THE HIGHLANDS
CADIGAN LODGE
A GRACE MGMT COMMUNITY

JUNE 2021

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 Under Community Tent - TENT	CO - Cognitive CR - Creative E - Emotional I - Intergenerational PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual	**1** PY **11:00** Chair Exercise Video - CLL SE **2:30** Tuesday @ 2:30: Mama' Beth Revels, Bluegrass - Tent CO **3:30** Dominos - CLCR SE **7:00** Evening Movie- CLL	**2** E **9:30** Morning Symphony- CLL SP **11:00** Mid-Week Inspiration w/Bob Beringer- CLL SE **2:00** Travelogue - CLL CO **3:00** Afternoon Puzzles - CLCR E **7:00** "Musical/Opera" - CLL	**3** SE **10:00** Morning Connection - CLLR CO **10:30** All about June - CLL PY **11:00** Chair Fitness Class with Brenda & Angela- CLDR SE **1:30** Scenic Ride- L SO **3:00** Ice Cream Sundae Social - Tent SE **7:00** Evening Movie- CLL	**4** E **9:30** Morning Symphony- CLL CO **10:30** Poetry With Ethan - CLL CO **1:30** Community BINGO - TENT CO **2:30** Travelogue - CLL SO **3:30** Getting to Know Your Neighbors - CLCR SE **7:00** Evening Movie- CLL	**5** PY **11:00** Exercise Video - CLL CO **1:30** Afternoon Trivia-LR SE **2:30** Saturday Matinee'- CLL SE **7:00** Evening Movie- CLL
6 PY **11:00** Exercise Video - CLL SE **12:00** Open Rehearsal: Anderson Steel - Tent CO **2:00** Afternoon Word Puzzles- CLDR SE **2:30** Sunday Matinee'- CLL SE **7:00** Evening Movie- CLL	**7** E **9:30** Morning Symphony- CLL PY **10:30** Gone Fishing - CLLR CO **11:00** Short Stories with Bill Sayres - CLLR SE **1:30** Scenic Ride- L CO **3:00** Bingo - CLCR SE **7:00** Evening Movie- CLL	**8** SO **10:00** Coffee and Tea Chat - CLLR CO **10:30** Discuss and Recall: Maine's Saltwater Creatures - CLL PY **11:00** Chair Fitness Class with Brenda & Angela- CLDR PR **2:00** Plant the Garden - Courtyard CO **3:30** Afternoon Games - CLCR SE **7:00** Evening Movie- CLL	**9** E **9:30** Morning Symphony- CLL SP **10:00** Bob Beringer: Live Service - CLDR PR **10:30** Gardening Commitee - CLLR SP **11:00** Mid-Week Inspiration w/Bob Beringer- CLL PR **1:40** Shopping Trip: Target - Lobby SE **2:30** Open Rehearsal: Uncalled Four - Tent SO **3:30** Virtual Jamaican Vacation - CLCR	**10** SE **10:00** Morning Connection - CLLR CO **10:30** Group Puzzles - CLL PR **10:30** Library Trip - LOBBY PY **11:00** Chair Fitness Class with Brenda & Angela- CLDR SE **1:30** Scenic Ride- L PY **3:30** Cornhole With Friendship Cove - Courtyard SO **4:00** Mocktails - CLLR SE **7:00** Evening Movie- CLL	**11** E **9:30** Morning Symphony- CLL CO **10:30** Poetry With Ethan - CLL PY **11:00** Morning Walk with Kaitlyn & Abbey - Lobby CO **1:30** Community BINGO - TENT CO **3:30** Spelling Bee with Friendship Cove - CLDR SE **7:00** Evening Movie- CLL	**12** PY **11:00** Exercise Video - CLL CO **1:30** Afternoon Trivia-LR SE **2:30** Saturday Matinee'- CLL SE **7:00** Evening Movie- CLL
13 PY **11:00** Exercise Video - CLL SE **12:00** Open Rehearsal: Anderson Steel - Tent CO **2:00** Afternoon Word Puzzles- CLDR SE **2:30** Sunday Matinee'- CLL SE **7:00** Evening Movie- CLL	**14** Flag Day E **9:30** Morning Symphony- CLL CO **10:30** Moments in History: U.S Army - CLL CO **11:00** Short Stories with Bill Sayres - CLLR SE **1:30** Scenic Ride- L CO **3:00** Bingo - CLCR SE **7:00** Evening Movie- CLL	**15** SO **10:00** Coffee and Tea Chat - CLLR CR **10:30** Adult Coloring - CLCR PY **11:00** Chair Fitness Class with Brenda & Angela- CLDR CO **2:00** Afternoon Games - CLCR SE **3:00** Tuesday @ 3: Mr. Drew and His Animals Too - Tent SE **7:00** Evening Movie- CLL	**16** E **9:30** Morning Symphony- CLL PR **10:30** Gardening Commitee - CLLR SP **11:00** Mid-Week Inspiration w/Bob Beringer- CLL PR **1:40** Shopping Trip: Target - Lobby SO **2:30** Root Beer Float Social - Tent E **3:30** Dale Kneeland: Guitar - CLDR E **7:00** "Musical/Opera" - CLL	**17** SE **10:00** Morning Connection - CLLR CO **10:30** History of Crackerjack - CLL PY **11:00** Chair Fitness Class with Brenda & Angela- CLDR SE **1:30** Scenic Ride- L I **2:30** Book Talk: Avoiding the Cracks by Rudy Horowitz & Grandson, Oscar Horowitz, piano - Tent SO **4:00** Mocktails - CLLR	**18** E **9:30** Morning Symphony- CLL CO **10:30** Poetry With Ethan - CLL PR **11:00** Friday Lunch Bunch - LOBBY CO **1:30** Community BINGO - TENT SO **2:30** Picnic Social - Front Patio SE **7:00** Evening Movie- CLL	**19** Juneteenth CO **10:30** Discuss and Recall: Juneteeth - CLL PY **11:00** Exercise Video - CLL CO **1:30** Afternoon Trivia-LR SE **2:30** Saturday Matinee'- CLL SE **7:00** Evening Movie- CLL

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
20 Father's Day PY **11:00** Exercise Video - CLL SE **12:00** Open Rehearsal: Anderson Steel - Tent CO **2:00** Afternoon Word Puzzles- CLDR SE **2:30** Sunday Matinee'- CLL SE **7:00** Evening Movie- CLL	**21** E **9:30** Morning Symphony- CLL CO **10:30** Exercise Class with Kaitlyn - CLL CO **11:00** Short Stories with Bill Sayres - CLLR SE **1:30** Scenic Ride- L SE **2:00** Dog Tricks w/Robyn & Hiker - Tent CO **3:15** Bingo - CLCR SE **7:00** Evening Movie- CLL	**22** SO **10:00** Coffee and Tea Chat - CLLR CO **10:30** Group Crossword Puzzle - CLLR PY **11:00** Chair Fitness Class with Brenda & Angela- CLDR SE **2:30** Tuesday @ 2:30: Saving the Lands: The Story of 3 Innovators w/David Ramsay - Tent CO **3:30** Maine Trivia - CLLR SE **7:00** Evening Movie- CLL	**23** E **9:30** Morning Symphony- CLL PR **10:30** Gardening Commitee - CLLR SP **11:00** Mid-Week Inspiration w/Bob Beringer- CLL PR **1:40** Shopping Trip: Target - Lobby SO **3:30** Pink Flamingo Party - CLCR E **7:00** "Musical/Opera" - CLL	**24** SE **10:00** Morning Connection - CLLR CO **10:30** Discuss and Recall: Parenting at Every Age - CLLR PY **11:00** Chair Fitness Class with Brenda & Angela- CLDR SE **1:30** Scenic Ride- L CO **3:15** Afternoon Games - UNO SO **4:00** Mocktails - CLLR SE **7:00** Evening Movie- CLL	**25** E **9:30** Morning Symphony- CLL CO **10:30** Poetry With Ethan - CLL PR **11:00** Trip to Wild Oats Bakery - Lobby CO **1:30** Community BINGO - TENT CO **2:00** Travelogue about Virginia - CLL CR **3:00** Bird House Making - CLCR SE **7:00** Evening Movie- CLL	**26** PY **11:00** Exercise Video - CLL CO **1:30** Afternoon Trivia-LR SE **2:30** Saturday Matinee'- CLL SE **7:00** Evening Movie- CLL
27 PY **11:00** Exercise Video - CLl SE **12:00** Open Rehearsal: Anderson Steel - Tent CO **2:00** Afternoon Word Puzzles- CLDR SE **2:30** Sunday Matinee'- CLL SE **7:00** Evening Movie- CLL	**28** E **9:30** Morning Symphony- CLL SO **10:30** Morning Pastries - CLLR CO **11:00** Short Stories with Bill Sayres - CLLR SE **1:30** Scenic Ride- L SO **2:30** Summer Camp Memories Day - CL Fire Pit CO **3:00** Bingo - CLCR SE **7:00** Evening Movie- CLL	**29** SO **10:00** Coffee and Tea Chat - CLLR CO **10:30** Summer Camp Memories - CLL PY **11:00** Chair Fitness Class with Brenda & Angela- CLDR SE **2:30** Tuesday @ 2:30: Mike McCarthy, piano - Tent PY **3:30** Bocce Ball - Front Lawn SE **7:00** Evening Movie- CLL	**30** E **9:30** Morning Symphony- CLL PR **10:30** Gardening Commitee - CLLR SP **11:00** Mid-Week Inspiration w/Bob Beringer- CLL PR **1:40** Shopping Trip: Target - Lobby CR **3:30** Flower Arranging - CLCR E **7:00** "Musical/Opera" - CLL			Make each day your masterpiece.

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