

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
|--------|--------|---------|-----------|----------|--------|----------|



In the true spirit of the season, wishing you peace and joy.  
**Happy Holidays to all!**

|   |                  |    |
|---|------------------|----|
| 1 | 9:30AM Ping Pong | M  |
|   | 10:30AM Exercise | CR |
|   | 2:00PM Movie     | T  |
|   | 7:00PM Movie     | T  |

|   |                        |    |
|---|------------------------|----|
| 2 | <b>Hanukkah Begins</b> |    |
|   | 10:30AM Exercise       | CR |
|   | 1:30PM Movie           | T  |
|   | 4:00PM Vespers         | GP |
|   | 7:00PM Movie           | T  |

|   |                            |    |
|---|----------------------------|----|
| 3 | 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 Hanukkah History    | CR |

|   |                                |    |
|---|--------------------------------|----|
| 4 | 10:15AM Morning Exercise CR    |    |
|   | 11:00AM Reader's Digest        | CR |
|   | 2:00PM Winter Holiday Jeopardy | CR |
|   | 3:30PM <b>Morgan Peppe</b> GP  |    |
|   | Violin 🎵                       |    |
|   | 4:00PM Pet Visits w/ Ellie     | CR |
|   | 7:00PM Evening Film            | CR |

|   |   |   |
|---|---|---|
| 5 | 10:00AM Chair Connection M                              |   |
|   | 10A-2P: <b>Alluring Designs Jewelry Show &amp; Sale</b> |   |
|   | 1:00PM BINGO  | H |
|   | 2:00PM <b>Holiday Shopping</b> \$✓                      |   |
|   | 6:30PM Opera  | T |

|   |                                    |    |
|---|------------------------------------|----|
| 6 | 10:15AM Morning Exercise CR        |    |
|   | 11:00AM Crosswords                 | CR |
|   | 2:00PM Activities Chat             | CR |
|   | 3:30PM <b>Light Seeing Ride</b> ✓  | F  |
|   | 3:30PM BINGO                       | CL |
|   | 6:30PM <b>Royal River Chorus</b> 🎵 | GP |
|   | 7:00PM Thursday Series             | T  |

|   |                                   |    |
|---|-----------------------------------|----|
| 7 | 10:00AM Chair Connection M        |    |
|   | 11:00AM Health Tips               | CR |
|   | 1:00PM BINGO                      | H  |
|   | 2:30PM Manicures                  | CR |
|   | 3:45PM <b>Children Caroling</b> H |    |
|   | 7:00PM Documentary                | T  |

|   |                                  |     |
|---|----------------------------------|-----|
| 8 | 9:30AM Ping Pong                 |     |
|   | 10:30AM Exercise                 | CR  |
|   | 1:00PM <b>Bus to:</b> ✓          | L   |
|   | <b>Highlands Chorale Concert</b> |     |
|   | 3:00PM <b>Chorale Reception</b>  | HFH |
|   | 2PM & 7PM Movie                  | T   |

|   |                  |   |
|---|------------------|---|
| 9 | 10:30AM Exercise |   |
|   | 1:30PM Movie     | T |
|   | 7:00PM Movie     | T |

|    |                                       |    |
|----|---------------------------------------|----|
| 10 | <b>Hanukkah Ends</b>                  |    |
|    | 10:00AM Chair Connection M            |    |
|    | 11:00AM <b>Resident Board Meeting</b> | M  |
|    | 1:00PM Cribbage                       | H  |
|    | 1:45PM Shop or Ride ✓                 | F  |
|    | 3:30PM B.I.N.G.O.                     | CL |
|    | 3:30PM Christmas Tree History         |    |

|    |                                |    |
|----|--------------------------------|----|
| 11 | 10:15AM Morning Exercise CR    |    |
|    | 11:00AM Livingroom Laughs      | CR |
|    | 2:00PM <b>Tuesday @ 2:</b> GP  |    |
|    | <b>Will Ogmundson, Piano</b> 🎵 |    |
|    | 3:30PM Winter Holiday Jeopardy | CR |
|    | 4:00PM Pet Visits w/ Ellie     | CR |
|    | 7:00PM Evening Film            | CR |

|    |                                   |    |
|----|-----------------------------------|----|
| 12 | 10:00AM Chair Connection M        |    |
|    | 11:00AM Reader's Digest           | CR |
|    | 1:00PM BINGO                      | H  |
|    | 2:30PM Chocolate covered Pretzels | CR |
|    | 6:30PM Opera                      | T  |

|    |   |    |
|----|---|----|
| 13 | 10:30AM Resident Forum CR                             |    |
|    | 11:00AM <b>Berrie's Here</b> ✓                        | BS |
|    | 1:45PM Scenic Ride ✓                                  | F  |
|    | 3:00PM <b>The Highlands Annual Holiday Party</b> GP/H |    |
|    | 7:00PM Thursday Series                                | T  |

|    |  |    |
|----|--|----|
| 14 | 10:00AM Chair Connection M                               |    |
|    | 11:00AM <b>Lunch Bunch:</b> ✓ \$ L                       |    |
|    | <b>The Seadog</b>  |    |
|    | 1:00PM BINGO   | H  |
|    | 2:30PM Hot Chocolate & a Holiday Film: "White Christmas" | CR |
|    | 7:00PM Documentary                                       | T  |

|    |                  |    |
|----|------------------|----|
| 15 | 9:30AM Ping Pong |    |
|    | 10:30AM Exercise | CR |
|    | 2:00PM Movie     | T  |
|    | 7:00PM Movie     | T  |

|    |                  |    |
|----|------------------|----|
| 16 | 10:30AM Exercise |    |
|    | 1:30PM Movie     | T  |
|    | 4:00PM Vespers   | GP |
|    | 7:00PM Movie     | T  |

|    |  |    |
|----|--|----|
| 17 | 10:00AM Chair Connection M             |    |
|    | 11:00AM Health Tips                    | CR |
|    | 1:00PM Cribbage                        | H  |
|    | 1:45PM Shop or Ride ✓                  | F  |
|    | 3:00PM <b>Red Gallagher</b> 🎵          | GP |
|    | 7:00PM <b>Holiday Open Mic Night</b> 🎵 | GP |

|    |   |    |
|----|---|----|
| 18 | 10:15AM Morning Exercise CR   |    |
|    | 11:00AM Word Search   | CR |
|    | 2:00PM <b>Tuesday @ 2:</b> GP   |    |
|    | <i>My Twelve Maine Christmas Days</i><br><b>Author Wendy Ulmer &amp; Illustrator Sandy Crabtree</b> |    |
|    | 3:30PM 20 Questions   | CR |
|    | 4:00PM Pet Visits w/ Ellie  | CR |
|    | 7:00PM <b>Nor'Easters Barbershop Quartet</b> 🎵  | GP |

|    |                                  |    |
|----|----------------------------------|----|
| 19 | 10:00AM Chair Connection M       |    |
|    | 11:00AM Maine History            | CR |
|    | 1:00PM BINGO                     | H  |
|    | 2:30PM <b>L.L. Bean Outing</b> ✓ | L  |
|    | 6:30PM Opera                     | T  |

|    |                                |    |
|----|--------------------------------|----|
| 20 | 10:15AM Morning Exercise CR    |    |
|    | 11:00AM Speed Scrabble         | CR |
|    | 1:45PM Scenic Ride ✓           | F  |
|    | 2:30PM "Gingerbread" Houses    | CR |
|    | 7:00PM <b>Mike McCarthy</b> GP |    |
|    | 7:00PM Thursday Series         | T  |

|    |                                   |    |
|----|-----------------------------------|----|
| 21 | 10:00AM Chair Connection M        |    |
|    | 11:00AM Manicures                 | CR |
|    | 1:00PM BINGO                      | H  |
|    | 2:30PM Frosting & Holiday Cookies | CR |
|    | 7:00PM Documentary                | T  |

|    |                  |    |
|----|------------------|----|
| 22 | 9:30AM Ping Pong |    |
|    | 10:30AM Exercise | CR |
|    | 2:00PM Movie     | T  |
|    | 7:00PM Movie     | T  |

|    |                  |   |
|----|------------------|---|
| 23 | 10:30AM Exercise |   |
|    | 1:30PM Movie     | T |
|    | 7:00PM Movie     | T |

|    |                                   |    |
|----|-----------------------------------|----|
| 24 | <b>Christmas Eve</b>              |    |
|    | 10:00AM Chair Connection M        |    |
|    | 11:00AM Holiday Stories           | CR |
|    | 1:00PM Cribbage                   | H  |
|    | 1:45PM Scenic Ride ✓              | F  |
|    | 2:00PM <b>Flash Allen Piano</b> 🎵 | GP |
|    | 3:30PM <b>Holiday Happy Hour</b>  | CR |

|    |                                |  |
|----|--------------------------------|--|
| 25 |                                |  |
|    | <b>11A-1P Holiday Brunch</b> S |  |

|    |                            |    |
|----|----------------------------|----|
| 26 | 10:00AM Chair Connection M |    |
|    | 11:00AM Coffee & Chat      | CR |
|    | 1:00PM BINGO               | H  |
|    | 2:30PM Wisdom Wednesday    | CR |
|    | 6:30PM Opera               | T  |

|    |                             |    |
|----|-----------------------------|----|
| 27 | 10:15AM Morning Exercise CR |    |
|    | 11:00AM Rummikub            | CR |
|    | 1:45PM Scenic Ride ✓        | F  |
|    | 2:30PM Art Group            | CR |
|    | 7:00PM Thursday Series      | T  |

|    |                            |    |
|----|----------------------------|----|
| 28 | 10:00AM Chair Connection M |    |
|    | 11:00AM Reader's Digest    | CR |
|    | 1:00PM BINGO               | H  |
|    | 2:30PM Winter Photography  | CR |
|    | 7:00PM Documentary         | T  |

|    |                  |    |
|----|------------------|----|
| 29 | 9:30AM Ping Pong |    |
|    | 10:30AM Exercise | CR |
|    | 2:00PM Movie     | T  |
|    | 7:00PM Movie     | T  |

|    |                  |   |
|----|------------------|---|
| 30 | 10:30AM Exercise |   |
|    | 1:30PM Movie     | T |
|    | 7:00PM Movie     | T |

|    |                                  |    |
|----|----------------------------------|----|
| 31 | <b>New Year's Eve</b>            |    |
|    | 10:00AM Chair Connection M       |    |
|    | 11:00AM New Year's Resolutions   | CR |
|    | 1:00PM Cribbage                  | H  |
|    | 1:45PM Scenic Ride ✓             | F  |
|    | 3:30PM <b>Holiday Happy Hour</b> | CR |



## WEEKLY SHOPPING

|                |                  |   |          |
|----------------|------------------|---|----------|
| <b>MONDAY</b>  | 9 AM<br>1:45 PM  | COOK'S CORNER<br>SHOP OR RIDE:<br>WALMART | <b>L</b> |
| <b>TUESDAY</b> | 9 AM<br>10:15 AM | TOPSHAM MALL<br>TOPSHAM MALL              | <b>L</b> |
| <b>FRIDAY</b>  | 9 AM             | MAINE ST<br>BRUNSWICK                     | <b>L</b> |

## AMENITIES

|                             |               |   |                   |
|-----------------------------|---------------|---|-------------------|
| <b>MONDAY—<br/>SATURDAY</b> | 9:30 AM—11 AM | CONTINENTAL BREAK-<br>FAST<br>FROSTY'S DONUTS<br>SERVED FRIDAYS | <b>H</b>          |
| <b>WEDNESDAY</b>            | 9—11 AM       | BATH SAVINGS<br>OFFICE OPEN                                     | <b>BS</b>         |
| <b>2ND THURSDAY</b>         | 11 AM—12 PM   | BERRIE'S HEARING AID<br>& EYEGLOSS CLEANING                     | <b>CL/<br/>BS</b> |

## WEEKLY FITNESS

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

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

## MONTHLY RECURRING

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

## SUNDAY CHURCH SERVICES

|                |   |
|----------------|---|
| <b>8:30 AM</b> | GOOD SHEPHERDS LUTHERAN   |
| <b>9:20 AM</b> | FIRST PARISH/ MID COAST PRESBYTERIAN/<br>SAINT CHARLES BORROMEIO CHURCH/<br>SAINT JOHN'S/ UNITARIAN UNIVERSALIST/<br>UNITED BAPTIST |

## WELLNESS SERVICES

|                                    |      |                            |            |
|------------------------------------|------|----------------------------|------------|
| <b>1ST &amp; 3RD<br/>WEDNESDAY</b> | 2 PM | GRIEF SUPPORT<br>GROUP     | <b>CLP</b> |
| <b>2ND<br/>WEDNESDAY</b>           | 2 PM | VISION<br>SUPPORT<br>GROUP | <b>CLP</b> |

**T = THEATER**  
**W = WELLNESS CENTER**  
**L = OUTING DEPARTS FROM LOBBY**  
**H = HARPSWELL LOUNGE**  
**CPL = CORNER POCKET LOUNGE**  
**F = FITNESS CENTER**  
**FC = FRIENDSHIP COVE**  
**S = SEBASCO DINING ROOM**

**HFH = HOLDEN FROST HOUSE**  
**HR = HARRASEEKET CONF ROOM**  
**K = KENNEBEC MEETING ROOM**  
**M = MERRYMEETING BAY ROOM**  
**CLP = CADIGAN L PRIVATE DINING**  
**FCD = FRIENDSHIP COVE DINING**  
**CR = FC COMMUNITY ROOM**  
**GP = GEORGETOWN PARLOR**  
**CL = CADIGAN LODGE**  
**\$ = ADDITIONAL COST**  
**✓ = SIGN UP REQUIRED**

## Friendship Cove

### Activities Questions?

**Becca Gagnon, Life Enrichment**  
**207-725-2650 EXT 174**  
[rebeccag@highlandsrc.com](mailto:rebeccag@highlandsrc.com)

### Fitness Questions?

**Personal training is available upon request.**  
**Brenda LaCombe, Fitness Director**  
**207-725-4407 EXT 132**  
[brendal@highlandsrc.com](mailto:brendal@highlandsrc.com)

### Wellness Questions?

**Jennifer Rhoades, Care Coordinator**  
**207-725-4407 EXT 155**  
[jenr@highlandsrc.com](mailto:jenr@highlandsrc.com)

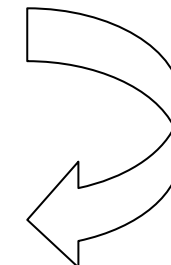
OR

**Contact Kelly Curtis, Wellness Director**  
**207-725-4407 EXT 148**  
[kellyc@highlandsrc.com](mailto:kellyc@highlandsrc.com)

### Assisted Living Questions?

**Cristy Williams, Director of Assisted Living**  
**207-725-4407 EXT 120**  
[cristyw@highlandsrc.com](mailto:cristyw@highlandsrc.com)

## ROOM KEY



**THE HIGHLANDS**  
 A GRACE MGMT COMMUNITY