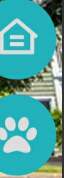




THE HIGHLANDS
A GRACE MGMT COMMUNITY

NOVEMBER 2020

30 Governors Way
Topsham, Maine 04086
207-725-2650
www.HighlandsRc.com



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1	Daylight Saving Ends	2		3	Election Day	4		5		6		7	
PY CO	11:00 Exercise Video-CLL 2:00 Cranium Crunches-CLDR	SP CO	9:45 Morning Symphony-CLL 10:30 Welcome to November-CLL	SP PY CO	9:45 Morning Symphony-CLL 10:45 Chair Fitness Class-CLDR 2:30 81st Anniversary of the Wizard of Oz -CLCR	SP PY CO	9:45 Morning Symphony-CLL 11:00 Chair Yoga w/Stacy-CLDR 11:00 Mid-Week Inspiration w/Bob Beringer- CLCR	SP CO PY	9:45 Morning Symphony-CLL 10:30 Nat King Cole Milestone Day - CLL 10:45 Chair Fitness Class-CLDR	SP CO PY	9:45 Morning Symphony-CLL 10:30 Positive News-CLCR 11:00 Exercise Video-CLL	PY CO PR SE	11:00 Exercise Video-CLL 1:30 Afternoon Trivia-LR 2:00 Saturday Matinee'- CLL 7:00 Evening Movie- CLL
E SE	2:30 Sunday Matinee'- CLL 7:00 Evening Movie- CLL	SP SP SP PR SE	11:00 Exercise Video-CLL 1:45 Scenic Ride- L 3:00 Afternoon Symphony -CLL 3:00 Bingo- CLCR 7:00 Evening Movie- CLL	SP CO SE	3:15 Irish Music w/Trudy Callaghan, guitar & vocals-CLDR 7:00 Evening Movie- CLL	PR E SE	1:45 Shopping Trip:Target- L 3:30 Pet Visit w/Charm & Rainbow - LR 6:30 Opera/Musical - CLL	SP SP PR SE	1:45 Scenic Ride- L 3:00 Afternoon Symphony -CLL 3:00 Bingo- CLCR 7:00 Evening Movie- CLL	CR SE	3:00 Music & Movement w/Celia-CLDR 3:30 Afternoon Craft: -CLCR 7:00 Evening Movie- CLL		
8		9		10		11	Veterans Day	12		13		14	
PY CO	11:00 Exercise Video-CLL 2:00 Cranium Crunches-CLDR	SP CO	9:45 Morning Symphony-CLL 10:30 Healthy Food Facts -CLL	SP PY CO	9:45 Morning Symphony-CLL 10:45 Chair Fitness Class-CLDR 2:00 Famous Veterans - Who Am I? -CLL	SP PR PY	9:45 Morning Symphony-CLL 10:00 Monthly Resident's Forum- LR 11:00 Chair Yoga w/Stacy-CLDR	SP CO PY	9:45 Morning Symphony-CLL 10:30 Daily Chronicle - CLL 10:45 Chair Fitness Class-CLDR	SP SP PR SO SE	9:45 Morning Symphony-CLL 10:30 Positive News-CLCR 11:00 Exercise Video-CLL	PY CO PR SE	11:00 Exercise Video-CLL 1:30 Afternoon Trivia-LR 2:00 Saturday Matinee'- CLL 7:00 Evening Movie- CLL
E SE	2:30 Sunday Matinee'- CLL 7:00 Evening Movie- CLL	SP SP SP PR SE	11:00 Exercise Video-CLL 1:45 Scenic Ride- L 3:00 Afternoon Symphony -CLL 3:00 Bingo- CLCR 7:00 Evening Movie- CLL	SP CO SE	3:15 Entertainment w/Will Ogmundson, piano-CLDR 7:00 Evening Movie- CLL	PR E SE	11:00 Mid-Week Inspiration w/Bob Beringer- CLCR 1:45 Shopping Trip:Target- L 3:30 Honoring Our Veterans- LR 6:30 Opera/Musical - CLL	SP SP PR SO SE	1:45 Scenic Ride- L 3:00 Afternoon Symphony -CLL 3:00 Bingo- CLCR 3:45 Afternoon Mocktails 7:00 Evening Movie- CLL	SO CR SE	3:00 Music & Movement w/Celia-CLDR 3:30 Remembering Songs About Gratitude - CLCR 3:30 Afternoon Craft: -CLCR 7:00 Evening Movie- CLL		
15		16		17		18		19		20		21	
PY CO	11:00 Exercise Video-CLL 2:00 Cranium Crunches-CLDR	SP CO	9:45 Morning Symphony-CLL 10:30 Aviation History - CLL	SP PY PR	9:45 Morning Symphony-CLL 10:45 Chair Fitness Class-CLDR 2:00 Afternoon Tea & Cookies - CLCR	SP PY SP PR E SE	9:45 Morning Symphony-CLL 11:00 Chair Yoga w/Stacy-CLDR 11:00 Mid-Week Inspiration w/Bob Beringer- CLCR	SP CO PY	9:45 Morning Symphony-CLL 10:30 Daily Chronicle - CLL 10:45 Chair Fitness Class-CLDR	SP SP PR SE	9:45 Morning Symphony-CLL 10:30 Positive News-CLCR 11:00 Exercise Video-CLL	PY CO PR SE	11:00 Exercise Video-CLL 1:30 Afternoon Trivia-LR 2:00 Saturday Matinee'- CLL 7:00 Evening Movie- CLL
E SE	2:30 Sunday Matinee'- CLL 7:00 Evening Movie- CLL	SP SP SP PR SE	11:00 Exercise Video-CLL 1:45 Scenic Ride- L 3:00 Afternoon Symphony -CLL 3:00 Bingo- CLCR 7:00 Evening Movie- CLL	SE	7:00 Evening Movie- CLL	PR E SE	1:45 Shopping Trip:Target- L 3:30 Pet Visit w/Charm & Rainbow - LR 6:30 Opera/Musical - CLL	SP SP PR SE	1:45 Scenic Ride- L 3:00 Afternoon Symphony -CLL 3:00 Bingo- CLCR 7:00 Evening Movie- CLL	SE	3:00 Music & Movement w/Celia-CLDR 3:30 Entertainment with Sally Davis, jazz piano & vocals-CLDR 7:00 Evening Movie- CLL		

Events are Subject to Change.

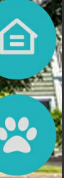


THE HIGHLANDS
A GRACE MGMT COMMUNITY

NOVEMBER 2020

Life Enrichment - Cadigan Lodge

30 Governors Way
Topsham, Maine 04086
207-725-2650
www.HighlandsRc.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>22</p> <p>PY 11:00 Exercise Video-CLL CC 2:00 Cranium Crunches-CLDR E 2:30 Sunday Matinee'- CLL SE 7:00 Evening Movie- CLL</p>	<p>23</p> <p>SP 9:45 Morning Symphony-CLL CC 10:30 Inspiring People in History - CLL PY 11:00 Exercise Video-CLL SP 1:45 Scenic Ride- L SP 3:00 Afternoon Symphony - CLL PR 3:00 Bingo- CLCR SE 7:00 Evening Movie- CLL</p>	<p>24</p> <p>SP 9:45 Morning Symphony-CLL PY 10:45 Chair Fitness Class-CLDR SO 2:00 Favorite Thanksgiving Traditions - CLL SE 7:00 Evening Movie- CLL</p>	<p>25</p> <p>SP 9:45 Morning Symphony-CLL PY 11:00 Chair Yoga w/Stacy-CLDR SP 11:00 Mid-Week Inspiration w/Bob Beringer- CLCR PR 1:45 Shopping Trip:Target- L E 3:30 Pet Visit w/Charm & Rainbow - LR SE 6:30 Opera/Musical - CLL</p>	<p>26 Thanksgiving</p> <p>SP 9:45 Morning Symphony-CLL PR 2:00 Travelogue - CLL SP 3:00 Afternoon Symphony - CLL SE 7:00 Evening Movie- CLL</p>	<p>27</p> <p>SP 9:45 Morning Symphony-CLL E 10:30 Positive News-CLCR PY 11:00 Exercise Video-CLL CC 2:00 Travelogue-CLL PY 3:00 Music & Movement w/Celia-CLDR SE 7:00 Evening Movie- CLL</p>	<p>28</p> <p>PY 11:00 Exercise Video-CLL CC 1:30 Afternoon Trivia-LR PR 2:00 Saturday Matinee'- CLL SE 7:00 Evening Movie- CLL</p>
<p>29</p> <p>PY 11:00 Exercise Video-CLL CC 2:00 Cranium Crunches-CLDR E 2:30 Sunday Matinee'- CLL SE 7:00 Evening Movie- CLL</p>	<p>30</p> <p>SP 9:45 Morning Symphony-CLL CC 10:30 Daily Chronicle - CLL PY 11:00 Exercise Video-CLL SP 1:45 Scenic Ride- L SP 3:00 Afternoon Symphony - CLL PR 3:00 Bingo- CLCR SE 7:00 Evening Movie- CLL</p>	<p>Location Keys: Cadigan Lodge Community Room-CLCR Cadigan Lodge Dining Room-CLDR Cadigan Lodge Library- CLL Cadigan Lodge Living Room- LR Cadigan Lodge Private Dining Room- CLPD Departs from Lobby- L Your Home- Zoom</p>	<p>CC - Cognitive CR - Creative E - Emotional PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual</p>	<p>November Birthday's: Samuel A. 14th Angela A. 15th</p>	<p>November is the month to remind us to be thankful for the many positive things happening in our lives.</p>	

Events are Subject to Change.