



# November 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> 10:00AM Highlands in the Know GP 11:00AM Morning Exercise CR 1:45PM Scenic Ride ✓ F 2:30PM November: Fun Facts CR 3:30PM BINGO CL 7:00PM Thursday Series T	<b>2</b> 10:00AM Chair Connection M 11:00AM Health Tips CR 1:00PM BINGO H 2:30PM Manicures CR 7:00PM Documentary T	<b>3</b> 9:30AM Ping Pong M 10:30AM Exercise CR 2:00PM Movie T 7:00PM Movie T
<b>4</b> Daylight Saving Time Ends 10:30AM Exercise CR 1:30PM Movie T 4:00PM Vespers GP 7:00PM Movie T	<b>5</b> 10:00AM Chair Connection M 11:00AM Bible Study CR 11:00AM Art Group CR 1:00PM Cribbage H 1:45PM Shop or Ride ✓ F 3:30PM B.I.N.G.O. CL 3:30PM National Parks CR	<b>6</b> 10:15AM Morning Exercise CR 11:00AM Reader's Digest CR 12:00PM Tuesday @ 2: Jose Duddy GP 3:30PM Activities Chat CR 4:00PM Pet Visits w/ Ellie CR 7:00PM Evening Film CR	<b>7</b> 10:00AM Chair Connection M 11:00AM Brain Games CR 1:00PM BINGO H 2:30PM What Are You Thankful For? CR 6:30PM Opera T	<b>8</b> 10:00AM Highlands in the Know GP 10:30AM Resident Forum CR 11:00AM Berrie's Here ✓ BS 1:45PM Scenic Ride ✓ F 2:30PM Get to Know Your Neighbor CR 3:30PM BINGO CL 7:00PM Thursday Series T	<b>9</b> 10:00AM Chair Connection M 11:00AM Lunch Bunch: \$✓ The Chickadee L 1:00PM BINGO H 2:30PM Holiday History CR 7:00PM Documentary T	<b>10</b> 9:30AM Ping Pong M 10:30AM Exercise CR 2:00PM Go Green Documentary T 7:00PM Movie T
<b>11</b> Veteran's Day 10:30AM Exercise CR 1:30PM Movie T 3:00PM Veteran's Reception GP 7:00PM Movie T 	<b>12</b> 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 Exploring Cultures CR	<b>13</b> 10:15AM Morning Exercise CR 11:00AM Word Finder CR 2:00PM Tuesday @ 2: Center Stage Players GP 2:30PM Mr. Drew's Reptiles CL 3:30PM Food For Thought CR 4:00PM Pet Visits w/ Ellie CR	<b>14</b> 10:00AM Chair Connection M 10AM-2PM Craft Fair \$ ML/GP 3:30PM Maple Lattes CR 6:30PM Opera T	<b>15</b> 10:00AM Highlands in the Know GP 11:00AM Morning Exercise CR 1:45PM Scenic Ride ✓ F 2:30PM Gardens Aglow \$✓ Outing F 3:30PM BINGO CL 7:00PM Thursday Series T	<b>16</b> 10:00AM Chair Connection M 11:00PM Crossword Puzzles CR 1:00PM BINGO H 2:30PM Manicures CR 7:00PM Documentary T	<b>17</b> 9:30AM Ping Pong M 10:30AM Exercise CR 2:00PM Movie T 7:00PM Sing Along w/ Marilyn GP 7:00PM Movie T
<b>18</b> 10:30AM Exercise CR 1:30PM Movie T 4:00PM Vespers GP 7:00PM Movie T	<b>19</b> 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 Health Tips CR	<b>20</b> 10:15AM Morning Exercise CR 11:00AM Word Finder CR 2:00PM Tuesday @ 2: Author Wendy Ulmer & Illustrator Sandy Crabtree GP 3:30PM Art Group CR 4:00PM Pet Visits w/ Ellie CR 7:00PM Evening Film CR	<b>21</b> 10:00AM Chair Connection M 11:00AM Reader's Digest CR 1:00PM BINGO H 2:30PM Wisdom Wednesday CR 3:30PM Hot Cocoa & a Film CR 6:30PM Opera T	<b>22</b> Happy Thanksgiving 10:00AM Join us for coffee & a Thanksgiving crossword! 11A-1P Holiday Brunch 7:00PM Thursday Series T 	<b>23</b> 10:00AM Chair Connection M 11:00AM Holiday History CR 1:00PM BINGO H 2:30PM Holiday Decorating 7:00PM Documentary T	<b>24</b> 9:30AM Ping Pong M 10:30AM Exercise CR 2:00PM Movie T 7:00PM Movie T
<b>25</b> 10:30AM Exercise CR 1:30PM Movie T 7:00PM Movie T	<b>26</b> 10:00AM Chair Connection M 11:00AM Inspiring People 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	<b>27</b> 10:15AM Morning Exercise CR 11:00AM Word Search CR 2:00PM Tuesday @ 2: Kevin Farley GP 3:30PM Maine History CR 4:00PM Pet Visits w/ Ellie CR 7:00PM Evening Film CR	<b>28</b> 10:00AM Chair Connection M 11:00AM How Does That Work? CR 1:00PM BINGO H 2:30PM Wisdom Wednesday CR 6:30PM Opera T	<b>29</b> 10:15AM Morning Exercise CR 11:00AM Brain Games CR 1:45PM Scenic Ride ✓ F 3:30PM BINGO CL 4:00PM New Resident Welcome CR 7:00PM Mike McCarthy GP	<b>30</b> 10:00AM Chair Connection M 11:00AM Coffee & Chat CR 1:00PM BINGO H 2:30PM Wreath Making CR 7:00PM Documentary T	

## WEEKLY SHOPPING

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

## AMENITIES

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

## WEEKLY FITNESS

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

<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 MEETING	<b>M</b>
<b>LAST MONDAY OF 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/ 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 = HARRASEKET 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](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)



**THE HIGHLANDS**  
 A GRACE MGMT COMMUNITY