





# November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> 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 6:00PM Bus to: \$✓ L <b>Portland Stage</b> 7:00Pm Thursday Series T	<b>2</b> 1:00PM BINGO H 1:00PM Bridge M 4:00PM Happy Hour GP 7:00PM Documentary T	<b>3</b> 9:30AM Ping Pong M 2:00PM Movie T 7:00PM Movie T
<b>4 Daylight Saving Time Ends</b> 1:30PM Movie T 2:00PM Needlework GP 4:00PM Vespers GP 7:00PM Movie T	<b>5</b> 10:00AM Writers' Group CL 11:00AM Bible Study M 1:00PM Cribbage H 2:00PM Highlands Chorale HFH 3:00PM Backgammon H	<b>6 Election Day</b> 9AM/ 11AM/ 1PM Bus to: ✓ <b>The Polls</b> *Pick up at Lobby Only* 11:00AM Book Look K 2:00PM Tuesday @ 2: Jose Duddy GP 3:00PM On Parle Francais K	<b>7</b> 8:00 AM Chef's Breakfast ✓ S 12:30PM Senior College T 1:00PM BINGO H 1:00PM Mah Jong HR 2:00PM Grief Support CLP 3:00PM Instructional Pool CPL 6:30PM Opera T	<b>8</b> 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 7:00Pm Thursday Series T	<b>9</b> 11:00AM Lunch Bunch: ✓\$ L <b>The Chickadee</b> 1:00PM BINGO H 1:00PM Bridge M 7:00PM Documentary T	<b>10</b> 9:30AM Ping Pong M 2:00PM Go Green Documentary: T <b>"An Inconvenient Sequel: Truth to Power"</b> 7:00PM Movie T
<b>11 Veteran's Day</b> 12:30PM Bus to: \$✓ L <b>Good Theater</b> 1:30PM Movie T 2:00PM Needlework GP 3:00PM Veteran's Reception GP 7:00PM Movie T 	<b>12</b> 11:00AM Resident Board Meeting M 1:00PM Cribbage H 2:00PM Highlands Chorale HFH 3:00PM Backgammon H	<b>13</b> 11:00AM Bus to: \$✓ L <b>DaPonte String Quartet Concert</b> 2:00PM Tuesday @ 2: Center Stage Players GP 3:00PM On Parle Francais K 6:00PM Bus to: \$✓ L <b>Portland Symphony</b>	<b>14</b> 9:00AM Trader Joe's/ WF \$✓ L 10AM—2PM Craft Fair \$ L/GP 1:00PM BINGO H 1:00PM Mah Jong HR 2:00PM Vision Support CLP 3:00PM Instructional Pool CPL 6:30PM Opera T	<b>15</b> 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	<b>16</b> 1:00PM BINGO H 1:00PM Bridge M 2:15PM Bus to: \$✓ L <b>Botanical Gardens, Gardens Aglow</b> 7:00PM Documentary T	<b>17</b> 9:30AM Ping Pong M 2:00PM Movie T 3:00PM Sing Along w/ Marilyn GP 7:00PM Movie T
<b>18</b> 1:30PM Movie T 2:00PM Needlework GP 4:00PM Vespers GP 7:00PM Movie T	<b>19</b> 10:00AM Writers' Group CL 11:00AM Activities Committee K 1:00PM Cribbage H 2:00PM Food Committee S 2:00PM Highlands Chorale HFH 3:00PM Backgammon H 7:00PM Card BINGO H	<b>20</b> 10:00AM Go Green Committee K 2:00PM Tuesday @ 2: Author Wendy Ulmer & Illustrator Sandy Crabtree GP 3:00PM On Parle Francais K	<b>21</b> 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	<b>22 Happy Thanksgiving</b> 9:00AM Beginner's Mah Jong K 11A-1P Holiday Brunch S 2:00PM Dominoes HR 7:00Pm Thursday Series T 	<b>23</b> 1:00PM BINGO H 1:00PM Bridge M 7:00PM Documentary T	<b>24</b> 9:30AM Ping Pong M 2:00PM Movie T 7:00PM Movie T
<b>25</b> 1:30PM Movie T 2:00PM Needlework GP 7:00PM Movie T	<b>26</b> 1:00PM Cribbage H 2:00PM Highlands Chorale HFH 3:00PM Backgammon H 7:00PM Open Mic Night GP	<b>27</b> 11:00AM New Residents ✓ L <b>Tour</b> 2:00PM Tuesday @ 2: Kevin Farley GP 3:00PM On Parle Francais K	<b>28</b> 1:00PM BINGO H 1:00PM Mah Jong HR 3:00PM Instructional Pool CPL 3:30PM New Residents Reception GP 6:30PM Opera T	<b>29</b> 9:00AM Beginner's Mah Jong K 1:00PM Art Studio Group K 1:00PM Scrabble H 2:00PM Dominoes HR 2:00PM Caregiver Support CLP 7:00PM Mike McCarthy GP 7:00PM Thursday Series T	<b>30</b> 1:00PM BINGO H 1:00PM Bridge M 7:00PM Documentary T	

## WEEKLY SHOPPING

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

## AMENITIES

<b>MONDAY— SATURDAY</b>	9:30 AM—11 AM	CONTINENTAL BREAK- FAST 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 & EYEGASS CLEANING	<b>CL/ BS</b>

## WEEKLY FITNESS

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

<b>SAT &amp; SUN</b>	9—10 AM & 2—4 PM	OPEN SWIM	
<b>MONDAY</b>	9 AM 10 AM 10 AM 10 AM—12 PM & 1—4PM	WATER WELLNESS CHAIR CONNECTION— TAI-CHI OPEN SWIM	<b>M</b>
<b>TUESDAY</b>	9 AM 9 AM—12 PM & 1—4PM 10 AM	GROUP FITNESS OPEN SWIM GROUP FITNESS	
<b>WEDNESDAY</b>	9 AM 10 AM 10 AM 10 AM—12 PM & 1—4 PM	WATER WELLNESS CHAIR CONNECTION— YOGA OPEN SWIM	<b>M</b>
<b>THURSDAY</b>	9 AM 9 AM—12 PM & 1—4 PM 10 AM	GROUP FITNESS OPEN SWIM GROUP FITNESS	
<b>FRIDAY</b>	9 AM 10 AM—12 PM & 1—3 PM 10 AM 10 AM	WATER WELLNESS OPEN SWIM CHAIR CONNECTION— 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 MEETING	<b>M</b>
<b>3RD MONDAY</b>	11 AM 1 PM	ACTIVITIES COMMITTEE FOOD COMMITTEE	<b>H S</b>
<b>LAST MONDAY OF THE MONTH</b>	7PM	OPEN MIC NIGHT	<b>GP</b>
<b>LAST TUESDAY OF THE MONTH</b>	11 AM	NEW RESIDENTS TOUR	<b>L</b>
<b>1ST WEDNESDAY</b>	8 AM	CHEF'S BREAKFAST	<b>S</b>
<b>2ND WEDNESDAY</b>	9 AM	TRADER JOE'S/ WHOLE FOODS	<b>L</b>
<b>3RD WEDNESDAY</b>	5 PM	MYSTERY DINNER	<b>L</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>

## WELLNESS SERVICES

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

**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

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

### Questions?

**Contact Life Enrichment**  
**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**



**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**