

*The Highlands, a Maine community with home and lifestyle choices, provides freedom, personal growth and peace-of-mind... an extraordinary place to live and thrive.*

#### Included Services

- Wellness Programs
- Scheduled Interior and Exterior Maintenance
- Groundskeeping
- Trash Removal and Recycling Services
- Snow Removal
- Scheduled Transportation
- Optional Cultural, Educational, Social and Recreational Opportunities
- Heat and Electricity
- Water and Sewer
- Air Conditioning
- Real Estate Taxes
- Casualty and Liability Insurance
- Spa Services
- Laundry and Linen Services
- Licensed Nursing 24/7
- Medication Management
- Assistance with Personal Care
- Weekly Housekeeping
- Breakfast, Lunch, and Dinner
- Health Care Advocacy

#### Amenities

- Wired for Telephone, Cable TV and Internet
- Emergency Call System
- Smoke Detectors and Sprinkler System
- Individual Climate Controls
- Indoor Heated Swimming Pool
- Fitness Center
- Library
- Billards Room
- Multi-purpose Gathering Room
- Formal Dining Room
- Private Dining Room

#### Optional Services at Additional Fee

- Personal Training
- Guest Accommodations
- Additional Housekeeping
- Catering Services
- Salon
- Personal Transportation
- Fax and Copy Service
- Concierge Services

## Cadigan Lodge One Bedroom



# Floorplan



CADIGAN LODGE  
**THE HIGHLANDS**  
*A Lifestyle of Choice*

30 Governors Way, Topsham, ME 04086 • [www.highlandsrc.com](http://www.highlandsrc.com)  
(207) 725-2650 • Toll-Free (888) 760-1042



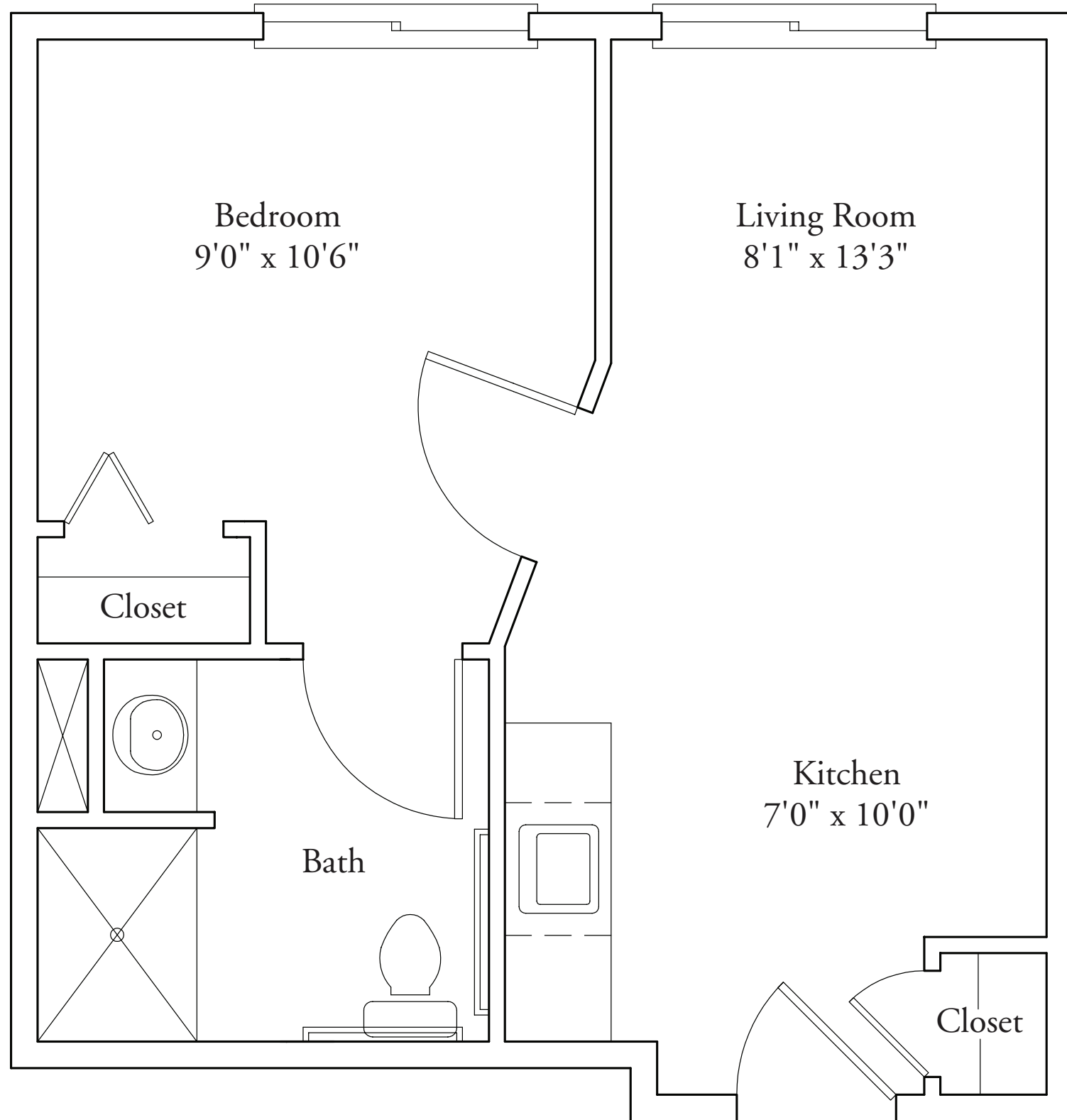
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Actual floor plan and dimensions may vary.

**One Bedroom**