

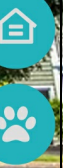


**THE HIGHLANDS**  
A GRACE MGMT COMMUNITY

# JANUARY 2022

Life Enrichment - Cadigan Lodge

30 Governors Way  
Topsham, Maine 04086  
352-674-3600  
[www.highlandsrc.com](http://www.highlandsrc.com)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>CO</b> - Cognitive <b>CR</b> - Creative <b>E</b> - Emotional <b>PY</b> - Physical <b>PR</b> - Purposeful <b>SE</b> - Sensory <b>SO</b> - Social <b>SP</b> - 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><b>1</b> <b>New Year's Day</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>2</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>3</b></p> <p><b>E</b> 9:30 Morning Symphony- CLL <b>SO</b> 10:30 Coffee and Donut Social-CLCR <b>CO</b> 11:00 Short Stories with Bill Sayres - CLL <b>SE</b> 1:30 Scenic Ride - L <b>CO</b> 3:30 BINGO - CLCR <b>SE</b> 7:00 Evening Movie - CLL</p>	<p><b>4</b></p> <p><b>E</b> 9:30 Morning Symphony- CLL <b>CO</b> 10:00 Group Crossword Puzzle-CLCR <b>PY</b> 11:00 Chair Exercise with Angela or Maria - CLDR <b>PR</b> 1:30 Manicures - CLCR <b>CO</b> 3:30 Mad Libs-CLL <b>SE</b> 7:00 Evening Movie - CLL</p>	<p><b>5</b></p> <p><b>E</b> 9:30 Morning Symphony- CLL <b>CO</b> 10:30 Trivia-CLCR <b>PR</b> 1:30 Shopping Trip: Target - L <b>SO</b> 3:30 Scrabble-CLCR <b>SE</b> 7:00 Evening Movie - CLL</p>	<p><b>6</b></p> <p><b>E</b> 9:30 Morning Symphony- CLL <b>SO</b> 10:00 UNO-CLCR <b>PY</b> 11:00 Chair Exercise with Angela or Maria - CLDR <b>SE</b> 1:30 Scenic Ride - L <b>CO</b> 3:30 BINGO - CLCR <b>SE</b> 7:00 Evening Movie - CLL</p>	<p><b>7</b></p> <p><b>E</b> 9:30 Morning Symphony- CLL <b>CO</b> 10:00 List It-CLCR <b>CR</b> 11:00 Name That Tune-CLCR <b>SE</b> 2:30 Yellowstone National Park Presentation with Michael Perry - CLDR <b>SE</b> 3:30 Rick Steve's Travelogue - CLL <b>SE</b> 7:00 Evening Movie - CLL</p>	<p><b>8</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>9</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>10</b></p> <p><b>E</b> 9:30 Morning Symphony- CLL <b>SO</b> 10:30 Coffee and Donut Social-CLCR <b>PR</b> 11:00 HRAB Meeting - M <b>CO</b> 11:00 Short Stories with Bill Sayres - CLL <b>SE</b> 1:30 Scenic Ride - L <b>CO</b> 3:30 BINGO - CLCR <b>SE</b> 7:00 Evening Movie - CLL</p>	<p><b>11</b></p> <p><b>E</b> 9:30 Morning Symphony- CLL <b>CR</b> 10:00 Word Creation-CLCR <b>PY</b> 11:00 Chair Exercise with Angela or Maria - CLDR <b>PR</b> 1:30 Manicures - CLCR <b>SE</b> 3:30 Entertainment with Julie Thompson - CLDR <b>SE</b> 7:00 Evening Movie - CLL</p>	<p><b>12</b></p> <p><b>E</b> 9:30 Morning Symphony- CLL <b>SP</b> 10:00 Morning Devotional with Bob and Becky - CLDR <b>PR</b> 1:30 Shopping Trip: Target - L <b>CR</b> 3:30 Baking Group: Pretzels-CLCR <b>SE</b> 7:00 Evening Movie - CLL</p>	<p><b>13</b></p> <p><b>E</b> 9:30 Morning Symphony- CLL <b>PR</b> 10:30 Resident Forum-CLL <b>PY</b> 11:00 Chair Exercise with Angela or Maria - CLDR <b>SE</b> 1:30 Scenic Ride - L <b>CO</b> 3:30 BINGO - CLCR <b>SE</b> 7:00 Evening Movie - CLL</p>	<p><b>14</b></p> <p><b>E</b> 9:30 Morning Symphony- CLL <b>CO</b> 10:00 Trivia-CLCR <b>SO</b> 11:00 Lunch Bunch: \$# - L <b>SE</b> 2:30 Ice Cream Social-CLCR <b>SE</b> 3:30 Rick Steve's Travelogue - CLL <b>SE</b> 7:00 Evening Movie - CLL</p>	<p><b>15</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>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16</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>17 <b>Martin Luther King Day</b></p> <p><b>E</b> 9:30 Morning Symphony- CLL <b>SO</b> 10:30 Coffee and Donut Social-CLCR <b>CO</b> 11:00 Short Stories with Bill Sayres - CLL <b>SE</b> 1:30 Scenic Ride - L <b>CO</b> 3:30 BINGO - CLCR <b>SE</b> 7:00 Evening Movie - CLL</p>	<p>18</p> <p><b>E</b> 9:30 Morning Symphony- CLL <b>SO</b> 10:00 Game Time: Phase 10- CLCR <b>PY</b> 11:00 Chair Exercise with Angela or Maria - CLDR <b>PR</b> 1:30 Manicures - CLCR <b>SE</b> 3:30 Afternoon Entertainment: Outrageous Banjo - CLDR <b>SE</b> 7:00 Evening Movie - CLL</p>	<p>19</p> <p><b>E</b> 9:30 Morning Symphony- CLL <b>SO</b> 10:30 Game Time: Apples to Apples- CLCR <b>PR</b> 1:30 Shopping Trip: Target - L <b>SE</b> 3:30 Entertainment w/ Dale Kneeland - CLDR <b>SE</b> 7:00 Evening Movie - CLL</p>	<p>20</p> <p><b>E</b> 9:30 Morning Symphony- CLL <b>CO</b> 10:00 Group Crossword Puzzle-CLCR <b>PY</b> 11:00 Chair Exercise with Angela or Maria - CLDR <b>SE</b> 1:30 Scenic Ride - L <b>CO</b> 3:30 BINGO - CLCR <b>SE</b> 7:00 Evening Movie - CLL</p>	<p>21</p> <p><b>E</b> 9:30 Morning Symphony- CLL <b>CO</b> 10:00 What's In the Bag? <b>CR</b> 1:30 Afternoon Art: Snowy Scene Painting-CLCR <b>SE</b> 3:30 Rick Steve's Travelogue - CLL <b>SE</b> 7:00 Evening Movie - CLL</p>	<p>22</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>23</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>24</p> <p><b>E</b> 9:30 Morning Symphony- CLL <b>SO</b> 10:30 Coffee and Donut Social-CLCR <b>CO</b> 11:00 Short Stories with Bill Sayres - CLL <b>SE</b> 1:30 Scenic Ride - L <b>CO</b> 3:30 BINGO - CLCR <b>SE</b> 7:00 Evening Movie - CLL</p>	<p>25</p> <p><b>E</b> 9:30 Morning Symphony- CLL <b>SO</b> 10:00 Game Time: Sorry- CLCR <b>PY</b> 11:00 Chair Exercise with Angela or Maria - CLDR <b>PR</b> 1:30 Manicures - CLCR <b>CR</b> 2:30 Baking Group: Scones- CLCR <b>SE</b> 7:00 Evening Movie - CLL</p>	<p>26</p> <p><b>E</b> 9:30 Morning Symphony- CLL <b>CO</b> 10:30 Word Creation-CLCR <b>PR</b> 1:30 Shopping Trip: Target - L <b>SO</b> 3:30 Game Time: Scrabble- CLCR <b>SE</b> 7:00 Evening Movie - CLL</p>	<p>27</p> <p><b>E</b> 9:30 Morning Symphony- CLL 10:00 Trivia-CLCR <b>PY</b> 11:00 Chair Exercise with Angela or Maria - CLDR <b>SE</b> 1:30 Scenic Ride - L <b>CO</b> 3:30 BINGO - CLCR <b>SE</b> 7:00 Evening Movie - CLL</p>	<p>28</p> <p><b>E</b> 9:30 Morning Symphony- CLL <b>SO</b> 10:30 Game Time: Worst Case Scenario-CLCR <b>PY</b> 1:30 Wii Bowling <b>E</b> 2:30 Pet Visit with Queequeg <b>SE</b> 3:30 Rick Steve's Travelogue - CLL <b>SE</b> 7:00 Evening Movie - CLL</p>	<p>29</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>30</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>31</p> <p><b>E</b> 9:30 Morning Symphony- CLL <b>SO</b> 10:30 Coffee and Donut Social-CLCR <b>CO</b> 11:00 Short Stories with Bill Sayres - CLL <b>SE</b> 1:30 Scenic Ride - L <b>CO</b> 3:30 BINGO - CLCR <b>SE</b> 7:00 Evening Movie - CLL</p>					

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