



October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:00AM Writers' Group CL 1:00PM Cribbage H 3:00PM Backgammon H	2 9:30AM Senior College M 11:00AM Book Look K 2:00PM Tuesday @ 2: Red Gallagher GP 3:00PM On Parle Francais K	3 Annual Walk to School Day 8:00 AM Chef's Breakfast ✓ S 12:30PM Senior College T 12:30PM Bus to Senior College L 1:00PM BINGO H 1:00PM Mah Jong HR 2:00PM Grief Support CLP 3:00PM Instructional Pool CPL 6:30PM Opera T	4 9:00AM HOGS Trip \$✓ L 9:00AM Beginner's Mah Jong K 10:00AM Highlands in The Know GP 1:00PM Art Studio Group K 1:00PM Scrabble H 2:00PM Dominoes HR 7:00Pm Thursday Series T	5 1:00PM BINGO H 1:00PM Bridge M 4:00PM Happy Hour GP 7:00PM Documentary T	6 10:00AM Ping Pong M 2:00PM Resident Book Release & Signing: Cal Thomas GP 2:00PM Movie T 7:00PM Movie T
7 12:30PM Bus to Good Theater \$✓ L 1:30PM Movie T 2:00PM Needlework GP 4:00PM Vespers GP 7:00PM Movie T Fall Festival Week! →	8 11:00AM Resident Board Meeting M 1:00PM Cribbage H 3:00PM Backgammon H Scarecrows go up today!	9 9:30AM Senior College M 2:00PM Tuesday @ 2: Dave Stone GP 2:00PM Apple Picking/ Cider Tasting Outing \$✓ L 3:00PM On Parle Francais K	10 9:00AM Trader Joe's/ WF \$✓ L 12:30PM Senior College T 12:30PM Bus to Senior College L 1:00PM BINGO H 1:00PM Mah Jong HR 2:00PM Vision Support CLP 3:00PM Fall Wreath Making H 3:00PM Instructional Pool CPL 6:30PM Opera T	11 9:00AM Beginner's Mah Jong K 10:00AM Highlands in The Know GP 11:00AM Berrie's Here ✓ BS 1:00PM Art Studio Group K 1:00PM Scrabble H 2:00PM Dominoes HR 2:00PM Caregiver Support CLP 3:00PM Fall Recipe Contest H	12 11:00AM Pumpkin Decorating M 1:00PM BINGO H 1:00PM Bridge M 7:00PM Documentary T	13 Open House! 10:00AM Ping Pong M 11AM—3PM Hayrides, Contest Judging, Woodside One Wheelers and more! 7:00PM Movie T
14 1:30PM Movie T 2:00PM Needlework GP 7:00PM Movie T	15 10:00AM Writers' Group CL 11:00AM Activities Committee K 11:00AM Bible Study M 1:00PM Cribbage H 2:00PM Food Committee S 3:00PM Backgammon H 7:00PM Card BINGO H	16 9:30AM Senior College M 10:00AM Go Green Committee K 2:00PM Tuesday @ 2: Peter Mezoian GP 3:00PM On Parle Francais K 6:00PM Bus to Portland Symphony L	17 12:30PM Senior College T 12:30PM Bus to Senior College L 1:00PM BINGO H 1:00PM Mah Jong HR 2:00PM Grief Support CLP 3:00PM Instructional Pool CPL 5:00PM Mystery Dinner L 6:30PM Opera T	18 9:00AM Beginner's Mah Jong K 10:00AM Highlands in The Know GP 1:00PM Art Studio Group K 1:00PM Scrabble H 2:00PM Dominoes HR 7:00Pm Thursday Series T	19 11:00PM Lunch Bunch Tuscan Bistro \$✓ L 1:00PM BINGO H 1:00PM Bridge M 7:00PM Documentary T	20 8:30AM Bus to The Walk To End Alzheimer's L 10:00AM Ping Pong M 2:00PM Movie T 7:00PM Movie T
21 1:30PM Movie T 2:00PM Bus to Mid Coast Symphony \$✓ L 2:00PM Needlework GP 4:00PM Vespers GP 7:00PM Movie T	22 11:00AM Bible Study M 1:00PM Cribbage H 3:00PM Backgammon H	23 9A-12PM Flu Clinic GP 9:30AM Senior College M 2:00PM Tuesday @ 2: Ron Bergeron GP 3:00PM On Parle Francais K	24 12:30PM Senior College T 12:30PM Bus to Senior College L 1:00PM BINGO H 1:00PM Mah Jong HR 3:00PM Instructional Pool CPL 3:30PM New Residents Reception M 6:30PM Opera T	25 Absentee Voting TBA 9:00AM Beginner's Mah Jong K 10:00AM Highlands in The Know GP 1:00PM Art Studio Group K 1:00PM Scrabble H 2:00PM Dominoes HR 2:00PM Caregiver Support CLP 7:00Pm Mike McCarthy GP	26 1:00PM BINGO H 1:00PM Bridge M 7:00PM Documentary T	27 10:00AM Ping Pong M 2:00PM Movie T 7:00PM Movie T
28 1:30PM Movie T 2:00PM Needlework GP 7:00PM Movie T	29 11:00AM Bible Study M 1:00PM Cribbage H 3:00PM Backgammon H 7:00PM Open Mic Night GP	30 11:00AM New Residents Tour ✓ L 12:00PM Blood Drive M 2:00PM Tuesday @ 2: Tim Caverly GP 3:00PM On Parle Francais K	31 Happy Halloween 12:30PM Senior College T 12:30PM Bus to Senior College L 1:00PM BINGO H 1:00PM Mah Jong HR 3:00PM Halloween Happy Hour GP 3:00PM Instructional Pool CPL			

WEEKLY SHOPPING

MONDAY	9 AM	COOK'S CORNER	L
TUESDAY	9 AM 10:15 AM	TOPSHAM MALL TOPSHAM MALL	L
FRIDAY	9 AM	MAINE ST BRUNSWICK	L

AMENITIES

MONDAY— SATURDAY	9:30 AM—11 AM	CONTINENTAL BREAK-FAST 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 10 AM 10 AM 10 AM—12 PM & 1—4PM	WATER WELLNESS CHAIR CONNECTION— TAI-CHI OPEN SWIM	M
TUESDAY	9 AM 9 AM—12 PM & 1—4PM 10 AM	GROUP FITNESS OPEN SWIM GROUP FITNESS	
WEDNESDAY	9 AM 10 AM 10 AM 10 AM—12 PM & 1—4 PM	WATER WELLNESS CHAIR CONNECTION— YOGA OPEN SWIM	M
THURSDAY	9 AM 9 AM—12 PM & 1—4 PM 10 AM	GROUP FITNESS OPEN SWIM GROUP FITNESS	
FRIDAY	9 AM 10 AM—12 PM & 1—3 PM 10 AM 10 AM	WATER WELLNESS OPEN SWIM CHAIR CONNECTION— KETTLE BELLS	M

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
3RD MONDAY	11 AM 1 PM	ACTIVITIES COMMITTEE FOOD COMMITTEE	H S
LAST MONDAY OF THE MONTH	7PM	OPEN MIC NIGHT	GP
LAST TUESDAY OF THE MONTH	11 AM	NEW RESIDENTS TOUR	L
1ST WEDNESDAY	8 AM	CHEF'S BREAKFAST	S
2ND WEDNESDAY	9 AM	TRADER JOE'S/ WHOLE FOODS	L
3RD WEDNESDAY	5 PM	MYSTERY DINNER	L
2ND & 4TH THURS	10:30 AM	TOPSHAM LIBRARY	L
2ND & 4TH FRIDAY	5 & 7 PM	DISTINCTIVE DINING	HFH

WELLNESS SERVICES

MON—FRI	7:30 AM—3 PM	WELLNESS HOURS	CL
1ST & 3RD WEDNESDAY	2 PM	GRIEF SUPPORT GROUP	CLP
2ND WEDNESDAY	2 PM	VISION SUPPORT GROUP	CLP
2ND & 4TH THURSDAY	2 PM	CAREGIVER SUPPORT	CLP

<p>GP = GEORGETOWN PARLOR CL = CADIGAN LODGE CPL = CORNER POCKET LOUNGE F = FITNESS CENTER FC = FRIENDSHIP COVE S = SEBASCO DINING ROOM</p>	<p>FCD = FRIENDSHIP COVE DINING CR = FC COMMUNITY ROOM T = THEATER W = WELLNESS CENTER L = OUTING DEPARTS FROM LOBBY H = HARPSWELL LOUNGE</p>
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SUNDAY CHURCH SERVICES

8:30 AM	GOOD SHEPHERDS LUTHERAN
9:20 AM	FIRST PARISH/ MID COAST PRES-BYTERIAN/ SAINT CHARLES BOR-ROMEO CHURCH/ SAINT JOHN'S/ UNITARIAN UNIVERSAL-

Questions?

**Contact Life Enrichment
207-725-2650**

Fitness Questions?

Personal training is available upon request.

**Brenda LaCombe, Fitness Director
207-725-4407 *132 /
brendal@highlandsrc.com**

Wellness Questions?

Contact Lisa Secone, Wellness Coordinator

**207-725-4407 *107/
lisas@highlandsrc.com
OR**

**Amy C. Berube, LMSW,
Director of Community Relations
207-725-4407 *102/
aberube@highlandsrc.com**



THE HIGHLANDS
A GRACE MGMT COMMUNITY



ROOM KEY



HFH = HOLDEN FROST HOUSE
HR = HARRASEEKET CONF ROOM
K = KENNEBEC MEETING ROOM
M = MERRYMEETING BAY ROOM
CLP = CADIGAN L PRIVATE DINING
\$ = ADDITIONAL COST
✓ = SIGN UP REQUIRED