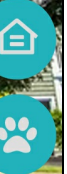




THE HIGHLANDS
A GRACE MGMT COMMUNITY

NOVEMBER 2022

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</p> <p>9:30 Morning Symphony - CLL 10:00 Graham the Golden - CLLR 11:00 Chair Exercise - CLDR 1:00 Walking Group - L 2:30 Sapphire Lane 3:30 Brain Games: Wheel of Fortune - CLCR 7:00 Tuesday Series: The Crown - CLL</p>	<p>2</p> <p>9:30 Morning Symphony - CLL 11:00 Yoga with Amy - CLL 1:30 Shopping Trip: Reny's - L 3:00 Arts n' Crafts: Clay Leaves - CLCR 7:00 Evening Movie: Secondhand Lions - CLL</p>	<p>3</p> <p>9:30 Morning Symphony - CLL 10:00 Manicures - CLCR 11:00 Chair Exercise - CLDR 1:00 Yoga Video - CLL 1:30 Scenic Ride - L 3:30 BINGO - CLCR 7:00 Thursday Series: Doc Martin - CLL</p>	<p>4</p> <p>9:30 Morning Symphony - CLL 10:30 Puzzle Club - CLCR 1:00 Arts n' Crafts: Painting our Clay Leaves - CLCR 1:00 Walking Group - L 3:30 Cadigan Singalong - CLL 4:00 Rick Steve's Travelogue - CLL 7:00 Friday Documentary: "Elvis Presley: The Searcher" - CLL</p>	<p>5</p> <p>11:00 Exercise Video - CLL 1:30 Afternoon Trivia - CLLR 2:30 Matinee': Catch Me If You Can - CLL 7:00 Evening Movie: Catch Me If You Can - CLL</p>
<p>6 Daylight Saving Ends</p> <p>11:00 Exercise Video - CLL 2:00 Word Creation - CLLR 2:30 Matinee': Gone with the Wind - CLL 7:00 Evening Movie - Gone with the Wind - CLL</p>	<p>7</p> <p>9:30 Morning Symphony - CLL 10:30 Coffee and Donut Social - CLCR 11:00 Group Crossword - CLCR 1:00 Yoga Video - CLL 1:30 Scenic Ride - L 3:30 BINGO - CLCR 7:00 Monday Musical: Little Miss Broadway - CLL</p>	<p>8 Election Day</p> <p>9:30 Morning Symphony - CLL 10:00 Graham the Golden - CLLR 11:00 Chair Exercise - CLDR 1:00 Walking Group - L 2:30 Outrageous Banjo 4:00 Card Games: UNO - CLCR 7:00 Tuesday Series: The Crown - CLL</p>	<p>9</p> <p>9:30 Morning Symphony - CLL 10:00 Morning Devotional with Bob and Becky - CLDR 11:00 Yoga with Amy - CLL 1:30 Shopping Trip: Target - L 3:00 Arts n' Crafts: Thanksgiving Cards - CLCR 7:00 Evening Movie: My Big Fat Greek Wedding - CLL</p>	<p>10</p> <p>9:30 Morning Symphony - CLL 10:00 Manicures - CLCR 11:00 Chair Exercise - CLDR 1:00 Yoga Video - CLL 1:30 Scenic Ride - L 3:30 BINGO - CLCR 7:00 Thursday Series: Doc Martin - CLL</p>	<p>11 Veterans Day</p> <p>9:30 Morning Symphony - CLL 10:30 Puzzle Club - CLCR 11:00 Lunch Bunch: The River Room \$ - L 1:00 Walking Group - L 3:30 Cadigan Singalong - CLL 4:00 Rick Steve's Travelogue - CLL 7:00 Friday Documentary: "March of the Penguins" - CLL</p>	<p>12</p> <p>11:00 Exercise Video - CLL 1:30 Afternoon Trivia - CLLR 2:30 Matinee': I Love Lucy - CLL 7:00 Evening Movie: I Love Lucy - CLL</p>
<p>13</p> <p>11:00 Exercise Video - CLL 2:00 Word Creation - CLLR 2:30 Matinee': I Love Lucy - CLL 2:30 Sunday Matinee': Thirty Seconds Over Tokyo - CLL 7:00 Evening Movie - Thirty Seconds Over Tokyo - CLL</p>	<p>14</p> <p>9:30 Morning Symphony - CLL 10:30 Coffee and Donut Social - CLCR 10:30 Highlands Residents Assn. Board Meeting 11:00 Group Crossword - CLCR 1:00 Yoga Video - CLL 1:30 Scenic Ride - L 3:30 BINGO - CLCR 7:00 Monday Musical: The Wizard of Oz - CLL</p>	<p>15</p> <p>9:30 Morning Symphony - CLL 10:00 Graham the Golden - CLLR 11:00 Chair Exercise - CLDR 1:00 Walking Group - L 3:30 Brain Games: Scrabble - CLCR 6:00 Dempsey Center Talk - Georgetown Parlor 7:00 Tuesday Series: The Crown - CLL</p>	<p>16</p> <p>9:30 Morning Symphony - CLL 11:00 Yoga with Amy - CLL 1:30 Shopping Trip: Hannaford - L 3:00 Arts n' Crafts: Fall Luminaries - CLCR 3:30 Entertainment w/ Dale Kneeland - CLLR 7:00 Evening Movie: Anchors Away - CLL</p>	<p>17</p> <p>9:30 Morning Symphony - CLL 10:00 Craft Show (10am - 2pm) - Georgetown Parlor 10:00 Manicures - CLCR 11:00 Chair Exercise - CLDR 1:00 Yoga Video - CLL 1:30 Scenic Ride - L 3:30 BINGO - CLCR 7:00 Thursday Series: Doc Martin - CLL</p>	<p>18</p> <p>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 Friday Documentary: "Lewis and Clark: Great Journey West" - CLL</p>	<p>19</p> <p>11:00 Exercise Video - CLL 1:30 Afternoon Trivia - CLLR 2:30 Matinee': Red Skelton - CLL 7:00 Evening Movie: Red Skelton - CLL</p>

Events are Subject to Change.

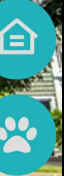


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Life Enrichment - Cadigan Lodge

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 11:00 Exercise Video - CLL 2:00 Word Creation - CLLR 2:30 Matinee': Red Skelton - CLL 2:30 Sunday Matinee': Eat Pray Love - CLL 7:00 Evening Movie: Eat Pray Love - CLL	21 9:30 Morning Symphony - CLL 10:30 Coffee and Donut Social - CLCR 11:00 Group Crossword - CLCR 1:00 Yoga Video - CLL 1:30 Scenic Ride - L 3:30 BINGO - CLCR 7:00 Monday Musical: Annie - CLL	22 9:30 Morning Symphony - CLL 11:00 Chair Exercise - CLDR 1:00 Walking Group - L 2:30 Dave Stone 3:30 Brain Games: Wheel of Fortune - CLCR 7:00 Tuesday Series: The Crown - CLL	23 9:30 Morning Symphony - CLL 10:00 Morning Devotional with Bob and Becky - CLDR 11:00 Yoga with Amy - CLL 1:30 Shopping Trip: Reny's - L 3:00 Card Games: Go Fish - CLCR 7:00 Evening Movie: Against A Crooked Sky - CLL	24 Thanksgiving 9:30 Morning Symphony - CLL 10:30 Puzzle Club - CLCR 1:00 Yoga Video - CLL 3:30 Resident Led BINGO - CLCR 7:00 Thursday Series: Doc Martin - CLL	25 9:30 Morning Symphony - CLL 10:30 Puzzle Club - CLCR 1:00 Art's n' Crafts: Drawing Still Life - CLCR 1:00 Walking Group - L 3:30 Cadigan Singalong - CLL 4:00 Rick Steve's Travelogue - CLL 7:00 Friday Documentary: Nantucket - CLL	26 11:00 Exercise Video - CLL 1:30 Afternoon Trivia - CLLR 2:30 Matinee': Duma - CLL 7:00 Evening Movie: Duma - CLL
27 11:00 Exercise Video - CLL 2:00 Word Creation - CLLR 2:30 Matinee': Red Skelton - CLL 2:30 Sunday Matinee': Adventures of Huckleberry Finn - CLL 7:00 Evening Movie: Adventures of Huckleberry Finn - CLL	28 9:30 Morning Symphony - CLL 10:30 Coffee and Donut Social - CLCR 11:00 Group Crossword - CLCR 1:00 Yoga Video - CLL 1:30 Scenic Ride - L 3:30 BINGO - CLCR 7:00 Monday Musical: 7 Brides for 7 Brothers - CLL	29 9:30 Morning Symphony - CLL 10:00 Graham the Golden - CLLR 11:00 Chair Exercise - CLDR 1:00 Walking Group - L 1:30 Rich Reichner - GK Living Room 3:30 Brain Games: Matching Donuts - CLCR 7:00 Tuesday Series: The Crown - CLL	30 9:30 Morning Symphony - CLL 11:00 Yoga with Amy - CLL 1:30 Shopping Trip: Target - L 2:00 Birthday Celebration - CLCR 3:00 Card Games: UNO - CLCR 7:00 Evening Movie: A Dog of Flanders - CLL			

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