

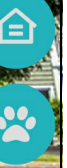


THE HIGHLANDS
A GRACE MGMT COMMUNITY

JUNE 2022

Life Enrichment - Cadigan Lodge

30 Governors Way
Topsham, Maine 04086
352-674-3600
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 E 9:30 Morning Symphony - CLL PY 11:00 Taekwondo - CLDR PR 1:30 Shopping Trip: Target - L CO 3:30 Card Games: UNO - CLCR SE 7:00 Evening Movie - CLL</p>	<p>2 E 9:30 Morning Symphony - CLL PR 10:00 Organize Community Room - CLCR PY 11:00 Chair Exercise - CLDR SE 1:30 Scenic Ride - L CO 3:30 BINGO - CLCR SE 7:00 Evening Movie - CLL</p>	<p>3 E 9:30 Morning Symphony - CLL CO 10:30 Puzzle Club - CLCR CR 1:00 Arts n' Crafts: Origami Fortune Tellers - CLCR PY 3:00 Walk n' Rollers 3:30 Cadigan Singers 4:00 Rick Steve's Travelogue - CLL SE 7:00 Evening Movie - CLL</p>	<p>4 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>5 PY 11:00 Exercise Video - CLL CO 2:00 Word Creation - CLLR SE 2:30 Sunday Matinee' - CLL SE 7:00 Evening Movie - CLL</p>	<p>6 E 9:30 Morning Symphony - CLL SO 10:30 Coffee and Donut Social - CLCR CO 11:00 Group Crossword - CLCR SE 1:30 Scenic Ride - L CO 3:30 BINGO - CLCR SE 7:00 Evening Movie - CLL</p>	<p>7 E 9:30 Morning Symphony - CLL E 10:30 Graham the Golden Retriever - CLLR E 10:30 Visit Graham the Golden - CLLR PY 11:00 Chair Exercise - CLDR SE 2:30 Karaoke with Jim Whitney-Tent CO 3:30 Brain Games: Scrabble - CLCR SE 7:00 Evening Movie - CLL</p>	<p>8 E 9:30 Morning Symphony - CLL SP 10:00 Morning Devotional with Bob and Becky - CLDR PY 11:00 Taekwondo - CLDR PR 1:30 Shopping Trip: Target - L CO 3:30 Brain Games: Prof. Noggin Trivia - CLCR SE 7:00 Evening Movie - CLL</p>	<p>9 E 9:30 Morning Symphony - CLL PR 10:00 Manicures - CLCR PY 11:00 Chair Exercise - CLDR SE 12:00 Picnic at Fort Popham - L CO 3:30 BINGO - CLCR SE 7:00 Evening Movie - CLL</p>	<p>10 E 9:30 Morning Symphony - CLL CO 10:30 Puzzle Club - CLCR SO 11:00 Lunch Bunch:Tuscan Bistro\$ - L CR 1:00 Arts n' Crafts: Coloring Mandalas - CLCR PY 3:00 Walk n' Rollers SE 3:30 Cadigan Singers SE 4:00 Rick Steve's Travelogue - CLL SE 7:00 Evening Movie - CLL</p>	<p>11 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>12 PY 11:00 Exercise Video - CLL CO 2:00 Word Creation - CLLR SE 2:30 Sunday Matinee' - CLL SE 7:00 Evening Movie - CLL</p>	<p>13 E 9:30 Morning Symphony - CLL SO 10:30 Coffee and Donut Social - CLCR PR 10:30 Highlands Residents Assn. Board Meeting - Tent CO 11:00 Group Crossword - CLCR SE 1:30 Scenic Ride - L CO 3:30 BINGO - CLCR SE 7:00 Evening Movie - CLL</p>	<p>14 Flag Day E 9:30 Morning Symphony - CLL E 10:30 Graham the Golden Retriever - CLLR PY 11:00 Chair Exercise - CLDR SE 2:30 Sue and Blue Jazz Under the Tent CO 3:30 Brain Games: Banagrams- CLCR SE 7:00 Evening Movie - CLL</p>	<p>15 E 9:30 Morning Symphony - CLL PY 11:00 Taekwondo - CLDR PR 1:30 Shopping Trip: Target - L CO 3:00 Card Games: Go Fish - CLCR SE 3:30 Entertainment w/ Dale Kneeland - CLLR SE 7:00 Evening Movie - CLL</p>	<p>16 E 9:30 Morning Symphony - CLL PR 10:00 Flower Arranging - CLCR PY 11:00 Chair Exercise - CLDR SE 1:30 Scenic Ride - L CO 3:30 BINGO - CLCR SE 7:00 Evening Movie - CLL</p>	<p>17 E 9:30 Morning Symphony - CLL CO 10:30 Puzzle Club - CLCR SO 11:00 Father's Day Cookout - Tent CR 1:00 Arts n' Crafts: Drawing - CLCR PY 3:00 Walk n' Rollers - L SE 3:30 Cadigan Singers SE 4:00 Rick Steve's Travelogue - CLL SE 7:00 Evening Movie - CLL</p>	<p>18 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.

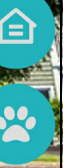


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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 Father's Day PY 11:00 Exercise Video - CLL CO 2:00 Word Creation - CLLR SE 2:30 Sunday Matinee' - CLL SE 7:00 Evening Movie - CLL	20 Summer Begins E 9:30 Morning Symphony - CLL SO 10:30 Coffee and Donut Social - CLCR CO 11:00 Group Crossword - CLCR SE 1:30 Scenic Ride - L CO 3:30 BINGO - CLCR SE 7:00 Evening Movie - CLL	21 E 9:30 Morning Symphony - CLL E 10:30 Graham the Golden Retriever - CLLR PY 11:00 Chair Exercise - CLDR SE 2:30 Jason Tardy Juggling Under the Tent CO 3:30 Brain Games: Apples to Apples - CLCR SE 7:00 Evening Movie - CLL	22 E 9:30 Morning Symphony - CLL PY 11:00 Taekwondo - CLDR PR 1:30 Shopping Trip: Target - L CO 3:30 Brain Games: Prof. Noggin Trivia - CLCR SE 7:00 Evening Movie - CLL	23 E 9:30 Morning Symphony - CLL CO 10:00 Knot Tying - CLCL PY 11:00 Chair Exercise - CLDR SE 1:30 Visit the Bowdoin College Art Museum - L CO 3:30 BINGO - CLCR SE 7:00 Evening Movie - CLL	24 E 9:30 Morning Symphony - CLL CO 10:30 Puzzle Club - CLCR CR 1:00 Art n' Crafts: Building Model Boats - CLCR PY 3:00 Walk n' Rollers - L SE 3:30 Cadigan Singers SE 4:00 Rick Steve's Travelogue - CLL SE 7:00 Evening Movie - CLL	25 PY 11:00 Exercise Video - CLL CO 1:30 Afternoon Trivia - CLLR SE 2:30 Saturday Matinee' - CLL SE 7:00 Evening Movie - CLL
26 PY 11:00 Exercise Video - CLL CO 2:00 Word Creation - CLLR SE 2:30 Sunday Matinee' - CLL SE 7:00 Evening Movie - CLL	27 E 9:30 Morning Symphony - CLL SO 10:30 Coffee and Donut Social - CLCR CO 11:00 Group Crossword - CLCR SE 1:30 Scenic Ride - L CO 3:30 BINGO - CLCR SE 7:00 Evening Movie - CLL	28 E 9:30 Morning Symphony - CLL E 10:30 Graham the Golden Retriever - CLLR PY 11:00 Chair Exercise - CLDR SE 2:30 Trudy Callaghan-Irish Folk Songs Under the Tent CO 3:30 Brain Games: Wheel of Fortune - CLCR SE 7:00 Evening Movie - CLL	29 E 9:30 Morning Symphony - CLL PY 11:00 Taekwondo - CLDR PR 1:30 Shopping Trip: Target - L CO 3:30 Board Games: Trouble - CLCR SE 7:00 Evening Movie - CLL	30 E 9:30 Morning Symphony - CLL PR 10:00 Manicures - CLCR PY 11:00 Chair Exercise - CLDR SE 1:30 Scenic Ride - L CO 3:30 BINGO - CLCR SE 7:00 Evening Movie - CLL		

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