



**THE HIGHLANDS**  
CADIGAN LODGE  
A GRACE MGMT COMMUNITY

# JULY 2021

## Cadigan Lodge Activity Calendar

30 Governors Way  
Topsham, Maine 04086  
207-725-2650  
[www.highlandsrc.com](http://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 Under Community Tent - TENT</p> <p>CO - Cognitive CR - Creative E - Emotional PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual</p>				<p>1 PY 11:00 Chair Fitness Class with Angela- CLDR SE 1:30 Scenic Ride- L SE 3:00 Travelogue - CLL SE 7:00 "The Crown" Season 4/Episode 1 - CLL</p>	<p>2 E 9:30 Morning Symphony- CLL PR 10:30 Welcome to July - CLL PY 11:00 Morning Walk with Kaitlyn and Abbey - LOBBY SE 1:30 Exploring Mammoth Cave - CLL CO 3:00 BINGO - CLCR SE 7:00 Evening Movie- CLL</p>	<p>3 SO 9:30 4th of July Parade - Coordinated by Highlands Residents - CL Patio PY 11:00 Exercise Video - CLI CO 1:30 Afternoon Trivia-LR SE 2:30 Saturday Matinee'- CLL SE 7:00 Evening Movie- CLL</p>
<p>4 Independence Day</p> <p>PY 11:00 Exercise Video - CLI 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</p>	<p>5 E 9:30 Morning Symphony- CLL CO 11:00 Short Stories with Bill Sayres - CLLR SE 7:00 Evening Movie- CLL</p>	<p>6 SO 10:00 Coffee and Tea Chat - CLLR CO 10:30 UFO Sightings - CLL PY 11:00 Chair Fitness Class with Angela- CLDR SE 2:30 Entertainment: Will Ogmundson, piano - Tent CO 3:30 Afternoon Games: UNO SE 7:00 Evening Movie- CLL</p>	<p>7 E 9:30 Morning Symphony- CLL PR 10:30 Gardening Committee - CLLR CR 11:00 Knitting Group - CLCR PR 1:40 Shopping Trip: Target - Lobby SO 3:15 Hawaiian Day Social - CLCR E 7:00 "Musical/Opera" - CLL</p>	<p>8 SE 10:00 Morning Connection - CLLR CO 10:30 Group Puzzle - CLL PR 10:30 Library Trip - LOBBY PY 11:00 Chair Fitness Class with Angela- CLDR SE 1:30 Scenic Ride- L SO 3:30 Current Events Hour - CLCR SE 7:00 Evening Movie- CLL</p>	<p>9 E 9:30 Morning Symphony- CLL E 10:30 Positive News-CLCR PY 11:00 AL BBQ - Tent CO 1:30 Community BINGO - TENT SE 3:00 Manicures -CLCR SE 7:00 Evening Movie- CLL</p>	<p>10 PY 11:00 Exercise Video - CLI CO 1:30 Afternoon Trivia-LR SE 2:30 Saturday Matinee'- CLL SE 7:00 Evening Movie- CLL</p>
<p>11 PY 11:00 Exercise Video - CLI 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</p>	<p>12 E 9:30 Morning Symphony- CLL CO 10:30 Oregon Caves National Monument - CLL PR 11:00 HRAB Meeting - Tent CO 11:00 Short Stories with Bill Sayres - CLLR SE 1:30 Scenic Ride- L CO 3:00 Bingo - CLCR SO 3:00 Ice Cream Social - TENT SE 7:00 Evening Movie- CLL</p>	<p>13 SO 10:00 Coffee and Tea Chat - CLLR CO 10:30 Farm Animal Trivia - CLLR PY 11:00 Chair Fitness Class with Angela- CLDR SE 2:30 Book Launch: Go By Boat w/Dr. Chuck Radis - Tent SE 3:30 Baking - CLCR SE 7:00 Evening Movie- CLL</p>	<p>14 E 9:30 Morning Symphony- CLL SP 10:00 Bob Beringer: Live Service - CLDR PR 10:30 Gardening Committee - CLLR CR 11:00 Knitting Group - CLCR PR 1:40 Shopping Trip: Target - Lobby SE 2:30 Open Rehearsal: Uncalled Four - Tent SO 3:30 Ice Cream Float Social - CL Patio E 7:00 "Musical/Opera" - CLL</p>	<p>15 SE 10:00 Morning Connection - CLLR CO 10:30 Discuss and Recall: Margarine First Patented - CLL PY 11:00 Chair Fitness Class with Angela- CLDR SE 1:30 Scenic Ride- L SO 4:00 Mocktails - CLLR SE 7:00 Evening Movie- CLL</p>	<p>16 E 9:30 Morning Symphony- CLL E 10:30 Positive News-CLCR PR 11:00 Friday Lunch Bunch - LOBBY CO 3:00 Travelogue-CLL SP 6:00 Shabbat Under the Stars - ML Gazebo CO 6:30 Game Night with UBC - CLCR SE 7:00 Evening Movie- CLL</p>	<p>17 PY 11:00 Exercise Video - CLI CO 1:30 Afternoon Trivia-LR SE 2:30 Saturday Matinee'- CLL SE 7:00 Evening Movie- CLL</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>18</b></p> <p><b>PY</b> 11:00 Exercise Video - CLI <b>SE</b> 12:00 <b>Open Rehearsal: Anderson Steel - Tent</b> <b>CO</b> 2:00 <b>Afternoon Word Puzzles- CLDR</b> <b>SE</b> 2:30 <b>Sunday Matinee'- CLL</b> <b>SE</b> 7:00 <b>Evening Movie- CLL</b></p>	<p><b>19</b></p> <p><b>E</b> 9:30 <b>Morning Symphony- CLL</b> <b>PY</b> 10:30 Guess the Emoji - CLL <b>CO</b> 11:00 <b>Short Stories with Bill Sayres - CLLR</b> <b>SE</b> 1:30 <b>Scenic Ride- L</b> <b>CO</b> 3:00 Bingo - CLCR <b>SE</b> 7:00 <b>Evening Movie- CLL</b></p>	<p><b>20</b></p> <p><b>SO</b> 10:00 Coffee and Tea Chat - CLLR <b>CO</b> 10:30 Discuss and Recall: The Man on the Moon - CLLR <b>PY</b> 11:00 Chair Fitness Class with Angela- CLDR <b>SE</b> 2:30 <b>Entertainment: Ron Bergeron, vocals &amp; guitar - Tent</b> <b>CO</b> 3:30 Afternoon Games: Scrabble - CLCR <b>SE</b> 7:00 <b>Evening Movie- CLL</b></p>	<p><b>21</b></p> <p><b>E</b> 9:30 <b>Morning Symphony- CLL</b> <b>PR</b> 10:30 Gardening Committee - CLLR <b>CR</b> 11:00 Knitting Group - CLCR <b>PR</b> 1:40 Shopping Trip: Target - Lobby <b>SO</b> 2:30 Root Beer Float Social - Tent <b>E</b> 7:00 <b>"Musical/Opera" - CLL</b></p>	<p><b>22</b></p> <p><b>SE</b> 10:00 Morning Connection - CLLR <b>CO</b> 10:30 Daily Chronicle - CLL <b>PY</b> 11:00 Chair Fitness Class with Angela- CLDR <b>SE</b> 1:30 <b>Scenic Ride- L</b> <b>SO</b> 3:15 Afternoon Cupcake Social - CL Front Patio <b>SE</b> 7:00 <b>Evening Movie- CLL</b></p>	<p><b>23</b></p> <p><b>E</b> 9:30 <b>Morning Symphony- CLL</b> <b>CO</b> 10:30 <b>Discuss and Recall: Olympic Games -CLL</b> <b>PY</b> 11:00 Morning Walk with Kaitlyn and Abbey - LOBBY <b>SO</b> 2:30 Peaceful Painting with Stacey - Tent <b>CO</b> 3:00 <b>Travelogue-CLL</b> <b>SE</b> 7:00 <b>Evening Movie- CLL</b></p>	<p><b>24</b></p> <p><b>PY</b> 11:00 Exercise Video - CLI <b>CO</b> 1:30 <b>Afternoon Trivia-LR</b> <b>SE</b> 2:30 <b>Saturday Matinee'- CLL</b> <b>SE</b> 7:00 <b>Evening Movie- CLL</b></p>
<p><b>25</b></p> <p><b>PY</b> 11:00 Exercise Video - CLI <b>SE</b> 12:00 <b>Open Rehearsal: Anderson Steel - Tent</b> <b>CO</b> 2:00 <b>Afternoon Word Puzzles- CLDR</b> <b>SE</b> 2:30 <b>Sunday Matinee'- CLL</b> <b>SE</b> 7:00 <b>Evening Movie- CLL</b></p>	<p><b>26</b></p> <p><b>E</b> 9:30 <b>Morning Symphony- CLL</b> <b>SO</b> 10:30 Morning Pastries - CLLR <b>CO</b> 11:00 <b>Short Stories with Bill Sayres - CLLR</b> <b>SE</b> 1:30 <b>Scenic Ride- L</b> <b>PR</b> 2:00 <b>Fraud and Scams w/Topsham Police Department - Tent</b> <b>CO</b> 3:00 Bingo - CLCR <b>SE</b> 7:00 <b>Evening Movie- CLL</b></p>	<p><b>27</b></p> <p><b>SO</b> 10:00 Coffee and Tea Chat - CLLR <b>E</b> 10:30 Morning Sing A Long - CLL <b>PY</b> 11:00 Chair Fitness Class with Angela- CLDR <b>SE</b> 2:30 <b>Presentation: Green Crabs w/Marissa McMahan - Tent</b> <b>CO</b> 3:30 Afternoon Puzzles - CLCR <b>SE</b> 7:00 <b>Evening Movie- CLL</b></p>	<p><b>28</b></p> <p><b>E</b> 9:30 <b>Morning Symphony- CLL</b> <b>PR</b> 10:30 Gardening Committee - CLLR <b>CR</b> 11:00 Knitting Group - CLCR <b>PR</b> 1:40 Shopping Trip: Target - Lobby <b>PR</b> 3:30 <b>Dale Kneeland: Guitar - CLDR</b> <b>E</b> 7:00 <b>"Musical/Opera" - CLL</b></p>	<p><b>29</b></p> <p><b>SE</b> 10:00 Morning Connection - CLLR <b>CO</b> 10:30 Discuss and Recall: 1950's Billboard Charts - CLL <b>PY</b> 11:00 Chair Fitness Class with Angela- CLDR <b>SE</b> 1:30 <b>Scenic Ride- L</b> <b>SO</b> 4:00 Mocktails - CLLR <b>SE</b> 7:00 <b>Evening Movie- CLL</b></p>	<p><b>30</b></p> <p><b>E</b> 9:30 <b>Morning Symphony- CLL</b> <b>E</b> 10:30 <b>Positive News-CLCR</b> <b>PY</b> 11:00 Morning Walk with Kaitlyn and Abbey - LOBBY <b>CO</b> 1:30 Community BINGO - TENT <b>SE</b> 2:30 <b>Elvis Has Entered the Building Day featuring "Elvis" - Tent</b> <b>CO</b> 3:00 <b>Travelogue-CLL</b> <b>SE</b> 7:00 <b>Evening Movie- CLL</b></p>	<p><b>31</b></p> <p><b>SE</b> 10:30 <b>Quartet Concert - Tent</b> <b>PY</b> 11:00 Exercise Video - CLI <b>CO</b> 1:30 <b>Afternoon Trivia-LR</b> <b>SE</b> 2:30 <b>Saturday Matinee'- CLL</b> <b>SE</b> 7:00 <b>Evening Movie- CLL</b></p>

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