



THE HIGHLANDS  
CADIGAN LODGE  
A GRACE MGMT COMMUNITY

# NOVEMBER 2021

Life Enrichment - Cadigan Lodge

30 Governors Way  
Topsham, Maine 04086  
207-725-2650  
[www.highlandsrcc.com](http://www.highlandsrcc.com)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 E 9:30 Morning Symphony- CLL CO 10:30 Morning Trivia: November IQ - 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	2 Election Day PR 10:30 Resident Forum - CLCR PY 11:00 Chair Exercise with Angela or Maria - CLDR PR 1:30 Manicures with Abbey - CLCR SE 3:30 Entertainment: Big Band Songs with Jim Whitney - CLDR SE 7:00 Evening Movie - CLL	3 E 9:30 Morning Symphony- CLL CO 10:30 Brain Game: List it - CLCR CR 11:00 November Craft - CLCR PR 1:30 Shopping Trip: Dollar Store - L CO 3:30 Afternoon Game: UNO - CLCR SE 7:00 Evening Movie - CLL	4 CR 10:00 National Candy Day - Homemade Chocolate Creations - CLCR 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	5 E 9:30 Morning Symphony- CLL SO 10:30 National Donut Day Social -CLCR CO 11:00 Morning Game: Word Creation - CLCR PY 1:45 Fall Foliage Friday - Walking Group - L CR 3:30 Knitting Group with Friendship Cove - FCCR SE 3:30 Rick Steve's Travelogue - CLL SE 7:00 Evening Movie - CLL	6 PY 11:00 Exercise Video - CLL CO 1:30 Afternoon Trivia - CLLR SE 2:30 Saturday Matinee'- "Victoria and Abdul"- CLL SE 7:00 Evening Movie - CLL
7 Daylight Saving Ends 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	8 E 9:30 Morning Symphony- CLL CO 10:30 Tea and Trivia with Elva and Abbey - 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	9 SO 10:00 Coffee with Topsham Fire and Rescue - CLLR PY 11:00 Chair Exercise with Angela or Maria - CLDR PR 1:30 Manicures with Abbey - CLCR SE 3:30 Entertainment with Flash Allen - CLDR SE 7:00 Evening Movie - CLL	10 E 9:30 Morning Symphony- CLL SP 10:00 Morning Devotional with Bob and Becky - CLDR CO 10:30 Badlands National Park Anniversary - CLL CO 11:00 Word Creation - CLLR PR 1:30 Shopping Trip: Target - L CO 3:30 Afternoon Game: Scrabble - CLCR SE 7:00 Evening Movie - CLL	11 Veterans Day PR 10:30 Veterans Day Discussion and Trivia - CLL PY 11:00 Chair Exercise with Angela or Maria - CLDR SE 1:30 Scenic Ride - L PR 3:30 Veterans Day Music with Sharon Wright - CLDR SE 7:00 Evening Movie - CLL	12 E 9:30 Morning Symphony- CLL CO 10:00 Group Crossword Puzzle - CLCR SO 11:00 Lunch Bunch: \$# - L SE 2:30 Maine Lighthouses Presentation with Michael Perry - CLDR CR 3:30 Knitting Group with Friendship Cove - FCCR SE 3:30 Rick Steve's Travelogue - CLL SE 7:00 Evening Movie - CLL	13 PY 11:00 Exercise Video - CLL CO 1:30 Afternoon Trivia - CLLR SE 2:30 Saturday Matinee'- CLL SE 7:00 Evening Movie - CLL
14 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	15 E 9:30 Morning Symphony- CLL CR 10:30 America Recycles Day Project - 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	16 CO 10:30 Aviation History Day - CLL PY 11:00 Chair Exercise with Angela or Maria - CLDR PR 1:30 Manicures with Abbey - CLCR SE 3:30 Entertainment with Sapphire Lane - CLDR SE 7:00 Evening Movie - CLL	17 E 9:30 Morning Symphony- CLL SE 10:30 Baking Group: Brown Sugar Muffins - CLCR CO 11:00 Music Trivia - CLCR PR 1:30 Shopping Trip: Dollar Store - L SE 3:30 Entertainment w/ Dale Kneeland - CLDR SE 7:00 Evening Movie - CLL	18 PR 10:30 Cadigan Lodge Giving Tree - CLCR 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	19 E 9:30 Morning Symphony- CLL CO 10:30 Word Creation - CLCR CR 11:00 Painting for Beginners - CLCR SO 2:00 International Men's Day - CLLR CR 3:30 Knitting Group with Friendship Cove - FCCR SE 3:30 Rick Steve's Travelogue - CLL CO 6:30 Game Night with UBC - CLCR	20 PY 11:00 Exercise Video - CLL CO 1:30 Afternoon Trivia - CLLR SE 2:30 Saturday Matinee'- CLL SE 7:00 Evening Movie - CLL

Events are Subject to Change.



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>21</b></p> <p><b>PY</b> 11:00 Exercise Video - CLL <b>CO</b> 2:00 The Daily Chronicle - This Day in History - CLLR <b>SE</b> 2:30 Sunday Matinee' - CLL <b>SE</b> 7:00 Evening Movie - CLL</p>	<p><b>22</b></p> <p><b>E</b> 9:30 Morning Symphony- CLL <b>CO</b> 10:30 The Price is Right with Elva and Abbey - CLDR <b>CO</b> 11:00 Short Stories with Bill Sayres - CLL <b>SE</b> 1:30 Scenic Ride - L <b>SO</b> 2:00 Community Wide Puzzle, Book, and Game Swap Meet-GP <b>CO</b> 3:30 BINGO - CLCR <b>SE</b> 7:00 Evening Movie - CLL</p>	<p><b>23</b></p> <p><b>CR</b> 10:30 History of the Macy's Thanksgiving Day Parade - CLL <b>PY</b> 11:00 Chair Exercise with Angela or Maria - CLDR <b>PR</b> 1:30 Manicures with Abbey - CLCR <b>SE</b> 3:30 Entertainment: Uncalled Four - CLDR <b>SE</b> 7:00 Evening Movie - CLL</p>	<p><b>24</b></p> <p><b>E</b> 9:30 Morning Symphony- CLL <b>SE</b> 10:30 Pumpkin Day: Pumpkin Lattes - CLCR <b>CO</b> 11:00 Word Puzzle Wednesday - CLCR <b>PR</b> 1:30 Shopping Trip: Target - L <b>PR</b> 3:30 November Birthday Celebration - CLDR <b>SE</b> 7:00 Evening Movie - CLL</p>	<p><b>25 Thanksgiving</b></p> <p><b>SE</b> 9:00 Macy's Day Parade - CLLR <b>SE</b> 7:00 Evening Movie - CLL</p>	<p><b>26 Black Friday</b></p> <p><b>E</b> 9:30 Morning Symphony- CLL <b>PY</b> 11:00 Chair Exercise - CLL <b>SE</b> 7:00 Evening Movie - CLL</p>	<p><b>27</b></p> <p><b>PY</b> 11:00 Exercise Video - CLL <b>CO</b> 1:30 Afternoon Trivia - CLLR <b>SE</b> 2:30 Saturday Matinee' - CLL <b>SE</b> 7:00 Evening Movie - CLL</p>
<p><b>28 Hanukkah Begins</b></p> <p><b>PY</b> 11:00 Exercise Video - CLL <b>CO</b> 2:00 The Daily Chronicle - This Day in History - CLLR <b>SE</b> 2:30 Sunday Matinee' - CLL <b>SE</b> 7:00 Evening Movie - CLL</p>	<p><b>29</b></p> <p><b>E</b> 9:30 Morning Symphony- CLL <b>SO</b> 10:30 Cider Monday: Warm Apple Cider and Donuts - CLCR <b>CO</b> 11:00 Short Stories with Bill Sayres - CLL <b>PY</b> 2:00 Community Wide Square Dance Party - CL <b>CO</b> 3:30 BINGO - CLCR <b>SE</b> 7:00 Evening Movie - CLL</p>	<p><b>30</b></p> <p><b>SO</b> 10:30 Two Truths and a Lie - CLCR <b>PY</b> 11:00 Chair Exercise with Angela or Maria - CLDR <b>PR</b> 1:30 Manicures with Abbey - CLCR <b>SE</b> 3:30 Baking Group: Baked Cinnamon Oat Apples - CLCR <b>SE</b> 7:00 Evening Movie - CLL</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>			

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