckle [CLDR] 9:00 🇺🇸 American History Film #10 [CLL] 9:00 🌟 Topsham Library Trip [L] 9:45 🎲 Opera / Symphony Video [CLL] 10:00 📖 My Life Story Social [CLL] 10:15 🦋 Thursday Trivia Challenge [CLL] 10:30 🇺🇸 Just Sit & Listen Book Club [CLL] 11:00 ➡️ Exercise: Seated Basic [CLCR] 1:45P 🕊 The Scenic Ride [L] 3:00P 🦋 Pet Visit: Rainbow & Charm [LR] 3:15P 🇺🇸 American History Film #10 [CLL] 3:30P 🎲 Community Gathering: Bingo [CLCR] 4:00P 🦋 Technology Today via YouTube [CLL] 7:00P 🎲 Evening Movie [CLL]	8:30 🕊 Inspirational Quote [CLDR] 13 9:00 🇺🇸 American History Film #10 [CLL] 9:15 🦋 Let's Talk! [CL] 9:30 🎲 Friday Doughnuts & Golden Girls Social [LR] 9:45 🎲 Opera / Symphony Video [CLL] 10:15 📖 Maine's Bicentennial Discussion [CLL] 10:30 🇺🇸 Just Sit & Listen Book Club [CLL] 11:00 🌟 Lunch Bunch Outing: Poncho Villa Mexican Restaurant [L] 2:00P 🎲 Trivia & Baking Social [CLCR] 3:30M 🇺🇸 American History Film #10 [CLL] 4:00P 🦋 Technology Today via YouTube [CLL] 7:00P 🎲 Evening Movie [CLL]	9:30 📖 Morning Flinch [CLCR] 14 10:00 🎲 Morning Dominoes [CLCR] 10:30 🎲 Morning Checkers [CLCR] 11:00 ➡️ Exercise: Seated Basic [CLL] 1:30P 🦋 Saturday Matinee: "Anne With An "E" [CLL] 2:00P 🎲 Sing Along Karaoke with Jim Whitney [LR] 4:30P 🎲 Afternoon UNO [CLCR] 7:00P 🦋 Evening Movie Series: "Anne With An "E" [CLL]
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THE HIGHLANDS
A GRACE MGMT COMMUNITY

Cadigan Lodge
54 Governors Way
Topsham, ME 04086
207-725-2650

Cognitive

Creative

Emotional

Inter-generational

Physical

Purposeful

Sensory

Social

Spiritual

Location Keys

Cadigan Lodge	CL
Cadigan Lodge Community Room	CLCR
Cadigan Lodge Dining Room	CLDR
Cadigan Lodge Library	CLL
Cadigan Lodge Living Room	LR
Departs from the Lobby	L
Merrymeeting Bay Room	M

“Can you accept the notion that once you change your internal state, you don’t need the external world to provide you with a reason to feel joy, gratitude, appreciation, or any other elevated emotion?”
- Dr. Joe Dispenza

2020-RECURRING EVENTS AT CADIGAN LODGE

WEEKLY RESIDENT ACTIVITIES			
Sunday	11:00AM	Chair Exercises	Library
	1:00PM	Praying the Rosary	Library
	7:00PM	Evening Film	Library
Monday	11:00AM	Chair Exercise	Library
	1:45PM	Scenic Ride ✓	Meet in Lobby
	2:00PM	Highlands' Chorale Practice✓	Meet in Lobby
Tuesday	11:00AM	Chair Connection	Community Room
Wednesday	11:00AM	Chair Exercises	Library
	1:45PM	Shopping Walmart✓	Lobby
Thursday	11:00AM	Chair Connection	Community Room
	1:45PM	Scenic Ride ✓	Lobby
Friday	11:00AM	Chair Exercises	Community Room
Saturday	11:00AM	Chair Exercises	Library
	7:00PM	Evening Film	Library
AMENITIES			
Podiatry Services	Scheduled by Podiatrist		Wellness will let Resident's know when they are scheduled.
Hair Dresser	Thursdays By appointment only Call Extension 208		

MONTHLY RECURRING		
1st & 3rd Sunday	4:00PM Vespers	Georgetown Parlor Maine Lodge
2nd Monday	11:00AM Resident Board Meeting	Maine Lodge
2nd & 4th Thursday	Topsham Library 10:30PM ✓	Meet in Lobby
1st & 3rd Thursday	4:30PM Highlands' Happy Hour	Living Room
1st & 3rd Wednesday	2:00PM Grief Support Group	Private Dining Room
2nd Wednesday	2:00PM Vision Support Group	Private Dining Room
2nd & 4th Thursday	2:00PM Caregiver Support Group	Private Dining Room

ROOM KEY		CL	CR	L
CADIGAN LODGE		Cadigan Lodge	Community Room	Library
LR	LBY	CLPD	✓	\$
Living Room	Meet in Lobby	Cadigan Lodge Private Dining	Sign-up Required	Additional Cost

MAINE LODGE ROOM KEY				
W	FC	GP	MBR	T
Wellness Center	Friendship Cove	Georgetown Parlor	Merrymeeting Bay Room	Theater Maine Lodge
		ML		
		Maine Lodge		

SUNDAY CHURCH SERVICES
Pickup times:
8:30AM Good Shepherd Lutheran
9:20AM
1. First Parish
2. Mid Coast Presbyterian
3. Saint Charles Borromeo
4. Saint John's
5. Unitarian Universalist
6. United Baptist
1st Sunday of the month - 6:30PM
Catholic Communion and Praying the Rosary with Father Patrick. Maine Lodge, Kennebec Meeting Room.
FOR MORE INFORMATION ABOUT CADIGAN LODGE
Wellness Director Cathy Alexander, RN Cathya@highlandsrc.com 207.725.2650 x120
Assistant Wellness Director Laurie Wilgus, RN lauriew@highlandsrc.com 207.725.2650 x148
Resident Care Coordinator Heather Stewart CLTeamlead@highlandsrc.com 207.725.2650 x126
Life Enrichment Assistant Marsha J. Taylor Marsha@highlandsrc.com 207.725.2650 x175