



THE HIGHLANDS
A GRACE MGMT COMMUNITY

SEPTEMBER 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 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 9:30 Morning Symphony - CLL 11:00 Yoga - CLL 1:30 Scenic Ride - L 3:30 BINGO - CLCR 7:00 Evening Movie: Doc Martin S2, E4 (DVD) - CLL</p>	<p>2 9:30 Morning Symphony - CLL 10:30 Puzzle Club - CLCR 1:00 Walking Group - L 3:30 Cadigan Singalong - CLL 4:00 Rick Steve's Travelogue - CLL 7:00 Evening Documentary: Tricky Dick & The Man in Black (Netflix) - CLL</p>	<p>3 11:00 Exercise Video - CLL 1:30 Afternoon Trivia - CLLR 2:30 Saturday Matinee': Finding Neverland (DVD) - CLL 7:00 Evening Movie: Finding Neverland (DVD) - CLL</p>
<p>4 11:00 Exercise Video - CLL 1:00 Music with Anderson Steel-Tent 2:00 Word Creation - CLLR 2:30 Sunday Matinee': Good Night and Good Luck (DVD) - CLL 7:00 Evening Movie: Good Night and Good Luck (DVD) - CLL</p>	<p>5 Labor Day 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: Singin' in the Rain (DVD) - CLL</p>	<p>6 9:30 Morning Symphony - CLL 10:30 Graham the Golden - CLLR 11:00 Chair Exercise - CLDR 1:00 Walking Group - L 4:00 Brain Games: Wheel of Fortune - CLCR 7:00 Evening Movie: The Crown S1, E10 (Netflix) - CLL</p>	<p>7 9:30 Morning Symphony - CLL 11:00 Yoga Video - CLL 1:30 Shopping Trip: Target - L 3:30 Arts and Crafts: Painting our Clay Bowls - CLCR 7:00 Evening Movie: Duma (DVD) - CLL</p>	<p>8 9:30 Morning Symphony - CLL 11:00 Chair Exercise - CLDR 1:30 Scenic Ride: Visit to Animal Shelter - L 3:30 BINGO - CLCR 7:00 Evening Movie: Doc Martin S2, E5 (DVD) - CLL</p>	<p>9 9:30 Morning Symphony - CLL 10:30 Resident Led Group Puzzle - CLCR 11:00 Lunch Bunch: Locally Sauced \$ - L 1:00 Walking Group - L 2:00 Resident Led Scrabble - CLL 4:00 Rick Steve's Travelogue - CLL 7:00 Evening Movie: Tricky Dick and the Man in Black (Netflix) - CLL</p>	<p>10 11:00 Exercise Video - CLL 1:30 Afternoon Trivia - CLLR 2:30 Saturday Matinee': Arsenic and Old Lace (DVD) - CLL 7:00 Evening Movie: Arsenic and Old Lace (DVD) - CLL</p>
<p>11 Grandparent's Day 11:00 Exercise Video - CLL 1:00 Music with Anderson Steel-Tent 2:00 Word Creation - CLLR 2:30 Sunday Matinee': Ever After (DVD) - CLL 7:00 Evening Movie: Ever After (DVD) - CLL</p>	<p>12 9:30 Morning Symphony - CLL 10:30 Coffee and Donut Social - CLCR 10:30 Highlands Residents Assn. Board Meeting - Tent 11:00 Group Crossword - CLCR 1:30 Scenic Ride - L 3:30 BINGO - CLCR 7:00 Evening Movie: Guys and Dolls (DVD) - CLL</p>	<p>13 9:30 Morning Symphony - CLL 10:30 Graham the Golden - CLLR 11:00 Chair Exercise - CLDR 1:00 Walking Group - L 3:30 Brain Games: Prof. Noggin Trivia - CLCR 7:00 Evening Movie: Crown S2, E1 (Netflix) - CLL</p>	<p>14 9:30 Morning Symphony - CLL 10:00 Morning Devotional with Bob and Becky - CLDR 11:00 Yoga Video - CLL 1:30 Shopping Trip: Reny's - L 3:00 Board Games: UNO - CLCR 7:00 Evening Movie: The Red Fury (DVD) - CLL</p>	<p>15 9:30 Morning Symphony - CLL 11:00 Chair Exercise - CLDR 12:00 Scenic Ride: Picnic at Head of Tide Park - L 3:30 BINGO - CLCR 7:00 Evening Movie: Doc Martin S2, E6 (DVD) - CLL</p>	<p>16 9:30 Morning Symphony - CLL 10:30 Puzzle Club - CLCR 1:00 Walking Group - L 2:00 Arts & Crafts: Jewelry Making - CLCR 3:30 Cadigan Singalong - CLL 4:00 Rick Steve's Travelogue - CLL 7:00 Evening Movie: Secrets of the Saqqara Tomb (Netflix) - CLL</p>	<p>17 Citizenship Day 11:00 Exercise Video - CLL 1:30 Afternoon Trivia - CLLR 2:30 Saturday Matinee': The Secret Garden (DVD) - CLL 7:00 Evening Movie: The Secret Garden (DVD) - CLL</p>

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18 11:00 Exercise Video - CLL 1:00 Music with Anderson Steel-Tent 2:00 Word Creation - CLLR 2:30 Sunday Matinee': Milo and Otis (DVD) - CLL 7:00 Evening Movie: Milo and Otis (DVD) - CLL	19 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: The King and I (DVD) - CLL	20 9:30 Morning Symphony - CLL 10:30 Graham the Golden - CLLR 11:00 Chair Exercise - CLDR 1:00 Walking Group - L 3:30 Brain Games: Wheel of Fortune - CLCR 7:00 Evening Movie: The Crown S2, E2 (Netflix) - CLL	21 9:30 Morning Symphony - CLL 11:00 Yoga Video - CLL 1:30 Shopping Trip: Target - L 3:00 Card Games: Go Fish - CLCR 3:30 Entertainment w/ Dale Kneeland - CLLR 7:00 Evening Movie: Sherlock Holmes "A Study in Scarlet" (DVD) - CLL	22 Fall Begins 9:30 Morning Symphony - CLL 11:00 Chair Exercise - CLDR 1:30 Scenic Ride - L 3:30 BINGO - CLCR 7:00 Evening Movie: Doc Martin S2, E7 (DVD) - CLL	23 Native American Day 9:30 Morning Symphony - CLL 10:30 Puzzle Club - CLCR 1:00 Walking Group - L 2:00 Arts & Crafts: Drawing Still Life - CLCR 3:30 Cadigan Singalong - CLL 4:00 Rick Steve's Travelogue - CLL 7:00 Evening Movie: Life on Our Planet (Netflix) - CLL	24 11:00 Exercise Video - CLL 1:30 Afternoon Trivia - CLLR 2:30 Saturday Matinee': The Ultimate Gift (DVD) - CLL 7:00 Evening Movie: The Ultimate Gift (DVD) - CLL
25 Rosh Hashanah Begins 11:00 Exercise Video - CLL 1:00 Music with Anderson Steel-Tent 2:00 Word Creation - CLLR 2:30 Sunday Matinee': A Little Princess (DVD)- CLL 7:00 Evening Movie: A Little Princess (DVD) - CLL	26 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: Oklahoma (DVD) - CLL	27 9:30 Morning Symphony - CLL 10:00 Brunswick Farmers Market Visit \$ - L 10:30 Graham the Golden - CLLR 11:00 Chair Exercise - CLDR 1:00 Walking Group - L 4:00 Brain Games: Prof. Noggin Trivia - CLCR 7:00 Evening Movie: The Crown S2, E3 (Netflix) - CLL	28 9:30 Morning Symphony - CLL 10:00 Morning Devotional with Bob and Becky - CLDR 11:00 Yoga Video - CLL 1:30 Shopping Trip: Reny's - L 3:30 September Birthday Celebration - CLCR 7:00 Evening Movie: Life of Pi (DVD) - CLL	29 9:30 Morning Symphony - CLL 11:00 Chair Exercise - CLDR 1:00 Rocky Ridge Orchard Visit \$ - L 3:30 BINGO - CLCR 7:00 Evening Movie: Doc Martin S2, E8 - CLL	30 9:30 Morning Symphony - CLL 10:30 Puzzle Club - CLCR 1:00 Walking Group - L 3:30 Cadigan Singalong - CLL 4:00 Rick Steve's Travelogue - CLL 7:00 Evening Movie: Dogs S1, E1 "Much Ado About Blue" (Netflix) - CLL	

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