


September 2020
Life Enrichment- Cadigan Lodge

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div>THE HIGHLANDS</div> <div>A GRACE MGMT COMMUNITY</div>		30 Governors Way Topsham, ME 04086 (207) 725-2650	9:45 🦋 The Morning Symphony [CLL] 11:00 ➡️ Chair Fitness w/ Brenda or Angela [CLCP] 1:30 ★ Gardening [CLC] 2:30 🌸 Entertainment w/Dale Kneeland, vocals and guitar [Tent] 3:30 📖 Afternoon Documentary: Titanic Wreck Discovery [CLL] 4:00 ★ iN2L Tablets [CLCR] 7:00 🌺 Tuesday Evening Movie [CLL]	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 💖 Pet Visit: Jane with Charm & Rainbow [CLCP] 7:00P 🌺 Wednesday Evening Movie [CLL]	9:45 🦋 The Morning Symphony [CLL] 10:30 💖 The Daily Chronicle [CLL] 11:00 ➡️ Chair Fitness w/Brenda or Angela [CLCP] 1:00 🌸 Entertainment w/Highlands Associate, Anthony Williams, vocals & guitar [Tent] 1:45P 🦋 Thursday Scenic Ride 3:00P 🦋 Afternoon Symphony [CLL] 3:00P ★ Bingo [CLCR] 7:00P 🌺 Thursday Evening Movie [CLL]	9:45 🦋 The Morning Symphony [CLL] 10:00 ➡️ Fresh Air Stretch with Brenda or Angela [Tent] 10:30 💖 Positive News Friday [CLCR] 11:00 ➡️ Exercise: "Seated For Seniors" [CLL] 11:00 ➡️ Morning Walk w/ Kaeli [FCE] 1:00 📖 Community BINGO [Tent] 2:30 📖 National Wildlife Day [CLL] 3:30 🌸 Afternoon Craft [CLCR] 7:00P 🌺 Friday Evening Movie [CLL]	11:00 🌸 Entertainment w/Sharon Wright, piano and vocals [Tent] 11:00 ➡️ Exercise - "Seated for Seniors" [CLL] 1:30 📖 Afternoon Trivia [LR] 2:00 ★ Saturday Matinee' [CLL] 7:00P 🌺 Saturday Night Movie [CLL]
11:00 ➡️ Exercise - "Seated for Seniors" [CLL] 1:00 🌸 Entertainment: Open Rehearsal w/Anderson Steel [Tent] 2:00 📖 Sunday Afternoon Cranium Crunches [CLDR] 2:30P ★ Sunday Matinee' [CLL] 7:00P 🌺 Sunday Night Movie [CLL]	Labor Day 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] 3:00P 🦋 Afternoon Symphony [CLL] 7:00P 🌺 Monday Evening Movie [CLL]	9:45 🦋 The Morning Symphony [CLL] 11:00 ➡️ Chair Fitness w/ Brenda or Angela [CLCP] 1:00 ★ Afternoon Coloring [CLCR] 2:30 🌸 Entertainment: Midcoast Symphony Orchestra String Quartet [Tent] 3:30 ★ Tech Tuesday [CLCR] 7:00 🌺 Tuesday Evening Movie [CLL]	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 🌺 Ice Cream Sundae Social - Under the Tent [Tent] 3:30 💖 Pet Visit: Jane with Charm & Rainbow [CLCP] 4:00 📖 Wisdom Wednesday [CLL] 7:00P 🌺 Wednesday Evening Movie [CLL]	9:45 🦋 The Morning Symphony [CLL] 10:30 💖 The Daily Chronicle [CLL] 11:00 ➡️ Chair Fitness w/Brenda or Angela [CLCP] 1:00 📖 Afternoon Puzzles [CLC] 1:45P 🦋 Thursday Scenic Ride 3:00P 🦋 Afternoon Symphony [CLL] 3:00P ★ Bingo [CLCR] 7:00P 🌺 Thursday Evening Movie [CLL]	9:45 🦋 The Morning Symphony [CLL] 10:00 ➡️ Fresh Air Stretch with Brenda or Angela [Tent] 10:30 💖 Positive News Friday [CLCR] 11:00 ➡️ Morning Walk w/Abbey [FCE] 11:30 🌺 Cadigan Lodge Community BBQ [Tent] 1:00 📖 Community BINGO [Tent] 3:30 🌸 Afternoon Craft [CLCR] 7:00P 🌺 Friday Evening Movie [CLL]	11:00 ➡️ Exercise - "Seated for Seniors" [CLL] 1:30 📖 Afternoon Trivia [LR] 2:00 ★ Saturday Matinee' [CLL] 7:00P 🌺 Saturday Night Movie [CLL]	
National Assisted Living Week Begins: "National Grandparents Day" 11:00 ➡️ Exercise - "Seated for Seniors" [CLL] 1:00 🌸 Entertainment: Open Rehearsal w/Anderson Steel [Tent] 2:00 📖 Sunday Afternoon Cranium Crunches [CLDR] 2:30P ★ Sunday Matinee' [CLL] 7:00P 🌺 Sunday Night Movie [CLL]	"How We Care for the Environment" 9:45 🦋 The Morning Symphony [CLL] 10:00 ➡️ Fresh Air Stretch with Brenda or Angela [Tent] 10:30 ★ Succulent Planting [CLCR] 11:00 ➡️ Morning Walk w/Abbey & Kaeli [FCE] 11:00 ★ Virtual HRAB Meeting [Zoom] 1:00 🌸 Afternoon Craft: Canvas Bag Decorating [CLCR] 1:45P 🦋 Monday Scenic Ride 3:00P ★ Bingo [CLCR] 3:00 🌺 Community BINGO [Tent] 7:00P 🌺 Monday Evening Movie [CLL]	"How We Care for Ourselves" (Self-Care) 9:45 🦋 The Morning Symphony [CLL] 11:00 ➡️ Chair Fitness w/Brenda or Angela [CLCP] 11:00 🦋 Relaxation Room [CLL] 1:00 🌸 Afternoon Craft: Mandala Coloring [CLCR] 2:30 🌸 Entertainment: Clairnotes [Tent] 3:30 🌺 Smoothie Social [CLCR] 7:00 🌺 Tuesday Evening Movie [CLL]	"How We Care for Our Furry Friends/ Pets" 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] 1:00 ★ Afternoon Baking: Dog Treats [CLCR] 1:45 ★ Wednesday Shopping Trip: Target [L] 3:30 💖 Pet Visit: Jane with Charm & Rainbow [CLCP] 7:00P 🌺 Wednesday Evening Movie [CLL]	"How We Care For Our Schools" 9:45 🦋 The Morning Symphony [CLL] 10:30 💖 The Daily Chronicle [CLL] 11:00 ➡️ Chair Fitness w/Brenda or Angela [CLCP] 1:00 ★ Afternoon Craft: Banner Decorating [CLCR] 1:45P 🦋 Thursday Scenic Ride 3:00P 🦋 Afternoon Symphony [CLL] 3:00P ★ Bingo [CLCR] 7:00P 🌺 Thursday Evening Movie [CLL]	"How We Care for our Community" Rosh Hashanah Begins at Sundown 9:45 🦋 The Morning Symphony [CLL] 10:00 ➡️ Fresh Air Stretch with Brenda or Angela [Tent] 10:30 💖 Positive News Friday [CLCR] 11:00 ➡️ Exercise: "Seated For Seniors" [CLL] 11:00 ➡️ Morning Walk w/Abbey & Kaeli [FCE] 3:30 🌸 Afternoon Craft: Home Sign [CLCR] 7:00P 🌺 Friday Evening Movie [CLL]	"How We Care for Our Home" 11:00 ➡️ Exercise - "Seated for Seniors" [CLL] 1:30 📖 Afternoon Trivia [LR] 2:00 ★ Saturday Matinee' [CLL] 7:00P 🌺 Saturday Night Movie [CLL]	
11:00 ➡️ Exercise - "Seated for Seniors" [CLL] 11:00 🦋 Rosh Hashanah Service [Tent] 1:00 🌸 Entertainment: Open Rehearsal w/Anderson Steel [Tent] 2:00 📖 Sunday Afternoon Cranium Crunches [CLDR] 2:30P ★ Sunday Matinee' [CLL] 4:00 🌸 Open Rehearsal: Old Time Fiddle [Tent] 7:00P 🌺 Sunday Night Movie [CLL]	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]	9:45 🦋 The Morning Symphony [CLL] 11:00 ➡️ Chair Fitness w/ Brenda or Angela [CLCP] 1:00 📖 Afternoon Puzzles [CLCR] 2:30 🌸 Sing Along w/Jim Whitney [Tent] 3:45 🌸 Afternoon Craft: Fall Centerpiece [CLCR] 7:00 🌺 Tuesday Evening Movie [CLL]	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 🌺 Ice Cream Sundae Social - Under the Tent [Tent] 3:30 💖 Pet Visit: Jane with Charm & Rainbow [CLCP] 4:00 📖 Wisdom Wednesday [CLL] 7:00P 🌺 Wednesday Evening Movie [CLL]	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]	9:45 🦋 The Morning Symphony [CLL] 10:00 ➡️ Fresh Air Stretch with Brenda or Angela [Tent] 10:30 💖 Positive News Friday [CLCR] 11:00 ➡️ Exercise: "Seated For Seniors" [CLL] 11:00 ➡️ Morning Walk w/Abbey & Kaeli [FCE] 1:00 📖 Community BINGO [Tent] 3:30 🌸 Afternoon Craft [CLCR] 7:00P 🌺 Friday Evening Movie [CLL]	11:00 ➡️ Exercise - "Seated for Seniors" [CLL] 1:30 📖 Afternoon Trivia [LR] 2:00 ★ Saturday Matinee' [CLL] 2:30 🌸 Entertainment: Open Rehearsal: Midcoast Symphony Orchestra String Musicians [Tent] 7:00P 🌺 Saturday Night Movie [CLL]	
Yom Kippur Begins at Sundown 11:00 ➡️ Exercise - "Seated for Seniors" [CLL] 1:00 🌸 Entertainment: Open Rehearsal w/Anderson Steel [Tent] 2:00 📖 Sunday Afternoon Cranium Crunches [CLDR] 2:30P ★ Sunday Matinee' [CLL] 6:30 🦋 Erev Yom Kippur Service [Tent] 7:00P 🌺 Sunday Night Movie [CLL]	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] 4:00 🦋 Yom Kippur Evening Service [Tent] 7:00P 🌺 Monday Evening Movie [CLL]	9:45 🦋 The Morning Symphony [CLL] 10:30 📖 Morning Puzzles [CLCR] 11:00 ➡️ Chair Fitness w/Brenda or Angela [CLCP] 1:30 🌺 Discuss and Recall: Favorite Fall Activity [CLCR] 2:30 🌸 Writers' Group & Friends Poetry Readings [Tent] 3:45 📖 Afternoon Game: List It [CLCR] 7:00 🌺 Tuesday Evening Movie [CLL]	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 💖 Pet Visit: Jane with Charm & Rainbow [CLCP] 4:00 📖 Wisdom Wednesday [CLL] 7:00P 🌺 Wednesday Evening Movie [CLL]	<div>Location Keys</div> <div>Cadigan Lodge Community Room CLCR Cadigan Lodge Courtyard CLC 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</div> <div> Cognitive Creative Emotional Physical Purposeful Sensory Social Spiritual</div>		