



# January 2019

## Friendship Cove

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1 New Year's Day</b> 10:15AM Morning Exercise CR 11A-2P <b>Holiday Brunch</b> 2:00PM Community Room Games 7:00PM Evening Film CR	<b>2</b> 10:00AM Chair Connection M 11:00AM Reader's Digest CR 1:00PM B.I.N.G.O. H 2:30PM Wisdom Wednesday CR 6:30PM Opera T	<b>3</b> 10:15AM Morning Exercise CR 11:00AM Speed Scrabble CR 1:45PM Scenic Ride ✓ F 2:00PM <b>The Last Days of WWI—Jerry Wiles</b> GP 3:30PM Jeopardy Game CR	<b>4</b> 10:00AM Chair Connection M 11:00AM Good News CR 1:00PM B.I.N.G.O. H 2:30PM Manicures CR 7:00PM Documentary T	<b>5</b> 9:30AM Ping Pong M 10:30AM Exercise CR 2:00PM Movie T 7:00PM Movie T
		<b>6</b> 10:30AM Exercise CR 1:30PM Movie T 4:00PM Vespers GP 7:00PM Movie T	<b>7</b> 10:00AM Chair Connection M 11:00AM Brain Games CR 1:00PM Cribbage H 1:45PM Shop or Ride ✓ Walmart F 3:30PM Exploring Cultures CR 7:00PM Featured Series CR	<b>8</b> 10:15AM Morning Exercise CR 11:00AM Livingroom Laughs CR 2:00PM <b>Tuesday @ 2:</b> GP <b>A Day in the Life of Mosul (Iraq) w/ Susan Erb</b> 4:00PM Pet Visits w/ Ellie CR 7:00PM Evening Film CR	<b>9</b> 10:00AM Chair Connection M 11:00AM Activities Chat CR 1:00PM <b>Podiatrist Visit</b> CR 1:00PM B.I.N.G.O. H 2:30PM Wisdom Wednesday CR 6:30PM Opera T	<b>10</b> 10:30AM Resident Forum CR 11:00AM <b>Highlands in The Know</b> GP 11:00AM Berrie's Here ✓ BS 10:15AM Morning Exercise CR 1:45PM Scenic Ride ✓ F 2:30PM Health Tips CR 7:00PM Thursday Series T
<b>13</b> 10:30AM Exercise CR 1:30PM Movie T 7:00PM Movie T	<b>14</b> 10:00AM Chair Connection M 11:00AM <b>Resident Board Meeting</b> M 1:00PM Cribbage H 1:45PM Shop or Ride ✓ Target F 3:30PM National Parks CR 7:00PM Featured Series CR	<b>15</b> 10:15AM Morning Exercise CR 11:00AM Farmer's Almanac CR 2:00PM <b>Tuesday @ 2:</b> GP <b>Julie Thompson</b> 🎵 3:30PM Art Group CR 4:00PM Pet Visits w/ Ellie CR 7:00PM Evening Film CR	<b>16</b> 10:00AM Chair Connection M 11:00AM Crossword CR 1:00PM B.I.N.G.O. H 2:30PM Wisdom Wednesday CR 6:30PM Opera T	<b>17</b> 10:15AM Morning Exercise CR 11:00AM <b>Highlands in The Know</b> GP 1:45PM Scenic Ride ✓ F 2:15PM Craft w/ Nancy K. CR 4:30PM <b>Happy Hour</b> CR 7:00PM Thursday Series T	<b>18</b> 10:00AM Chair Connection M 11:00AM Good News CR 1:00PM B.I.N.G.O. H 2:30PM Manicures CR 7:00PM Documentary T	<b>19</b> 9:30AM Ping Pong M 10:30AM Exercise CR 2:00PM Movie T 7:00PM Movie T
<b>20</b> 10:30AM Exercise CR 1:30PM Movie T 4:00PM Vespers GP 7:00PM Movie T	<b>21</b> 10:00AM Chair Connection M 1:00PM Cribbage H 1:45PM Shop or Ride ✓ Walmart F 3:30PM Inspiring People CR 7:00PM Featured Series CR 7:00PM <b>Card B.I.N.G.O</b> H	<b>22</b> 10:15AM Morning Exercise CR 11:00AM Coffee & Chat CR 2:00PM <b>Tuesday @ 2:</b> GP <b>Exploring the 2 Great Ports - Michael Perry</b> 3:30PM Science Today CR 4:00PM Pet Visits w/ Ellie CR 7:00PM Evening Film CR	<b>23</b> 10:00AM Chair Connection M 11:00AM Word Search CR 1:00PM B.I.N.G.O. H 2PM-5PM <b>Maine State Museum- Outing</b> F 6:30PM Opera T	<b>24</b> 10:15AM Morning Exercise CR 11:00AM <b>Highlands in The Know</b> GP 1:45PM Scenic Ride ✓ F 2:30PM Personality Tests CR 7:00PM Thursday Series T	<b>25</b> 10:00AM Chair Connection M 11:00AM Good News CR 1:00PM B.I.N.G.O. H 2:15PM Rummikib CR 3:00PM <b>Sally Davis, Jazz</b> 🎵 GP 7:00PM Documentary T	<b>26</b> 9:30AM Ping Pong M 10:30AM Exercise CR 2:00PM Movie T 7:00PM Movie T
<b>27</b> 10:30AM Exercise CR 1:30PM Movie T 7:00PM Movie T	<b>28</b> 10:00AM Chair Connection M 11:00AM Google Earth CR 1:00PM Cribbage H 1:45PM Shop or Ride ✓ Target F 3:30PM Health Tips CR 7:00PM Featured Series CR 7:00PM <b>Open Mic Night</b> GP	<b>29</b> 10:15AM Morning Exercise CR 11:00AM Reader's Digest CR 2:00PM <b>Tuesday @ 2:</b> GP <b>Jose Duddy</b> 🎵 3:30PM Afternoon Tea CR 4:00PM Pet Visits w/ Ellie CR 7:00PM Evening Film CR	<b>30</b> 10:00AM Chair Connection M 11:00AM Mad Libs CR 1:00PM B.I.N.G.O. H 2:30PM Wisdom Wednesday CR 6:30PM Opera T	<b>31</b> 10:15AM Morning Exercise CR 11:00AM <b>Highlands in The Know</b> GP 1:45PM Scenic Ride ✓ F 4:00PM <b>New Resident Welcome</b> CR 7:00PM Thursday Series T		

WEEKLY SHOPPING			
<b>MONDAY</b>	9 AM 1:45 PM	COOK'S CORNER SHOP OR RIDE: WALMART	<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 & 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 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>
<b>ALL FITNESS CANCELLATIONS WILL BE POSTED IN THE FITNESS CENTER &amp; IN THE HIGHLIGHTER!</b>			

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>

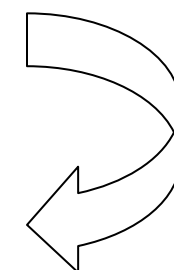
SUNDAY CHURCH SERVICES	
<b>8:30 AM</b>	GOOD SHEPHERDS LUTHERAN
<b>9:20 AM</b>	FIRST PARISH/ MID COAST PRESBYTERIAN/ SAINT CHARLES BORROMEO CHURCH/ SAINT JOHN'S/ UNITARIAN UNIVERSALIST/ UNITED BAPTIST

WELLNESS SERVICES			
<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>

**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 = HARRASEKET 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**

## ROOM KEY



## 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)