



THE HIGHLANDS
CADIGAN LODGE
A GRACE MGMT COMMUNITY

MAY 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 CF - Creative E - Emotional I - Intergenerational PY - Physical PF - Purposeful SE - Sensory SC - Social SP - Spiritual</p>						<p>1 May Day</p> <p>PY 11:00 Exercise Video - CLL CC 1:30 Afternoon Trivia-LR SE 2:30 Saturday Matinee'- CLL SE 7:00 "Rush"- CLL</p>
<p>2</p> <p>PY 11:00 Exercise Video - CLL CC 2:00 Afternoon Word Puzzles- CLDR SE 2:30 Sunday Matinee'- CLL SE 7:00 Evening Movie- CLL</p>	<p>3</p> <p>SP 9:30 Morning Symphony- CLL PR 10:30 Activities Forum With Kaitlyn & Sharon - CLLR PR 11:00 Short Stories with Bill Sayres - CLLR SE 1:45 Scenic Ride- L CC 3:00 Bingo- CLCR SE 7:00 Evening Movie- CLL</p>	<p>4</p> <p>SO 10:00 Coffee and Tea Chat - CLLR E 10:30 1940's Music with Kaitlyn - CLL PY 11:00 Chair Fitness Class with Brenda & Angela- CLDR CR 2:00 Afternoon Art - CLCR PR 3:30 Sapphire Lane Acoustic Duo - CLDR SE 7:00 Evening Movie- CLL</p>	<p>5 Cinco de Mayo</p> <p>E 9:30 Morning Symphony- CLL PR 10:15 Gardening Committee - CLLR SP 11:00 Mid-Week Inspiration w/Bob Beringer- CLL PR 1:40 Shopping Trip: Target - Lobby SO 3:30 Cinco de Mayo Social - CLCR SE 6:30 Opera/Musical - CLL</p>	<p>6</p> <p>SO 10:00 Morning Connection - CLLR CC 10:30 Poetry With Ethan - CLL PY 11:00 Chair Fitness Class with Brenda & Angela- CLDR SE 1:45 Scenic Ride- L CC 3:00 Bingo- CLCR SO 4:00 Mocktails - CLLR SE 7:00 Evening Movie- CLL</p>	<p>7</p> <p>E 9:30 Morning Symphony- CLL E 10:30 Positive News- CLCR I 11:00 Baby Videos - CLL PY 1:45 Afternoon Walk with Kaitlyn CC 3:15 Afternoon Games - CLCR SE 7:00 Evening Movie- CLL</p>	<p>8</p> <p>PY 11:00 Exercise Video - CLL CC 1:30 Afternoon Trivia-LR SE 2:30 Saturday Matinee'- CLL SE 7:00 Evening Movie- CLL</p>
<p>9 Mother's Day</p> <p>PY 11:00 Exercise Video - CLL CC 2:00 Afternoon Word Puzzles- CLDR SE 2:30 Sunday Matinee'- CLL SE 7:00 Evening Movie- CLL</p>	<p>10</p> <p>E 9:30 Morning Symphony- CLL PY 10:30 Exercise with Kaitlyn - CLDR PR 11:00 HRAB Meeting - CLL CC 11:00 Short Stories with Bill Sayres - CLLR SE 1:45 Scenic Ride- L CC 3:00 Bingo- CLCR SE 7:00 Evening Movie- CLL</p>	<p>11</p> <p>SO 10:00 Coffee and Tea Chat - CLLR CC 10:30 Remembering a Moment in History - CLLR PY 11:00 Chair Fitness Class with Brenda & Angela- CLDR PR 11:00 From Rockland to Rangeley and OOB to Orono: A Maine Roadtrip w/Michael Perry - CLL PR 2:30 Book Launch:</p>	<p>12</p> <p>E 9:30 Morning Symphony- CLL SP 10:00 Bob Beringer: Live Service - CLDR SP 11:00 Mid-Week Inspiration w/Bob Beringer- CLL SO 3:30 Apple Crisp - CLCR E 6:30 Opera/Musical - CLL</p>	<p>13</p> <p>PR 9:30 Cadigan Lodge Open House Brunch SO 10:00 Morning Connection - CLLR PR 10:30 Library Trip - LOBBY CC 10:30 Poetry With Ethan - CLLR PY 11:00 Chair Fitness Class with Brenda & Angela- CLDR SE 1:45 Scenic Ride- L CC 3:00 Bingo- CLCR</p>	<p>14</p> <p>E 9:30 Morning Symphony- CLL E 10:30 Positive News- CLCR PR 11:00 Friday Lunch Bunch - LOBBY PY 1:45 Afternoon Walk with Kaitlyn SE 2:00 Travelogue-CLL CR 3:30 Knitting Club - CLLR SE 7:00 Evening Movie- CLL</p>	<p>15 Armed Forces Day</p> <p>PY 11:00 Exercise Video - CLL CC 1:30 Afternoon Trivia-LR SE 2:30 Saturday Matinee'- CLL SE 7:00 Evening Movie- CLL</p>

Events are Subject to Change.

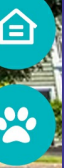


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Cadigan Lodge Activity Calendar

30 Governors Way
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16</p> <p>PY 11:00 Exercise Video - CLL</p> <p>CC 2:00 Afternoon Word Puzzles- CLDR</p> <p>SE 2:30 Sunday Matinee'- CLL</p> <p>SE 7:00 Evening Movie- CLL</p>	<p>17</p> <p>E 9:30 Morning Symphony- CLL</p> <p>PY 10:30 Exercise with Kaitlyn - CLL</p> <p>CC 11:00 Short Stories with Bill Sayres - CLLR</p> <p>SE 1:45 Scenic Ride- L</p> <p>CC 3:00 Bingo- CLCR</p> <p>SE 7:00 Evening Movie- CLL</p>	<p>18</p> <p>SO 10:00 Coffee and Tea Chat - CLLR</p> <p>SE 10:30 Morning Doughnuts - CLLR</p> <p>PY 11:00 Chair Fitness Class with Brenda & Angela- CLDR</p> <p>PR 2:30 Sing-Along with Flash Allen - TENT</p> <p>CR 3:30 Flower Arranging - CLCR</p> <p>SE 7:00 Evening Movie- CLL</p>	<p>19</p> <p>E 9:30 Morning Symphony- CLL</p> <p>PR 10:30 Gardening Committee - CLLR</p> <p>SP 11:00 Mid-Week Inspiration w/Bob Beringer- CLL</p> <p>PR 1:40 Shopping Trip: Target - Lobby</p> <p>CR 2:30 Highlands Residents Art Exhibit - Tent</p> <p>E 3:30 Dale Kneeland: Guitar - CLDR</p>	<p>20</p> <p>SO 10:00 Morning Connection - CLLR</p> <p>CC 10:30 Poetry with Ethan - CLLR</p> <p>PY 11:00 Chair Fitness Class with Brenda & Angela- CLDR</p> <p>SE 1:45 Scenic Ride- L</p> <p>PY 3:00 Bean Bag Toss w/ Friendship Cove - Courtyard</p> <p>SO 4:00 Mocktails - CLLR</p> <p>SE 7:00 Evening Movie- CLL</p>	<p>21</p> <p>E 9:30 Morning Symphony- CLL</p> <p>E 10:30 Positive News- CLCR</p> <p>PY 11:00 Morning Walk - LOBBY</p> <p>CC 1:30 Group Bingo - TENT</p> <p>SE 2:00 Travelogue-CLL</p> <p>CR 3:30 Knitting Club - CLLR</p> <p>SE 7:00 Evening Movie- CLL</p>	<p>22</p> <p>PY 11:00 Exercise Video - CLL</p> <p>CC 1:30 Afternoon Trivia-LR</p> <p>SE 2:30 Saturday Matinee'- CLL</p> <p>SE 7:00 Evening Movie- CLL</p>
<p>23</p> <p>PY 11:00 Exercise Video - CLL</p> <p>CC 2:00 Afternoon Word Puzzles- CLDR</p> <p>SE 2:30 Sunday Matinee'- CLL</p> <p>SE 7:00 Evening Movie- CLL</p>	<p>24</p> <p>E 9:30 Morning Symphony- CLL</p> <p>PY 10:30 Exercise Class with Kaitlyn- CLL</p> <p>CC 11:00 Short Stories with Bill Sayres - CLLR</p> <p>SE 1:45 Scenic Ride- L</p> <p>CC 3:00 Bingo- CLCR</p> <p>SE 7:00 Evening Movie- CLL</p>	<p>25</p> <p>SO 10:00 Coffee and Tea Chat - CLLR</p> <p>CC 10:30 Music Moment: Bob Dylan - CLLR</p> <p>PY 11:00 Chair Fitness Class with Brenda & Angela- CLDR</p> <p>PR 2:30 Dave Stone: Piano - TENT</p> <p>CR 3:30 Afternoon Art - CLCR</p> <p>SE 7:00 Evening Movie- CLL</p>	<p>26</p> <p>E 9:30 Morning Symphony- CLL</p> <p>PR 10:30 Gardening Committee - CLLR</p> <p>SP 11:00 Mid-Week Inspiration w/Bob Beringer- CLL</p> <p>PR 1:40 Shopping Trip: Target - Lobby</p> <p>SO 3:30 Cheesy Bread Stick Social - CLCR</p> <p>E 6:30 Opera/Musical - CLL</p>	<p>27</p> <p>SO 10:00 Morning Connection - CLLR</p> <p>PR 10:30 Library Trip - LOBBY</p> <p>CC 10:30 Poetry With Ethan - CLLR</p> <p>PY 11:00 Chair Fitness Class with Brenda & Angela- CLDR</p> <p>SE 1:45 Scenic Ride- L</p> <p>PR 3:00 Baby Animal Trivia - CLCR</p> <p>SE 7:00 Evening Movie- CLL</p>	<p>28</p> <p>E 9:30 Morning Symphony- CLL</p> <p>E 10:30 Positive News- CLCR</p> <p>PY 11:00 Exercise Video - CLL</p> <p>CC 1:30 Group Bingo - TENT</p> <p>CC 2:00 Travelogue-CLL</p> <p>CR 3:30 Knitting Club - CLLR</p> <p>SE 7:00 Evening Movie- CLL</p>	<p>29</p> <p>PY 11:00 Exercise Video - CLL</p> <p>CC 1:30 Afternoon Trivia-LR</p> <p>SE 2:30 Saturday Matinee'- CLL</p> <p>SE 7:00 Evening Movie- CLL</p>
<p>30</p> <p>PY 11:00 Exercise Video - CLL</p> <p>CC 2:00 Afternoon Word Puzzles- CLDR</p> <p>SE 2:30 Sunday Matinee'- CLL</p> <p>SE 7:00 Evening Movie- CLL</p>	<p>31 Memorial Day</p> <p>E 9:30 Morning Symphony- CLL</p> <p>PY 10:30 Exercise Video - CLL</p> <p>CC 11:00 Short Stories with Bill Sayres - CLLR</p> <p>E 2:00 Afternoon Movie</p> <p>CC 3:00 Bingo- CLCR</p> <p>SE 7:00 Evening Movie- CLL</p>				<p>"I can't change the direction of the wind, but I can adjust my sails to always reach my destination." - Jimmy Dean</p>	

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