



December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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In the true spirit of the season, wishing you peace and joy.
Happy Holidays to all!

1	9:30AM Ping Pong	M
	2:00PM Movie	T
	7:00PM Movie	

2 Hanukkah Begins 1:30PM Movie T 2:00PM Needlework GP 4:00PM Vespers GP 7:00PM Movie T	3 10:00AM Writers' Group CL 1:00PM Cribbage H 2:00PM Highlands Chorale HFH 3:00PM Backgammon H	4 11:00AM Book Look K 3:00PM On Parle Francais K 3:30PM Morgan Peppe GP Violin ♪	5 8:00AM Chef's ✓ S Breakfast 10A-2P: Alluring Designs Jewelry Show & Sale 1:00PM BINGO H 1:00PM Mah Jong HR 2:00PM Grief Support CLP 6:30PM Opera T	6 9:00AM Beginner Mah Jong K 1:00PM Art Studio Group K 1:00PM Scrabble H 2:00PM Dominoes HR 6:30PM Royal River GP Chorus ♪ 7:00 Thursday Series T	7 1:00PM BINGO H 1:00PM Bridge M 4:00PM Happy Hour GP 7:00PM Documentary T	8 9:30AM Ping Pong M 1:00 pm Bus to: ✓\$ L Highlands Chorale Concert 3:00PM Chorale HFH Reception 2:00PM Movie T 7:00PM Movie T
9 Hanukkah Ends 1:00PM Bus to: ✓\$ L Choral Art Society— Christmas at the Cathedral 1:30PM Movie T 2:00PM Needlework GP 7:00PM Movie T	10 11:00AM Resident Board K Meeting 1:00PM Cribbage H 3:00PM Backgammon H	11 2:00PM Tuesday @ 2: GP Will Ogmundson, Piano ♪ 3:00PM On Parle Francais K 6:00PM Holiday Lights ✓ L Ride	12 9:00AM Trader Joe's/ WF \$✓ L 1:00PM BINGO H 1:00PM Mah Jong HR 2:00PM Vision Support CLP 6:30PM Opera T	13 9:00AM Beginner Mah Jong K 1:00PM Art Studio Group K 1:00PM Scrabble H 2:00PM Dominoes HR 2:00PM Caregiver Support CLP 3:00PM The Highlands GP/M Annual Holiday Party 7:00PM Thursday Series T	14 11:00AM Lunch Bunch: ✓\$ L The Seadog 1:00PM BINGO H 1:00PM Bridge M 6:00PM Bus to: ✓\$ L Oratorio Chorale— We Sing Noel 7:00PM Documentary T	15 9:30AM Ping Pong M 2:00PM Movie T 7:00PM Movie T
16 11:30AM Bus to: ✓\$ L Portland Symphony— Magic of Christmas 1:30PM Movie T 2:00PM Needlework GP 4:00PM Vespers GP 7:00PM Movie T	17 10:00AM Writers' Group CL 11:00AM Activities K Committee 1:00PM Cribbage H 2:00PM Food S Committee 3:00PM Red Gallagher ♪ GP 3:00PM Backgammon H 7:00PM Holiday GP Open Mic Night ♪	18 10:00AM Go Green K Committee 2:00PM Tuesday @ 2: GP My Twelve Maine Christmas Days Author Wendy Ulmer & Illustrator Sandy Crabtree 3:00PM On Parle Francais K 7:00PM Nor'easters Barbershop Chorus ♪	19 1:00PM BINGO H 1:00PM Mah Jong HR 2:00PM Grief Support CLP 5:00PM Mystery Dinner L 6:30PM Opera T	20 9:00AM Beginner Mah Jong K 1:00PM Art Studio Group K 1:00PM Scrabble H 2:00PM Dominoes HR 2:30PM Bus to: ✓\$ L Gardens Aglow 7:00PM Mike McCarthy GP 7:00PM Thursday Series T	21 1:00PM BINGO H 1:00PM Bridge M 7:00PM Documentary T	22 9:30AM Ping Pong M 2:00PM Movie T 7:00PM Movie T
23 1:30PM Movie T 2:00PM Needlework GP 7:00PM Movie T	24 Christmas Eve 1:00PM Cribbage H 2:00PM Flash Allen ♪ GP 3:00PM Backgammon H	25  11A-1P Holiday Brunch S	26 1:00PM BINGO H 1:00PM Mah Jong HR 6:30PM Opera T	27 9:00AM Beginner Mah Jong K 1:00PM Art Studio Group K 1:00PM Scrabble H 2:00PM Dominoes HR 1:15PM Karen Lili Pax ✓ HFH And Mark Howard ♪ 2:00PM Caregiver Support CLP 7:00PM Thursday Series T	28 1:00PM BINGO H 1:00PM Bridge M 7:00PM Documentary T	29 9:30AM Ping Pong M 2:00PM Movie T 7:00PM Movie T
30 1:30PM Movie T 2:00PM Needlework GP 7:00PM Movie T	31 New Year's Eve 1:00PM Cribbage H 3:00PM Backgammon H					

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 (No December Visit)	BERRIE'S HEARING AID & EYEGLOSS CLEANING	CL/ BS

WEEKLY FITNESS

Balance Class – Thursdays (except Thanksgiving) at 11:30AM through December 20th

SAT & SUN	10 AM —1 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

GP = GEORGETOWN PARLOR
CL = CADIGAN LODGE
CPL = CORNER POCKET LOUNGE
F = FITNESS CENTER
FC = FRIENDSHIP COVE
S = SEBASCO DINING ROOM

FCD = FRIENDSHIP COVE DINING
CR = FC COMMUNITY ROOM
T = THEATER
W = WELLNESS CENTER
L = OUTING DEPARTS FROM LOBBY
H = HARPSWELL LOUNGE

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- IST/ UNITED BAPTIST

Life Enrichment Questions?

Sharon Leddy-Smart
207-725-2650 EXT 175
sharonl@highlandsrc.com

Fitness Questions?

Personal training is available upon request.

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

Wellness Questions?

Contact Lisa Secone, Wellness Coordinator

207-725-4407 EXT 107
lisas@highlandsrc.com

OR

Amy C. Berube
Director of Community Relations
207-725-4407 EXT 102
aberube@highlandsrc.com



THE HIGHLANDS
 A GRACE MGMT COMMUNITY



ROOM KEY

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