



**THE HIGHLANDS**  
A GRACE MGMT COMMUNITY

# MAY 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	
<b>1 May Day</b>		<b>2</b>		<b>3</b>		<b>4</b>		<b>5 Cinco de Mayo</b>		<b>6</b>		<b>7</b>	
PY CO SE SE	11:00 Exercise Video - CLL 2:00 Word Creation - CLLR 2:30 Sunday Matinee' - CLL 7:00 Evening Movie - CLL	E SO CO SE PY CO SE	9:30 Morning Symphony - CLL 10:30 Coffee and Donut Social - CLCR 11:00 Group Crossword - CLCR 1:30 Scenic Ride - L 3:00 Cadigan Walk n' Rollers - L 3:30 BINGO - CLCR 7:00 Evening Movie - CLL	E E PY CO SE	9:30 Morning Symphony - CLL 10:30 Visit with Graham the Golden Retriever - CLLR 11:00 Chair Exercise - CLDR 1:30 Manicures - CLCR 7:00 Evening Movie - CLL	E PY PR CO SE	9:30 Morning Symphony - CLL 11:00 Taekwondo with Mandy - CLDR 1:30 Shopping Trip: Target - L 3:30 Card Games "UNO"- CLCR 7:00 Evening Movie - CLL	E PY SE CO CO SE	9:30 Morning Symphony - CLL 11:00 Chair Exercise - CLDR 1:30 Scenic Ride - L 2:30 Mike Perry Presents-CLDR 3:30 BINGO - CLCR 7:00 Evening Movie - CLL	E CO CR PY SE SE SE	9:30 Morning Symphony - CLL 11:00 Puzzle Club - CLCR 1:30 Free-Style Art - CLCR 2:00 Mother's Day 5k-Tent 3:00 Cadigan Singers - CLL 3:30 Rick Steve's Travelogue - CLL 7:00 Evening Movie - CLL	PY CO SE SE	11:00 Exercise Video - CLL 1:30 Afternoon Trivia - CLLR 2:30 Saturday Matinee' - CLL 7:00 Evening Movie - CLL
<b>8 Mother's Day</b>		<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>	
PY CO SE SE	11:00 Exercise Video - CLL 2:00 Word Creation - CLLR 2:30 Sunday Matinee' - CLL 7:00 Evening Movie - CLL	E SO PR CO SE CO SE	9:30 Morning Symphony - CLL 10:30 Coffee and Donut Social - CLCR 10:30 Highlands Residents Assn. Board Meeting - Zoom 11:00 Group Crossword - CLCR 1:30 Scenic Ride - L 3:30 BINGO - CLCR 7:00 Evening Movie - CLL	E E PY CO SO SE	9:30 Morning Symphony - CLL 10:30 Visit with Graham the Golden Retriever - CLLR 11:00 Chair Exercise - CLDR 1:30 Brain Games "Scrabble" - CLCR 2:00 Music with Sharon Wright - CLDR 7:00 Evening Movie - CLL	E SP PY PR CO SE	9:30 Morning Symphony - CLL 10:00 Morning Devotional with Bob and Becky - CLDR 11:00 Taekwondo with Mandy - CLDR 1:30 Shopping Trip: Target - L 3:30 Card Games "Go Fish"- CLCR 7:00 Evening Movie - CLL	E PY SE CO SE	9:30 Morning Symphony - CLL 11:00 Chair Exercise - CLDR 1:30 Scenic Ride - L 3:30 BINGO - CLCR 7:00 Evening Movie - CLL	E SO CO CR SE SE SE	9:30 Morning Symphony - CLL 11:00 Lunch Bunch:\$ - L 11:00 Puzzle Club - CLCR 1:30 Free-Style Art - CLCR 3:00 Cadigan Singers - CLL 3:30 Rick Steve's Travelogue - CLL 7:00 Evening Movie - CLL	PY CO SE SE	11:00 Exercise Video - CLL 1:30 Afternoon Trivia - CLLR 2:30 Saturday Matinee' - CLL 7:00 Evening Movie - CLL
<b>15</b>		<b>16</b>		<b>17</b>		<b>18</b>		<b>19</b>		<b>20</b>		<b>21 Armed Forces Day</b>	
PY CO SE SE	11:00 Exercise Video - CLL 2:00 Word Creation - CLLR 2:30 Sunday Matinee' - CLL 7:00 Evening Movie - CLL	E SO CO SE CO SE	9:30 Morning Symphony - CLL 10:30 Coffee and Donut Social - CLCR 11:00 Group Crossword - CLCR 1:30 Scenic Ride - L 3:30 BINGO - CLCR 7:00 Evening Movie - CLL	E E PY PR SE	9:30 Morning Symphony - CLL 10:30 Visit with Graham the Golden Retriever - CLLR 11:00 Chair Exercise - CLDR 1:30 Manicures - CLCR 7:00 Evening Movie - CLL	E PY PR SE SE	9:30 Morning Symphony - CLL 11:00 Taekwondo with Mandy - CLDR 1:30 Shopping Trip: Target - L 3:30 Entertainment w/ Dale Kneeland - CLLR 7:00 Evening Movie - CLL	E PY SE CO SE	9:30 Morning Symphony - CLL 11:00 Chair Exercise - CLDR 1:30 Scenic Ride - L 3:30 BINGO - CLCR 7:00 Evening Movie - CLL	E CO CR SE SE SE	9:30 Morning Symphony - CLL 11:00 Puzzle Club - CLCR 1:30 Free-Style Art - CLCR 3:00 Cadigan Singers - CLL 3:30 Rick Steve's Travelogue - CLL 7:00 Evening Movie - CLL	PY CO SE SE	11:00 Exercise Video - CLL 1:30 Afternoon Trivia - CLLR 2:30 Saturday Matinee' - CLL 7:00 Evening Movie - CLL
<b>22</b>		<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>	
PY CO SE SE	11:00 Exercise Video - CLL 2:00 Word Creation - CLLR 2:30 Sunday Matinee' - CLL 7:00 Evening Movie - CLL	E SO CO SE CO SE	9:30 Morning Symphony - CLL 10:30 Coffee and Donut Social - CLCR 11:00 Group Crossword - CLCR 1:30 Scenic Ride - L 3:30 BINGO - CLCR 7:00 Evening Movie - CLL	E E PY CO CR SE	9:30 Morning Symphony - CLL 10:30 Visit with Graham the Golden Retriever - CLLR 11:00 Chair Exercise - CLDR 1:30 Brain Games "Trivia" - CLCR 2:30 Music with Dave Stone - Tent 7:00 Evening Movie - CLL	E PY PR CO SE	9:30 Morning Symphony - CLL 11:00 Taekwondo with Mandy - CLDR 1:30 Shopping Trip: Target - L 3:30 Card Games "UNO"- CLCR 7:00 Evening Movie - CLL	E PY SE CO SE	9:30 Morning Symphony - CLL 11:00 Chair Exercise - CLDR 1:30 Scenic Ride - L 3:30 BINGO - CLCR 7:00 Evening Movie - CLL	E CO CR SE SE SO SE	9:30 Morning Symphony - CLL 11:00 Puzzle Club - CLCR 1:30 Free-Style Art - CLCR 3:00 Cadigan Singers - CLL 3:30 Rick Steve's Travelogue - CLL 4:00 Tiki Time Community Dance with Jay Staples - Tent 7:00 Evening Movie - CLL	PY CO SE SE	11:00 Exercise Video - CLL 1:30 Afternoon Trivia - CLLR 2:30 Saturday Matinee' - CLL 7:00 Evening Movie - CLL
<b>29</b>		<b>30 Memorial Day</b>		<b>31</b>									
PY CO SE SE	11:00 Exercise Video - CLL 2:00 Word Creation - CLLR 2:30 Sunday Matinee' - CLL 7:00 Evening Movie - CLL	E SO CO SE CO SE	9:30 Morning Symphony - CLL 10:30 Coffee and Donut Social - CLCR 11:00 Group Crossword - CLCR 1:30 Scenic Ride - L 3:30 BINGO - CLCR 7:00 Evening Movie - CLL	E E PY CO CR SE	9:30 Morning Symphony - CLL 10:30 Visit with Graham the Golden Retriever - CLLR 11:00 Chair Exercise - CLDR 1:30 Manicures - CLCR 3:40 Music with Dale Kneeland - CLDR 7:00 Evening Movie - CLL	<ul style="list-style-type: none"> <li>CO - Cognitive</li> <li>CR - Creative</li> <li>E - Emotional</li> <li>PY - Physical</li> <li>PR - Purposeful</li> <li>SE - Sensory</li> <li>SO - Social</li> <li>SP - Spiritual</li> </ul>		<ul style="list-style-type: none"> <li>CLCR - Cadigan Lodge Community Room</li> <li>CLDR- Cadigan Lodge Dining Room</li> <li>CLL - Cadigan Lodge Library - L- Lobby</li> <li>FCCR - Friendship Cove Community Room</li> <li>GP - Georgetown Parlor</li> </ul>					

Events are Subject to Change.