



October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:00AM Chair Connection M 11:00AM Farmer's Almanac CR 1:00PM Cribbage H 1:45PM Shop or Ride ✓ F 3:30PM BINGO CL 3:30PM Art Group CR	2 10:15AM Morning Exercise CR 11:00AM Health Tips CR 2:00PM Tuesday @ 2: Red Gallagher GP 3:30PM Scarecrow Planning CR 4:00PM Pet Visits w/ Ellie CR 7:00PM Evening Film CR	3 Annual Walk to School Day 10:00AM Chair Connection M 11:00AM Brain Games CR 1:00PM BINGO H 2:30PM Wisdom CR Wednesday 6:30PM Opera T	4 10:00AM Highlands in the Know GP 11:00AM Morning Exercise CR 1:45PM Scenic Ride F 2:30PM Activities Chat CR 3:30PM BINGO CL 7:00PM Thursday Series T	5 10:00AM Chair Connection M 11:00AM Fall Facts CR 1:00PM BINGO H 2:15PM Manicures CR 4:00PM Happy Hour GP 7:00PM Documentary T	6 10:00AM Ping Pong M 10:30AM Exercise CR 2:00PM Resident Book Release & Signing: Cal Thomas GP 2:00PM Movie T 7:00PM Movie T
7 10:30AM Exercise CR 1:30PM Movie T 4:00PM Vespers GP 7:00PM Movie T Fall Festival Week! →	8 10:00AM Chair Connection M 11:00AM Resident Board Meeting M 1:00PM Cribbage H 1:45PM Shop or Ride ✓ F 3:30PM B.I.N.G.O. CL 3:30PM Holiday History CR Scarecrows go up today!	9 10:15AM Morning Exercise CR 11:00AM National Parks CR 1:00PM Golf Cart Rides to view scarecrows F 2:00PM Tuesday @ 2: Dave Stone GP 4:00PM Pet Visits w/ Ellie CR 7:00PM Evening Film CR	10 10:00AM Chair Connection M 11:00AM Foliage Photography CR 1:00PM BINGO H 3:00PM Fall Wreath Making H 6:30PM Opera T	11 10:00AM Highlands in the Know GP 10:30AM Resident Forum CR 11:00AM Berrie's Here ✓ BS 1:45PM Scenic Foliage Ride F 3:30PM BINGO CL 7:00PM Thursday Series T	12 10:00AM Chair Connection M 11:00AM Pumpkin Decorating M 1:00PM BINGO H 2:00PM Apple Picking ✓ \$ F 7:00PM Documentary T	13 <u>Open House!</u> 10:00AM Ping Pong M 10:30AM Exercise CR 11AM—3PM Hayrides, Contest Judging, Woodside One Wheelers and more! 7:00PM Movie T
14 10:30AM Exercise CR 1:30PM Movie T 2:00PM Needlework GP 7:00PM Movie T	15 10:00AM Chair Connection M 11:00AM Living Room Laughs CR 1:00PM Cribbage H 1:45PM Shop or Ride ✓ F 3:30PM B.I.N.G.O. CL 3:30PM Roasting Pumpkin Seeds CR 7:00PM Card BINGO H	16 10:15AM Morning Exercise CR 11:00AM Health Tips CR 2:00PM Tuesday @ 2: Peter Mezoian GP 3:30PM Exploring Different Cultures CR 4:00PM Pet Visits w/ Ellie CR 7:00PM Evening Film CR	17 10:00AM Chair Connection M 11:00AM Reader's Digest CR 1:00PM BINGO H 2:30PM Wisdom CR Wednesday 3:30PM Art Group CR 6:30PM Opera T	18 10:00AM Highlands in the Know GP 11:00AM Morning Exercise CR 1:45PM Scenic Ride F 2:30PM Get to Know Your Neighbor CR 3:30PM BINGO CL 7:00PM Thursday Series T	19 10:00AM Chair Connection M 11:00PM Lunch Bunch ✓ \$ L Tuscan Bistro 1:00PM BINGO H 2:15PM Manicures CR 7:00PM Documentary T	20 8:30AM Bus to The Walk To End Alzheimer's L 10:00AM Ping Pong M 10:30AM Exercise CR 2:00PM Movie T 7:00PM Movie T
21 10:30AM Exercise CR 1:30PM Movie T 4:00PM Vespers GP 7:00PM Movie T	22 10:00AM Chair Connection M 11:00AM Brain Games CR 1:00PM Cribbage H 1:45PM Shop or Ride ✓ F 3:30PM B.I.N.G.O. CL 3:30PM Interesting & Inspiring People CR	23 10:15AM Morning Exercise CR 11:00AM Word Finder CR 1—2 PM Flu Clinic GP 2:00PM Tuesday @ 2: Ron Bergeron GP 3:30PM Brain Basics CR 4:00PM Pet Visits w/ Ellie CR 7:00PM Evening Film CR	24 10:00AM Chair Connection M 11:00AM Food For Thought CR 1:00PM BINGO H 2:30PM Wisdom CR Wednesday 3:30PM Food For Thought CR 6:30PM Opera T	25 10:00AM Highlands in the Know GP 11:00AM Morning Exercise CR 1:45PM Scenic Ride F 2:30PM Fall Baking CR 3:30PM Halloween Crafts CR 3:30PM BINGO CL 7:00PM Mike McCarthy GP	26 10:00AM Chair Connection M 11:00AM Poetry Reading CR 1:00PM BINGO H 2:30PM Maine History CR 7:00PM Documentary T	27 10:00AM Ping Pong M 10:30AM Exercise CR 2:00PM Movie T 7:00PM Movie T
28 10:30AM Exercise CR 1:30PM Movie T 2:00PM Needlework GP 7:00PM Movie T	29 10:00AM Chair Connection M 11:00AM Morning Crosswords CR 1:00PM Cribbage H 1:45PM Shop or Ride ✓ F 3:30PM B.I.N.G.O. CL 3:30PM Documentary CR 7:00PM Open Mic Night GP	30 10:15AM Morning Exercise CR 11:00AM Health Tips CR 2:00PM Tuesday @ 2: Tim Caverly GP 3:30PM Holiday History CR 4:00PM Pet Visits w/ Ellie CR 7:00PM Evening Film CR	31 <u>Happy Halloween</u> 10:00AM Chair Connection M 11:00AM Spooky Stories CR 1:00PM BINGO H 3:00PM Halloween Happy Hour GP 6:30PM Opera T			

WEEKLY SHOPPING

MONDAY	9 AM	COOK'S CORNER	L
	1:45 PM	SHOP OR RIDE: WALMART	
TUESDAY	9 AM	TOPSHAM MALL	L
	10:15 AM	TOPSHAM MALL	
FRIDAY	9 AM	MAINE ST BRUNSWICK	L

AMENITIES

MONDAY— SATURDAY	9:30 AM—11 AM	CONTINENTAL BREAKFAST FROSTY'S DONUTS SERVED FRIDAYS	H
WEDNESDAY	9—11 AM	BATH SAVINGS OFFICE OPEN	BS
2ND THURSDAY	11 AM—12 PM	BERRIE'S HEARING AID & EYEGLOSS CLEANING	CL/ BS

WEEKLY FITNESS

SAT & SUN	9—10 AM & 2—4 PM	OPEN SWIM	
MONDAY	9 AM	WATER WELLNESS	M
	10 AM	CHAIR CONNECTION—	
	10 AM	TAI-CHI	
	10 AM—12 PM & 1—4PM	OPEN SWIM	
TUESDAY	9 AM	GROUP FITNESS	
	9 AM—12 PM & 1—4PM	OPEN SWIM	
	10 AM	GROUP FITNESS	
WEDNESDAY	9 AM	WATER WELLNESS	M
	10 AM	CHAIR CONNECTION—	
	10 AM	YOGA	
	10 AM—12 PM & 1—4 PM	OPEN SWIM	
THURSDAY	9 AM	GROUP FITNESS	
	9 AM—12 PM & 1—4 PM	OPEN SWIM	
	10 AM	GROUP FITNESS	
FRIDAY	9 AM	WATER WELLNESS	M
	10 AM—12 PM & 1—3 PM	OPEN SWIM	
	10 AM	CHAIR CONNECTION—	
	10 AM	KETTLE BELLS	

ALL FITNESS CANCELLATIONS WILL BE POSTED IN THE FITNESS CENTER & IN THE HIGHLIGHTER!

MONTHLY RECURRING

EVERY MONDAY	1:30 PM	BUS TO CHORALE	L
1ST & 3RD SUNDAY	4:00 PM	VESPERS	GP
2ND MONDAY	11 AM	RESIDENT BOARD MEETING	M
LAST MONDAY OF THE MONTH	7PM	OPEN MIC NIGHT	GP
1ST WEDNESDAY	8 AM	CHEF'S BREAKFAST	S
2ND & 4TH THURS	10:30 AM	TOPSHAM LIBRARY	L
2ND & 4TH FRIDAY	5 & 7 PM	DISTINCTIVE DINING	HFH

SUNDAY CHURCH SERVICES

8:30 AM	GOOD SHEPHERDS LUTHERAN
9:20 AM	FIRST PARISH/ MID COAST PRESBYTERIAN/ SAINT CHARLES BORROMEO CHURCH/ SAINT JOHN'S/ UNITARIAN UNIVERSALIST/ UNITED BAPTIST

ROOM KEY

FCD = FRIENDSHIP COVE DINING **HFH = HOLDEN FROST HOUSE**
CR = FC COMMUNITY ROOM **HR = HARRASEEKET CONF ROOM**
T = THEATER **K = KENNEBEC MEETING ROOM**
W = WELLNESS CENTER **M = MERRYMEETING BAY ROOM**
L = OUTING DEPARTS FROM **CLP = CADIGAN L PRIVATE DINING**
LOBBY **\$ = ADDITIONAL COST**
H = HARPSWELL LOUNGE **✓ = SIGN UP REQUIRED**
GP = GEORGETOWN PARLOR
CL = CADIGAN LODGE
CPL = CORNER POCKET LOUNGE
F = FITNESS CENTER
FC = FRIENDSHIP COVE
S = SEBASCO DINING ROOM

Friendship Cove

Activities Questions?

Becca Gagnon, Life Enrichment
207-725-2650 EXT 174
rebeccag@highlandsrc.com

Fitness Questions?

Personal training is available upon request.
Brenda LaCombe, Fitness Director
207-725-4407 EXT 132
brendal@highlandsrc.com

Wellness Questions?

Jennifer Rhoades, Care Coordinator
207-725-4407 EXT 155
jenr@highlandsrc.com

OR

Contact Kelly Curtis, Wellness Director
207-725-4407 EXT 148
kellyc@highlandsrc.com

Assisted Living Questions?

Cristy Williams, Director of Assisted Living
207-725-4407 EXT 120
cristyw@highlandsrc.com



THE HIGHLANDS
 A GRACE MGMT COMMUNITY