



THE HIGHLANDS
CADIGAN LODGE
A GRACE MGMT COMMUNITY

OCTOBER 2021

Life Enrichment - Cadigan Lodge

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CO - Cognitive CR - Creative E - Emotional PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual</p> <p>CLCR - Cadigan Lodge Community Room CLDR- Cadigan Lodge Dining Room CLL - Cadigan Lodge Library - L- Lobby FCCR - Friendship Cove Community Room GP - Georgetown Parlor</p>					<p>1</p> <p>E 9:30 Morning Symphony- CLL CO 10:30 Yosemite National Park Anniversary - CLL CO 11:00 Word Creation - CLL PY 1:45 Fall Foliage Friday - Walking Group - L SO 4:00 Community Wide End of Summer Bash with DJ Victor - Tent SE 7:00 Evening Movie - CLL</p>	<p>2</p> <p>PY 11:00 Exercise Video - CLL CO 1:30 Afternoon Trivia - CLLR SE 2:30 Saturday Matinee'- CLL SE 7:00 Evening Movie - CLL</p>
<p>3</p> <p>PY 11:00 Exercise Video - CLL SE 1:00 Open Rehearsal: Anderson Steel - Tent CO 2:00 The Daily Chronicle - This Day in History - CLLR SE 2:30 Sunday Matinee'- CLL SE 7:00 Evening Movie - CLL</p>	<p>4</p> <p>E 9:30 Morning Symphony- CLL CO 11:00 Short Stories with Bill Sayres - CLL SE 1:30 Scenic Ride - L SE 3:30 Helen Keller - "The Miracle Worker"- CLL SE 7:00 Evening Movie - CLL</p>	<p>5</p> <p>PR 10:30 Resident Forum - CLL PY 11:00 Chair Exercise with Angela or Maria - CLDR SE 2:00 Tuesday @ 2: Don Roy, Maine Fiddler - Tent PR 3:30 Manicures with Abbey - CLCR SE 7:00 Evening Movie - CLL</p>	<p>6</p> <p>E 9:30 Morning Symphony- CLL SO 10:30 National Coffee with a Cop Day - CLLR CO 11:00 Morning Trivia - October IQ - CLCR PR 1:30 Shopping Trip: Target - L CO 3:30 Afternoon Game: Scrabble - CLCR SE 7:00 Evening Movie - CLL</p>	<p>7</p> <p>PY 10:30 Cadigan Lodge Scavenger Hunt - L PY 11:00 Chair Exercise with Angela or Maria - CLDR SE 1:30 Scenic Ride - L CR 2:00 Abracadabra Productions - Magic Show with Phil Smith - Tent PR 2:00 Flu Clinic (2- 4PM) - CLL SE 3:30 National Frappe Day Social - CLCR SE 7:00 Evening Movie - CLL</p>	<p>8</p> <p>E 9:30 Morning Symphony- CLL CO 10:30 Would You Rather - CLL SO 11:00 Lunch Bunch: \$# - FCE PY 2:30 Fall Foliage Friday - Walking Group - L CR 3:30 Knitting Group with Friendship Cove - FCCR SE 7:00 Evening Movie - CLL</p>	<p>9</p> <p>PY 11:00 Exercise Video - CLL CO 1:30 Afternoon Trivia - CLLR SE 2:30 Saturday Matinee'- CLL SE 7:00 Evening Movie - CLL</p>
<p>10</p> <p>PY 11:00 Exercise Video - CLL CO 2:00 The Daily Chronicle - This Day in History - CLLR SE 2:30 Sunday Matinee'- CLL SE 7:00 Evening Movie - CLL</p>	<p>11 Columbus Day</p> <p>E 9:30 Morning Symphony- CLL CO 10:30 Tea and Triva - CLDR PR 11:00 HRAB Meeting - Tent CO 11:00 Short Stories with Bill Sayres - CLL SE 1:30 Scenic Ride - L CO 3:30 BINGO - CLCR SE 7:00 Evening Movie - CLL</p>	<p>12</p> <p>SE 10:30 Baking Group: Pumpkin Chip Bread - CLCR PY 11:00 Chair Exercise with Angela or Maria - CLDR SE 2:00 Niagara Falls Presentation with Michael Perry - CLDR PR 3:30 Manicures with Abbey - CLCR SE 7:00 Evening Movie - CLL</p>	<p>13</p> <p>E 9:30 Morning Symphony- CLL SP 10:00 Morning Devotional with Bob and Becky - CLDR CR 10:30 Pumpkin Flower Arrangements with Amanda - CLDR PR 1:30 Shopping Trip: Target - L CR 3:30 Cadigan Lodge Scarecrow - CLCR SE 7:00 Evening Movie - CLL</p>	<p>14</p> <p>CO 10:30 Group Crossword - CLCR PY 11:00 Chair Exercise with Angela or Maria - CLDR SE 1:30 Wilbers of Maine Chocolate Confections - L CO 3:30 BINGO - CLCR SE 7:00 Evening Movie - CLL</p>	<p>15</p> <p>E 9:30 Morning Symphony- CLL SO 10:30 Coffee and Donuts with Abbey - CLCR PR 11:00 Boss Appreciation Day - CLCR SE 1:30 Entertainment with Claude Bonang - CLDR CR 3:30 Knitting Group with Friendship Cove - FCCR CO 6:30 Game Night with UBC - CLCR SE 7:00 Evening Movie - CLL</p>	<p>16</p> <p>PY 9:00 Walk to end Alzheimer's - ML PY 11:00 Exercise Video - CLL CO 1:30 Afternoon Trivia - CLLR SE 2:30 Saturday Matinee'- CLL SE 7:00 Evening Movie - CLL</p>

Events are Subject to Change.



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<p>17</p> <p>PY 11:00 Exercise Video - CLL CO 2:00 The Daily Chronicle - This Day in History - CLLR SE 2:30 Sunday Matinee' - CLL SE 7:00 Evening Movie - CLL</p>	<p>18</p> <p>E 9:30 Morning Symphony- CLL CR 10:30 National Chocolate Cupcake Decorating Day - CLCR CO 11:00 Short Stories with Bill Sayres - CLL SE 1:30 Scenic Ride - L CO 3:30 BINGO - CLCR SE 7:00 Evening Movie - CLL</p>	<p>19</p> <p>CO 10:30 Morning Game: List it - CLCR PY 11:00 Chair Exercise with Angela or Maria - CLDR SE 2:30 Entertainment with Sharon Wright - CLDR PR 3:30 Manicures with Abbey - CLCR SE 7:00 Evening Movie - CLL</p>	<p>20</p> <p>E 9:30 Morning Symphony- CLL CO 10:30 Highly Successful People Who Failed On Their Way To Success - CLL CR 11:00 Falling Leaves Luminary Centerpieces - CLCR PR 1:30 Shopping Trip: Target - L SE 3:30 Entertainment w/ Dale Kneeland - CLDR SE 7:00 Evening Movie - CLL</p>	<p>21</p> <p>PR 10:30 Think Positive Thursday - Positive News - CLL PY 11:00 Chair Exercise with Angela or Maria - CLDR SE 1:30 Scenic Ride - L SE 2:30 An Allagash Haunting - A Radio Classic with Tim Caverly - CLDR CO 3:30 BINGO - CLCR SE 7:00 Evening Movie - CLL</p>	<p>22</p> <p>E 9:30 Morning Symphony- CLL SO 10:30 Rocky Ridge Donuts and Cider -CLCR CO 11:00 Group Crossword Puzzles - CLCR PY 1:45 Fall Foliage Friday - Walking Group - L SO 3:30 October Birthday Celebration - CLDR SE 7:00 Evening Movie - CLL</p>	<p>23</p> <p>PR 10:00 Highlands Fall Festival - ML PY 11:00 Exercise Video - CLL CO 1:30 Afternoon Trivia - CLLR SE 2:30 Saturday Matinee' - CLL SE 7:00 Evening Movie - CLL</p>
<p>24</p> <p>PY 11:00 Exercise Video - CLL CO 2:00 The Daily Chronicle - This Day in History - CLLR SE 2:30 Sunday Matinee' - CLL SE 7:00 Evening Movie - CLL</p>	<p>25</p> <p>E 9:30 Morning Symphony- CLL PR 10:30 Makeup Makeover Monday - CLDR CO 11:00 Short Stories with Bill Sayres - CLL SE 1:30 Scenic Ride - L CO 3:30 BINGO - CLCR SE 7:00 Evening Movie - CLL</p>	<p>26</p> <p>CO 10:30 Morning Game: Taboo - CLCR PY 11:00 Chair Exercise with Angela or Maria - CLDR SE 2:30 Tuesday @ 2:30 - Sue and Blue Jazz - GP CR 3:30 Pumpkin Day - Paint a Pumpkin - CLCR SE 7:00 Evening Movie - CLL</p>	<p>27</p> <p>E 9:30 Morning Symphony- CLL CO 10:30 How Did We Ever Live Without Day - The Greatest Inventions - CLL CR 11:00 Halloween Hat Decorating - CLCR PR 1:30 Shopping Trip: Target - L SE 3:30 Baking Group - Apple Crisp - CLCR SE 7:00 Evening Movie - CLL</p>	<p>28</p> <p>CO 10:30 Mystery Person Who Am I? - CLL PY 11:00 Chair Exercise with Angela or Maria - CLDR SE 1:30 Scenic Ride - L CO 3:30 BINGO - CLCR SE 7:00 Evening Movie - CLL</p>	<p>29</p> <p>E 9:30 Morning Symphony- CLL CO 10:30 Elizabeth Krebs: Queen of Halloween -CLCR CO 11:00 Word Creation - Halloween Edition - CLL SO 1:30 Frankenstein Halloween Party - CLLR CR 3:30 Knitting Group with Friendship Cove - FCCR SE 7:00 Evening Movie - CLL</p>	<p>30</p> <p>PY 11:00 Exercise Video - CLL CO 1:30 Afternoon Trivia - CLLR SE 2:30 Saturday Matinee' - CLL SE 7:00 Evening Movie - CLL</p>
<p>31 Halloween</p> <p>PY 11:00 Exercise Video - CLL CO 2:00 The Daily Chronicle - This Day in History - CLLR SE 2:30 Sunday Matinee' - CLL SE 7:00 Evening Movie - CLL</p>						

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