



THE HIGHLANDS
CADIGAN LODGE
 A GRACE MGMT COMMUNITY

JANUARY 2023

30 Governors Way
 Topsham, Maine 04086
 207-725-2650
www.highlandsrc.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:00 Exercise Video - CLL 2:00 Word Creation - CLLR 2:30 Matinee': Harvey - CLL 7:00 Evening Movie: Harvey - CLL	2 11:00 Group Crossword - CLLR 1:00 Yoga Video - CLL 3:30 Resident Led BINGO - CLCR 7:00 Monday Musical: Yankee Doodle Dandy - CLL	3 11:00 Chair Exercise - CLDR 2:00 Brain Games: Wheel of Fortune - CLCR 3:45 Music with Jay Staples - CLLR 7:00 Tuesday Series: The Crown - CLL	4 11:00 Stretch n' Yoga - CLL 1:30 Shopping Trip: Reny's - L 3:00 Arts n' Crafts: Geometric Tape Painting - CLCR 7:00 Evening Movie: The Parent Trap - CLL	5 10:00 Men's Nail Care - 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	6 10:30 Group Puzzle - CLCR 1:30 Easy Meditative Sketching - CLCR 3:30 Cadigan Singalong - CLL 7:00 Friday Documentary: Night on Earth (E1-2) - CLL	7 11:00 Exercise Video - CLL 1:30 Afternoon Trivia - CLLR 2:30 Matinee': August Rush - CLL 7:00 Evening Movie: August Rush - CLL
8 11:00 Exercise Video - CLL 2:00 Word Creation - CLLR 2:30 Matinee': A League of Their Own - CLL 7:00 Evening Movie: A League of Their Own - CLL	9 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: Oklahoma - CLL	10 11:00 Chair Exercise - CLDR 2:00 Card Games: UNO - CLCR 3:45 Music with Red Gallagher - CLLR 7:00 Tuesday Series: The Crown - CLL	11 10:00 Morning Devotional with Bob and Becky - CLDR 11:00 Stretch n' Yoga - CLL 1:30 Shopping Trip: Target - L 3:00 Making Bird Suet - CLCR 7:00 Evening Movie: Fried Green Tomatoes - CLL	12 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	13 10:30 Group Puzzle - CLCR 1:30 Journaling - CLCR 3:30 Cadigan Singalong - CLL 7:00 Friday Documentary: Night on Earth (E3-4) - CLL	14 11:00 Exercise Video - CLL 1:30 Afternoon Trivia - CLLR 2:30 Matinee': Dolphin Tale - CLL 7:00 Evening Movie: Dolphin Tale - CLL
15 11:00 Exercise Video - CLL 2:00 Word Creation - CLLR 2:30 Matinee': My Favorite Wife - CLL 7:00 Evening Movie: My Favorite Wife - CLL	16 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: Carousel - CLL	17 11:00 Chair Exercise - CLDR 2:00 Brain Games: Wheel of Fortune - CLCR 3:45 Travel Stories with Jack Jones - CLLR 7:00 Tuesday Series: The Crown - CLL	18 11:00 Stretch n' Yoga - CLL 1:30 Shopping Trip: Hannaford - L 3:00 January Birthday Celebration 3:30 Entertainment w/ Dale Kneeland - CLLR 7:00 Evening Movie: We Bought a Zoo - CLL	19 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	20 10:30 Group Puzzle - CLCR 1:30 Easy Meditative Sketching - CLCR 3:30 Cadigan Singalong - CLL 7:00 Friday Documentary: Night on Earth (E5-6) - CLL	21 11:00 Exercise Video - CLL 1:30 Afternoon Trivia - CLLR 2:30 Matinee': Mr. and Mrs. Smith - CLL 7:00 Evening Movie: Mr. and Mrs. Smith - CLL

Events are Subject to Change.



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 11:00 Exercise Video - CLL 2:00 Word Creation - CLLR 2:30 Matinee': Top Hat - CLL 7:00 Evening Movie: Top Hat - CLL	23 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: State Fair - CLL	24 11:00 Chair Exercise - CLDR 2:00 Brain Games: Prof. Noggin Trivia - CLCR 3:45 Music with Flash Allen - CLLR 7:00 Tuesday Series: The Crown - CLL	25 10:00 Morning Devotional with Bob and Becky - CLDR 11:00 Stretch n' Yoga - CLL 1:30 Shopping Trip: Reny's - L 3:00 Arts n' Crafts: Making Collages - CLCR 7:00 Evening Movie: Gracie - CLL	26 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	27 10:30 Group Puzzle - CLCR 1:30 Journaling - CLCR 3:30 Cadigan Singalong - CLL 7:00 Friday Documentary: Island of the Seawolves - CLL	28 11:00 Exercise Video - CLL 1:30 Afternoon Trivia - CLLR 2:30 Matinee': Run Silent, Run Deep - CLL 7:00 Evening Movie: Run Silent, Run Deep - CLL
29 11:00 Exercise Video - CLL 2:00 Word Creation - CLLR 2:30 Matinee': The Gay Divorcée - CLL 7:00 Evening Movie: The Gay Divorcée - CLL	30 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: The King and I - CLL	31 11:00 Chair Exercise - CLDR 2:00 Brain Games: Wheel of Fortune - CLCR 3:30 Card Games: Go Fish 7:00 Tuesday Series: The Crown - CLL		CLCR - Cadigan Lodge Community Room CLDR- Cadigan Lodge Dining Room CLL - Cadigan Lodge Library - L- Lobby FCCR - Friendship Cove Community Room GP - Georgetown Parlor		

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