


# August 2020

## Life Enrichment- Cadigan Lodge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>August cont'd</b> <b>30</b> 11:00 → Exercise - "Seated for Seniors" [CLL] 2:00 📖 Sunday Afternoon Cranium Crunches [CLDR] 2:30P ★ Sunday Matinee' [CLL] 7:00P 🎬 Sunday Night Movie [CLL]	<b>31</b> 9:45 🦋 The Morning Symphony [CLL] 10:00 → Fresh Air Stretch with Brenda or Angela [Tent] 10:30 📖 The Daily Chronicle [CLL] 11:00 → Exercise: "Seated For Seniors" [CLL] 11:00 → Morning Walk w/Abbey & Kaeli [FCE] 1:45P 🦋 Monday Scenic Ride 3:00P 🦋 Afternoon Symphony [CLL] 3:00 🎪 Community BINGO [Tent] 7:00P 🎬 Monday Evening Movie [CLL]	 <b>THE HIGHLANDS</b> A GRACE MGMT COMMUNITY 30 Governors Way Topsham, ME 04086 (207) 725-2650	<b>Location Keys</b> Cadigan Lodge Community Room [CLCR] Cadigan Lodge Covered Patio [CLCP] Cadigan Lodge Dining Room [CLDR] Cadigan Lodge Library [CLL] Cadigan Lodge Living Room [LR] Departs from the Lobby [L] Fitness Center Entrance [FCE] Under the Tent [Tent] Your Home [Zoom]	📖 Cognitive 🦋 Creative 📖 Emotional → Physical ★ Purposeful 🎪 Sensory 🎪 Social 🦋 Spiritual	11:00 🎪 Entertainment w/ Will Ogmundson, piano [Tent] 1:30 📖 Afternoon Trivia [LR] 2:00 ★ Saturday Matinee' [CLL] 7:00 🎬 Saturday Night Movie [CLL]	<b>1</b>
<b>2</b> 11:00 → Exercise - "Seated for Seniors" [CLL] 2:00 📖 Sunday Afternoon Cranium Crunches [CLDR] 2:30 ★ Sunday Matinee' [CLL] 7:00 🎬 Sunday Night Movie [CLL]	<b>3</b> 9:45 🦋 The Morning Symphony [CLL] 10:00 → Fresh Air Stretch with Brenda or Angela [Tent] 10:30 📖 The Daily Chronicle [CLL] 11:00 → Morning Walk w/Abbey & Kaeli [FCE] 1:00 🎪 Ice Cream Sandwich Day [CLCR] 1:45P 🦋 Monday Scenic Ride 3:00 🎪 Community BINGO [Tent] 7:00P 🎬 Monday Evening Movie [CLL]	<b>4</b> 9:45 🦋 The Morning Symphony [CLL] 11:00 → Chair Fitness w/Brenda or Angela [CLCP] 1:00 📖 Afternoon Puzzles [CLCR] 2:30 🎪 Entertainment w/Phil Smith, Magician [Tent] 3:30 ★ Afternoon Baking [CLCR] 7:00 🎬 Tuesday Evening Movie [CLL]	<b>5</b> 9:45 🦋 The Morning Symphony [CLL] 10:00 📖 Cadigan Lodge Monthly Resident's Forum [LR] 11:00 → Chair Yoga w/ Stacey Fetterman [CLCP] 11:00 → Morning Walk w/Abbey [FCE] 11:00 🦋 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom] 1:45 ★ Wednesday Shopping Trip: Target [L] 3:30 📖 Wisdom Wednesday [CLL] 7:00P 🎬 Wednesday Evening Movie [CLL]	<b>6</b> 9:45 🦋 The Morning Symphony [CLL] 10:30 📖 The Daily Chronicle [CLL] 11:00 → Chair Fitness w/Brenda or Angela [CLCP] 1:45P 🦋 Thursday Scenic Ride 3:00P 🦋 Afternoon Symphony [CLL] 3:00P ★ Bingo [CLCR] 7:00P 🎬 Thursday Evening Movie [CLL]	<b>7</b> 9:45 🦋 The Morning Symphony [CLL] 10:00 → Fresh Air Stretch with Brenda or Angela [Tent] 10:30 📖 Discuss and Recall [CLL] 11:00 → Morning Walk w/Abbey & Kaeli [FCE] 1:00 📖 Community BINGO [Tent] 2:30 🎪 Entertainment w/Sally Davis, jazz [Tent] 3:30 🎪 Afternoon Craft [CLCR] 7:00P 🎬 Friday Evening Movie [CLL]	<b>8</b> 11:00 → Exercise - "Seated for Seniors" [CLL] 1:30 📖 Afternoon Trivia [LR] 2:00 ★ Saturday Matinee' [CLL] 7:00P 🎬 Saturday Night Movie [CLL]
<b>9</b> 11:00 🎪 Entertainment w/Red Gallagher [Tent] 11:00 → Exercise - "Seated for Seniors" [CLL] 2:00 📖 Sunday Afternoon Cranium Crunches [CLDR] 2:30P ★ Sunday Matinee' [CLL] 7:00P 🎬 Sunday Night Movie [CLL]	<b>10</b> 9:45 🦋 The Morning Symphony [CLL] 10:00 → Fresh Air Stretch with Brenda or Angela [Tent] 10:30 📖 The Daily Chronicle [CLL] 11:00 → Morning Walk w/Abbey & Kaeli [FCE] 11:00 ★ Virtual HRAB Meeting [Zoom] 1:45P 🦋 Monday Scenic Ride 3:00 🎪 Community BINGO [Tent] 7:00P 🎬 Monday Evening Movie [CLL]	<b>11</b> 9:45 🦋 The Morning Symphony [CLL] 11:00 → Chair Fitness w/Brenda or Angela [CLCP] 1:00 🎪 Afternoon Doodling [CLCR] 2:30 🎪 Entertainment: The Jason Tardy Variety Show [Tent] 3:30 📖 Afternoon Documentary [CLL] 7:00 🎬 Tuesday Evening Movie [CLL]	<b>12</b> 9:45 🦋 The Morning Symphony [CLL] 11:00 → Chair Yoga w/ Stacey Fetterman [CLCP] 11:00 → Morning Walk w/Abbey [FCE] 11:00 🦋 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom] 1:45 ★ Wednesday Shopping Trip: Target [L] 3:00 🎪 Cool Treats Day: Popsicles [Tent] 4:00 📖 Wisdom Wednesday [CLL] 7:00P 🎬 Wednesday Evening Movie [CLL]	<b>13</b> 9:45 🦋 The Morning Symphony [CLL] 10:30 📖 The Daily Chronicle [CLL] 11:00 → Chair Fitness w/Brenda or Angela [CLCP] 1:45P 🦋 Thursday Scenic Ride 3:00P 🦋 Afternoon Symphony [CLL] 3:00P ★ Bingo [CLCR] 7:00P 🎬 Thursday Evening Movie [CLL]	<b>14</b> 9:45 🦋 The Morning Symphony [CLL] 10:00 → Fresh Air Stretch with Brenda or Angela [Tent] 11:00 → Exercise: "Seated For Seniors" [CLL] 11:00 → Morning Walk w/Abbey & Kaeli [FCE] 1:00 📖 Community BINGO [Tent] 3:00 🎪 Afternoon Craft: Popsicle Door Decor [CLCR] 4:00 🎪 Kool-Aid Day [CLCR] 7:00P 🎬 Friday Evening Movie [CLL]	<b>15</b> 11:00 → Exercise - "Seated for Seniors" [CLL] 1:30 📖 Afternoon Trivia [LR] 2:00 ★ Saturday Matinee' [CLL] 7:00P 🎬 Saturday Night Movie [CLL]
<b>16</b> 11:00 → Exercise - "Seated for Seniors" [CLL] 2:00 📖 Sunday Afternoon Cranium Crunches [CLDR] 2:30P ★ Sunday Matinee' [CLL] 7:00P 🎬 Sunday Night Movie [CLL]	<b>17</b> 9:45 🦋 The Morning Symphony [CLL] 10:00 → Fresh Air Stretch with Brenda or Angela [Tent] 10:30 📖 The Daily Chronicle [CLL] 11:00 → Exercise: "Seated For Seniors" [CLL] 11:00 → Morning Walk w/Abbey & Kaeli [FCE] 1:00 🎪 Melon Monday [CLCR] 1:45P 🦋 Monday Scenic Ride 3:00P 🦋 Afternoon Symphony [CLL] 3:00 🎪 Community BINGO [Tent] 7:00P 🎬 Monday Evening Movie [CLL]	<b>18</b> 9:45 🦋 The Morning Symphony [CLL] 11:00 → Chair Fitness w/Brenda or Angela [CLCP] 1:30 📖 Afternoon Game: List It [CLCR] 2:30 🎪 Entertainment w/Sue and Blue Jazz [Tent] 3:30 🎪 Sip and Paint [CLCR] 7:00 🎬 Tuesday Evening Movie [CLL]	<b>19</b> 9:45 🦋 The Morning Symphony [CLL] 11:00 → Chair Yoga w/ Stacey Fetterman [CLCP] 11:00 → Morning Walk w/Abbey [FCE] 11:00 🦋 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom] 1:45 ★ Wednesday Shopping Trip: Target [L] 3:30 📖 Wisdom Wednesday [CLL] 7:00P 🎬 Wednesday Evening Movie [CLL]	<b>20</b> 9:45 🦋 The Morning Symphony [CLL] 10:30 📖 The Daily Chronicle [CLL] 11:00 → Chair Fitness w/Brenda or Angela [CLCP] 1:00 📖 Lemonade's Birthday [CLCR] 1:45P 🦋 Thursday Scenic Ride 3:00P 🦋 Afternoon Symphony [CLL] 3:00P ★ Bingo [CLCR] 7:00P 🎬 Thursday Evening Movie [CLL]	<b>21</b> 9:45 🦋 The Morning Symphony [CLL] 10:00 → Fresh Air Stretch with Brenda or Angela [Tent] 11:00 → Morning Walk w/Abbey & Kaeli [FCE] 11:30 🎪 Cadigan Lodge Community BBQ [Tent] 1:00 📖 Community BINGO [Tent] 3:30 🎪 Afternoon Craft [CLCR] 7:00P 🎬 Friday Evening Movie [CLL]	<b>22</b> 11:00 🎪 Entertainment w/Mike McCarthy, piano [Tent] 11:00 → Exercise - "Seated for Seniors" [CLL] 1:30 📖 Afternoon Trivia [LR] 2:00 ★ Saturday Matinee' [CLL] 7:00P 🎬 Saturday Night Movie [CLL]
<b>23</b> 11:00 → Exercise - "Seated for Seniors" [CLL] 2:00 📖 Sunday Afternoon Cranium Crunches [CLDR] 2:30P ★ Sunday Matinee' [CLL] 7:00P 🎬 Sunday Night Movie [CLL]	<b>24</b> 9:45 🦋 The Morning Symphony [CLL] 10:00 → Fresh Air Stretch with Brenda or Angela [Tent] 10:30 📖 The Daily Chronicle [CLL] 11:00 → Exercise: "Seated For Seniors" [CLL] 11:00 → Morning Walk w/Abbey & Kaeli [FCE] 1:45P 🦋 Monday Scenic Ride 3:00P 🦋 Afternoon Symphony [CLL] 3:00 🎪 Community BINGO [Tent] 7:00P 🎬 Monday Evening Movie [CLL]	<b>25</b> 9:45 🦋 The Morning Symphony [CLL] 11:00 → Chair Fitness w/Brenda or Angela [CLCP] 1:30 ★ Afternoon Craft: Bird Feeder Making [CLCR] 2:30 🎪 Entertainment w/Dave Stone, piano [Tent] 3:30 📖 Travel Vlog [CLL] 7:00 🎬 Tuesday Evening Movie [CLL]	<b>26</b> 9:45 🦋 The Morning Symphony [CLL] 11:00 → Chair Yoga w/ Stacey Fetterman [CLCP] 11:00 → Morning Walk w/Abbey [FCE] 11:00 🦋 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom] 1:45 ★ Wednesday Shopping Trip: Target [L] 3:00 🎪 Root Beer Floats Social [Tent] 4:00 📖 Wisdom Wednesday [CLL] 7:00P 🎬 Wednesday Evening Movie [CLL]	<b>27</b> 9:45 🦋 The Morning Symphony [CLL] 10:30 📖 The Daily Chronicle [CLL] 11:00 → Chair Fitness w/Brenda or Angela [CLCP] 1:45P 🦋 Thursday Scenic Ride 3:00P 🦋 Afternoon Symphony [CLL] 3:00P ★ Bingo [CLCR] 7:00P 🎬 Thursday Evening Movie [CLL]	<b>28</b> 9:45 🦋 The Morning Symphony [CLL] 10:00 → Fresh Air Stretch with Brenda or Angela [Tent] 11:00 → Exercise: "Seated For Seniors" [CLL] 1:00 📖 Community BINGO [Tent] 3:30 🎪 Afternoon Craft: Button Bracelet Making [CLCR] 7:00P 🎬 Friday Evening Movie [CLL]	<b>29</b> 11:00 → Exercise - "Seated for Seniors" [CLL] 1:30 📖 Afternoon Trivia [LR] 2:00 ★ Saturday Matinee' [CLL] 7:00P 🎬 Saturday Night Movie [CLL]

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