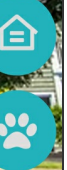




THE HIGHLANDS
A GRACE MGMT COMMUNITY

JANUARY 2021

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>1 New Year's Day 2</p> <p>SP 9:45 Morning Symphony-CLL PY 11:00 Exercise Video-CLL CC 2:00 Travelogue-CLL SE 7:00 Evening Movie- CLL</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>3</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>4</p> <p>SP 9:45 Morning Symphony-CLL CC 10:30 Welcome to January -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>5</p> <p>SP 9:45 Morning Symphony-CLL CC 10:30 National Bird Day -CLCR PY 11:00 Chair Fitness Video-CLDR SE 2:00 Virtual Tuesday @ 2: A Massachusetts Road Trip From the Cape to the Berkshires w/Michael Perry - Z&M SO 3:00 Board Games - CLCR E 4:00 Cute Baby Videos - CLL SE 7:00 Evening Movie- CLL</p>	<p>6</p> <p>SP 9:45 Morning Symphony-CLL CC 10:30 Fossil News - CLCR SP 11:00 Mid-Week Inspiration w/Bob Beringer- CLL CC 1:45 Wheel of Fortune - CLL SE 3:00 Apple Treats - CLCR SE 6:30 Opera/Musical - CLL</p>	<p>7</p> <p>SP 9:45 Morning Symphony-CLL CC 10:30 Daily Chronicle - CLL PY 11:00 Chair Fitness Video-CLDR 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>8</p> <p>SP 9:45 Morning Symphony-CLL E 10:30 Futuristic Friday-CLCR PY 11:00 Exercise Video-CLL CC 2:00 Travelogue-CLL CC 2:30 UNO - CLCR CR 3:30 Afternoon Craft: -CLCR SE 7:00 Evening Movie- CLL</p>	<p>9</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>10</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>11</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>12</p> <p>SP 9:45 Morning Symphony-CLL SO 10:30 Ice Cream Facts -CLCR PY 11:00 Chair Fitness Video-CLL E 2:00 Funny Dog Videos -CLL SE 2:00 Virtual Concert: Clare Longendyke, pianist presents, "Clare's Piano Favorites"- Special Invitation & M SE 2:30 Ice Cream Social -</p>	<p>13</p> <p>SP 9:45 Morning Symphony-CLL SO 10:30 First Radio Broadcast SP 11:00 Mid-Week Inspiration w/Bob Beringer- CLL PY 2:00 Exercise Video - CLL PR 2:30 Sing-A-Long with Kaitlyn - CLDR CC 3:30 History Lesson Video -CLL SE 6:30 Opera/Musical - CLL</p>	<p>14</p> <p>SP 9:45 Morning Symphony-CLL CC 10:30 First Written Constitution - CLCR PY 11:00 Chair Fitness Video-CLDR 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>15</p> <p>SP 9:45 Morning Symphony-CLL E 10:30 Pentagon Anniversary-CLCR PY 11:00 Exercise Video-CLL CC 2:00 Travelogue-CLL CR 3:30 Card Games -CLCR SE 7:00 Evening Movie- CLL</p>	<p>16</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>

Events are Subject to Change.

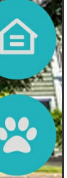


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Cadigan Lodge Activity Calendar

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17</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>18 Martin Luther King Day</p> <p>SP 9:45 Morning Symphony-CLL CC 10:30 Civil Rights Movement -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>19</p> <p>SP 9:45 Morning Symphony-CLL SE 10:30 Poetry Reading - CLL CR 11:00 Gardening indoors-CLDR CC 2:00 How It's Made - CLL PY 3:00 Cornhole Challenge -CLLR SE 7:00 Evening Movie- CLL</p>	<p>20 Inauguration Day</p> <p>SP 9:45 Morning Symphony-CLL CC 10:30 Jeeps - CLCR SP 11:00 Mid-Week Inspiration w/Bob Beringer- CLL CR 2:00 Penguin Awareness -CLCR SE 3:30 Cheese Tastings SE 6:30 Opera/Musical - CLL</p>	<p>21</p> <p>SP 9:45 Morning Symphony-CLL CC 10:30 First Medical Publication - CLL PY 10:45 Chair Fitness Class-CLDR 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>22</p> <p>SP 9:45 Morning Symphony-CLL E 10:30 Compliments Day-CLCR PY 11:00 Exercise Video-CLL CC 2:00 Travelogue-CLL PY 3:00 Yoga with Kaitlyn -CLL CR 3:30 No Mess Painting -CLCR SE 7:00 Evening Movie- CLL</p>	<p>23</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>24</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>25</p> <p>SP 9:45 Morning Symphony-CLL CC 10:30 History of Marshmallows - 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>26</p> <p>SP 9:45 Morning Symphony-CLL CC 10:30 Tea & Trivia - CLCR PY 11:00 Chair Fitness Video-CLL E 1:45 Phantom of The Opera -CLCR SE 7:00 Evening Movie- CLL</p>	<p>27</p> <p>SP 9:45 Morning Symphony-CLL CR 10:30 Rocky Mountain National Park - CLL SP 11:00 Mid-Week Inspiration w/Bob Beringer- CLL CC 2:00 Ted Talk - CLL SE 3:00 Wintertime Memories & Cocoa - CLCR SE 6:30 Opera/Musical - CLL</p>	<p>28</p> <p>SP 9:45 Morning Symphony-CLL CC 10:30 History of Pancakes -CLL PY 10:45 Chair Fitness Class-CLDR 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>29</p> <p>SP 9:45 Morning Symphony-CLL E 10:30 Group Puzzles-CLCR PY 11:00 Exercise Video-CLL CC 2:00 Travelogue-CLL PY 3:00 Yoga with Kaitlyn - CLL CR 3:30 Adult Coloring -CLCR SE 7:00 Evening Movie- CLL</p>	<p>30</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>31</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>January Birthdays: January 3rd: Remi St. Onge</p>	<p>"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day." —Edith Lovejoy Pierce</p>

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