


October 2020

Life Enrichment- Cadigan Lodge

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

 <p>THE HIGHLANDS A GRACE MGMT COMMUNITY</p>		<p>30 Governors Way Topsham, ME 04086 (207) 725-2650</p>		<p>Location Keys</p> <ul style="list-style-type: none"> 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] Under the Tent [Tent] Your Home [Zoom] 		<ul style="list-style-type: none"> Cognitive Creative Emotional Physical Purposeful Sensory Social Spiritual 		<p>9:45 The Morning Symphony [CLL] 1</p> <p>10:30 The Daily Chronicle [CLL]</p> <p>10:45 Chair Fitness w/Brenda or Angela [CLDR]</p> <p>1:00 Afternoon Coloring [CLCR]</p> <p>1:45P Thursday Scenic Ride</p> <p>2:00 Space Pioneer's Show-and-Tell presented by Highlands Resident George Krassner [Tent]</p> <p>3:00P Afternoon Symphony [CLL]</p> <p>3:00P Bingo [CLCR]</p> <p>7:00P Thursday Evening Movie [CLL]</p>		<p>9:45 The Morning Symphony [CLL] 2</p> <p>10:00 Fresh Air Stretch with Brenda or Angela [Tent]</p> <p>10:30 Positive News Friday [CLCR]</p> <p>11:00 Exercise: "Seated For Seniors" [CLL]</p> <p>1:00 Community BINGO [Tent]</p> <p>3:30 Afternoon Craft [CLCR]</p> <p>7:00P Friday Evening Movie [CLL]</p>		<p>10:30 The Andy Griffith Show 60th Anniversary [LR] 3</p> <p>11:00 Exercise - "Seated for Seniors" [CLL]</p> <p>1:30 Afternoon Trivia [LR]</p> <p>2:00 Saturday Matinee' [CLL]</p> <p>7:00P Saturday Night Movie [CLL]</p>	
<p>11:00 Exercise - "Seated for Seniors" [CLL] 4</p> <p>1:00 Entertainment: Open Rehearsal w/Anderson Steel [Tent]</p> <p>2:00 Sunday Afternoon Cranium Crunches [CLDR]</p> <p>2:30P Sunday Matinee' [CLL]</p> <p>7:00P Sunday Night Movie [CLL]</p>		<p>9:45 The Morning Symphony [CLL] 5</p> <p>10:30 The Daily Chronicle [CLL]</p> <p>11:00 Exercise: "Seated For Seniors" [CLL]</p> <p>1:45P Monday Scenic Ride</p> <p>3:00P Afternoon Symphony [CLL]</p> <p>3:00 Community BINGO [Tent]</p> <p>7:00P Monday Evening Movie [CLL]</p>		<p>9:45 The Morning Symphony [CLL] 6</p> <p>10:45 Chair Fitness w/Brenda or Angela [CLDR]</p> <p>1:00 Baking Group: Sugar Cookies [CLCR]</p> <p>2:30 Entertainment w/Ron Bergeron, vocals [Tent]</p> <p>3:45 Afternoon Documentary: Moonlit Plains [CLL]</p> <p>7:00 Tuesday Evening Movie [CLL]</p>		<p>9:45 The Morning Symphony [CLL] 7</p> <p>11:00 Chair Yoga w/ Stacey Fetterman [CLDR]</p> <p>11:00 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom]</p> <p>1:45 Wednesday Shopping Trip: Target [L]</p> <p>3:30 Pet Visit: Jane with Charm & Rainbow [CLCP]</p> <p>4:00 Afternoon Treat Making: Chocolate Covered Pretzels [CLCR]</p> <p>7:00P Wednesday Evening Movie [CLL]</p>		<p>9:45 The Morning Symphony [CLL] 8</p> <p>10:30 The Daily Chronicle [CLL]</p> <p>10:45 Chair Fitness w/Brenda or Angela [CLDR]</p> <p>2:00 Flu Clinic 2:00-4:00pm [CLCR]</p> <p>7:00P Thursday Evening Movie [CLL]</p>		<p>9:45 The Morning Symphony [CLL] 9</p> <p>10:00 Cadigan Lodge Monthly Resident Forum [LR]</p> <p>11:00 Positive News Friday [CLCR]</p> <p>1:00 Community BINGO [Tent]</p> <p>3:30 Afternoon Craft: Sip and Paint [CLCR]</p> <p>7:00P Friday Evening Movie [CLL]</p>		<p>11:00 Exercise - "Seated for Seniors" [CLL] 10</p> <p>1:30 Afternoon Trivia [LR]</p> <p>2:00 Saturday Matinee' [CLL]</p> <p>7:00P Saturday Night Movie [CLL]</p>	
<p>11:00 Exercise - "Seated for Seniors" [CLL] 11</p> <p>1:00 Entertainment: Open Rehearsal w/Anderson Steel [Tent]</p> <p>2:00 Sunday Afternoon Cranium Crunches [CLDR]</p> <p>2:30P Sunday Matinee' [CLL]</p> <p>7:00P Sunday Night Movie [CLL]</p>		<p><i>Columbus Day</i> 12</p> <p>9:45 The Morning Symphony [CLL]</p> <p>10:30 The Daily Chronicle [CLL]</p> <p>11:00 Exercise: "Seated For Seniors" [CLL]</p> <p>11:00 Virtual HRAB Meeting [Zoom]</p> <p>1:45P Monday Scenic Ride: Boothbay Harbor</p> <p>3:00 Community BINGO [Tent]</p> <p>7:00P Monday Evening Movie [CLL]</p>		<p>9:45 The Morning Symphony [CLL] 13</p> <p>10:45 Chair Fitness w/Brenda or Angela [CLDR]</p> <p>1:00 Afternoon Cards [CLCR]</p> <p>2:30 Entertainment w/Dave Stone, piano [Tent]</p> <p>3:30 Afternoon Game: List It [CLCR]</p> <p>7:00 Tuesday Evening Movie [CLL]</p>		<p>9:45 The Morning Symphony [CLL] 14</p> <p>11:00 Chair Yoga w/ Stacey Fetterman [CLDR]</p> <p>11:00 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom]</p> <p>1:45 Wednesday Shopping Trip: Target [L]</p> <p>3:30 Pet Visit: Jane with Charm & Rainbow [CLCP]</p> <p>3:45 Afternoon Craft: Purple Ribbon Making [CLCR]</p> <p>7:00P Wednesday Evening Movie [CLL]</p>		<p>9:45 The Morning Symphony [CLL] 15</p> <p>10:30 The Daily Chronicle [CLL]</p> <p>10:45 Chair Fitness w/Brenda or Angela [CLDR]</p> <p>1:00 I Love Lucy Day [CLL]</p> <p>1:45P Thursday Scenic Ride</p> <p>3:00P Afternoon Symphony [CLL]</p> <p>3:00P Bingo [CLCR]</p> <p>7:00P Thursday Evening Movie [CLL]</p>		<p>9:45 The Morning Symphony [CLL] 16</p> <p>10:30 Positive News Friday [CLCR]</p> <p>11:00 Exercise: "Seated For Seniors" [CLL]</p> <p>1:00 Community BINGO [Tent]</p> <p>3:30 Afternoon Craft: Halloween Door Decoration [CLCR]</p> <p>7:00P Friday Evening Movie [CLL]</p>		<p>9:00 Walk to End Alzheimer's [Tent] 17</p> <p>11:00 Exercise - "Seated for Seniors" [CLL]</p> <p>1:30 Afternoon Trivia [LR]</p> <p>2:00 Saturday Matinee' [CLL]</p> <p>7:00P Saturday Night Movie [CLL]</p>	
<p>11:00 Exercise - "Seated for Seniors" [CLL] 18</p> <p>1:00 Entertainment: Open Rehearsal w/Anderson Steel [Tent]</p> <p>2:00 Sunday Afternoon Cranium Crunches [CLDR]</p> <p>2:30P Sunday Matinee' [CLL]</p> <p>7:00P Sunday Night Movie [CLL]</p>		<p>9:45 The Morning Symphony [CLL] 19</p> <p>10:30 The Daily Chronicle [CLL]</p> <p>11:00 Exercise: "Seated For Seniors" [CLL]</p> <p>1:00 National Doughnut Day [CLCR]</p> <p>1:45P Monday Scenic Ride</p> <p>3:00P Afternoon Symphony [CLL]</p> <p>3:00P Bingo [CLCR]</p> <p>7:00P Monday Evening Movie [CLL]</p>		<p>9:45 The Morning Symphony [CLL] 20</p> <p>10:45 Chair Fitness w/Brenda or Angela [CLDR]</p> <p>1:30 Afternoon Documentary: [CLL]</p> <p>3:30 Afternoon Dominoes [CLCR]</p> <p>7:00 Tuesday Evening Movie [CLL]</p>		<p>9:45 The Morning Symphony [CLL] 21</p> <p>11:00 Chair Yoga w/ Stacey Fetterman [CLDR]</p> <p>11:00 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom]</p> <p>1:45 Wednesday Shopping Trip: Target [L]</p> <p>3:30 Pet Visit: Jane with Charm & Rainbow [CLCP]</p> <p>4:00 Wisdom Wednesday [CLL]</p> <p>7:00P Wednesday Evening Movie [CLL]</p>		<p>9:45 The Morning Symphony [CLL] 22</p> <p>10:30 The Daily Chronicle [CLL]</p> <p>10:45 Chair Fitness w/Brenda or Angela [CLDR]</p> <p>1:00 Afternoon Coloring [CLCR]</p> <p>1:45P Thursday Scenic Ride</p> <p>3:00P Afternoon Symphony [CLL]</p> <p>3:00P Bingo [CLCR]</p> <p>7:00P Thursday Evening Movie [CLL]</p>		<p>9:45 The Morning Symphony [CLL] 23</p> <p>10:30 Positive News Friday [CLCR]</p> <p>11:00 Exercise: "Seated For Seniors" [CLL]</p> <p>2:00 Afternoon Documentary: [CLL]</p> <p>3:30 Afternoon Craft: Pumpkin Painting [CLCR]</p> <p>7:00P Friday Evening Movie [CLL]</p>		<p>11:00 Exercise - "Seated for Seniors" [CLL] 24</p> <p>1:30 Afternoon Trivia [LR]</p> <p>2:00 Saturday Matinee' [CLL]</p> <p>7:00P Saturday Night Movie [CLL]</p>	
<p>11:00 Exercise - "Seated for Seniors" [CLL] 25</p> <p>2:00 Sunday Afternoon Cranium Crunches [CLDR]</p> <p>2:30P Sunday Matinee' [CLL]</p> <p>7:00P Sunday Night Movie [CLL]</p>		<p>9:45 The Morning Symphony [CLL] 26</p> <p>10:30 The Daily Chronicle [CLL]</p> <p>11:00 Exercise: "Seated For Seniors" [CLL]</p> <p>1:45P Monday Scenic Ride</p> <p>3:00P Afternoon Symphony [CLL]</p> <p>3:00P Bingo [CLCR]</p> <p>7:00P Monday Evening Movie [CLL]</p>		<p>9:45 The Morning Symphony [CLL] 27</p> <p>10:45 Chair Fitness w/Brenda or Angela [CLDR]</p> <p>1:30 Afternoon Documentary: Super Sub USS Submarines [CLL]</p> <p>3:30 Afternoon Cards [CLCR]</p> <p>7:00 Tuesday Evening Movie [CLL]</p>		<p>9:45 The Morning Symphony [CLL] 28</p> <p>11:00 Chair Yoga w/ Stacey Fetterman [CLDR]</p> <p>11:00 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom]</p> <p>1:45 Wednesday Shopping Trip: Target [L]</p> <p>3:30 Pet Visit: Jane with Charm & Rainbow [CLCP]</p> <p>4:00 Wisdom Wednesday [CLL]</p> <p>7:00P Wednesday Evening Movie [CLL]</p>		<p>9:45 The Morning Symphony [CLL] 29</p> <p>10:30 The Daily Chronicle [CLL]</p> <p>10:45 Chair Fitness w/Brenda or Angela [CLDR]</p> <p>1:45P Thursday Scenic Ride</p> <p>3:00P Afternoon Symphony [CLL]</p> <p>3:00P Bingo [CLCR]</p> <p>7:00P Thursday Evening Movie [CLL]</p>		<p>9:45 The Morning Symphony [CLL] 30</p> <p>10:30 Positive News Friday [CLCR]</p> <p>11:00 Exercise: "Seated For Seniors" [CLL]</p> <p>3:30 Afternoon Craft: [CLCR]</p> <p>7:00P Friday Evening Movie [CLL]</p>		<p><i>Halloween</i> 31</p> <p>11:00 Exercise - "Seated for Seniors" [CLL]</p> <p>1:30 Afternoon Trivia [LR]</p> <p>2:00 Saturday Matinee' [CLL]</p> <p>7:00P Saturday Night Movie [CLL]</p>	