





January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day 11AM-2PM Holiday Brunch S	2 8:00AM Chef's Breakfast ✓ S 1:00PM BINGO H 1:00PM Mahjong HR 2:00PM Grief Support CLP 6:30PM Opera T	3 9:00AM Beginner Mahjong K 1:00PM Scrabble H 2:00PM The Last Days of WWI w/ Historian Jerry Wiles GP 7:00PM Thursday Series T	4 1:00PM BINGO H 1:00PM Bridge M 4:00PM Happy Hour GP 7:00PM Documentary T	5 9:30AM Ping Pong M 2:00PM Movie T 7:00PM Movie T
		6 1:30PM Movie T 2:00PM Needlework GP 4:00PM Vespers GP 7:00PM Movie T	7 10:00AM Writers' Group CL 1:00PM Cribbage H 3:00PM Backgammon H	8 2:00PM Tuesday @ 2: A Day in the Life of Mosul (Iraq) w/ Susan Erb GP 3:00PM On Parle Francais K	9 9:00AM Trader Joe's/WF ✓ L 11:15AM Bus to: Winter Wisdom ✓ L 1:00PM BINGO H 1:00PM Mahjong HR 2:00PM Vision Support CLP 6:30PM Opera T	10 9:00AM Beginner Mahjong K 9:30AM Berrie's Here ✓ BS 11:00AM Highlands in The Know GP 1:00PM Scrabble H 2:00PM Caregiver Support CLP 7:00PM Thursday Series T
13 1:30PM Bus to: Mid Coast Symphony Orchestra—R. Strauss; R. Shemaria; R. Schumann ✓ \$ L 1:30PM Movie T 2:00PM Needlework GP 7:00PM Movie T	14 11:00AM Resident Board Meeting M 1:00PM Cribbage H 3:00PM Backgammon H	15 10:00AM Go Green Committee K 1:00PM Fitness Tracker 101 w/ Angela Clegg K 2:00PM Tuesday @ 2: Julie Thompson, vocals GP 3:00PM On Parle Francais K	16 11:15AM Bus to: Winter Wisdom ✓ L 1:00PM BINGO H 1:00PM Mahjong HR 2:00PM Grief Support CLP 5:00PM Mystery Dinner ✓ \$ L 6:30PM Opera T	17 9:00AM Beginner Mahjong K 11:00AM Highlands in The Know GP 1:00PM Scrabble H 7:00PM Thursday Series T	18 1:00PM BINGO H 1:00PM Bridge M 7:00PM Documentary T	19 9:30AM Ping Pong M 2:00PM Movie T 7:00PM Movie T
20 12:30PM Bus to: Good Theater- An Act of God ✓ \$ L 1:30PM Movie T 2:00PM Needlework GP 4:00PM Vespers GP 7:00PM Movie T	21 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	22 1:00PM Fitness Tracker 101 w/ Angela Clegg K 2:00PM Tuesday @ 2: Exploring the 2 Great Ports w/Michael Perry GP 3:00PM On Parle Francais K	23 11:15AM Bus to: Winter Wisdom ✓ L 1:00PM BINGO H 1:00PM Mahjong HR 6:30PM Opera T	24 9:00AM Beginner Mahjong K 11:00AM Highlands in The Know GP 1:00PM Art Studio Group K 1:00PM Scrabble H 2:00PM Caregiver Support CLP 6:00PM Bus to: Portland Stage— The Importance of Being Ernest ✓ \$ L	25 1:00PM BINGO H 1:00PM Bridge M 3:00PM Entertainment w/ Sally Davis, Jazz GP 7:00PM Documentary T	26 9:30AM Ping Pong M 2:00PM Movie T 7:00PM Movie T
27 1:00PM Bus to: Portland Symphony Orchestra—Scheherazade ✓ \$ L 1:30PM Movie T 2:00PM Needlework GP 7:00PM Movie T	28 1:00PM Cribbage H 2:00PM Highlands Chorale HFH 3:00PM Backgammon H 7:00PM Open Mic Night GP	29 11:00AM New Residents Tour ✓ L 2:00PM Tuesday @ 2: Jose Duddy GP 3:00PM On Parle Francais K 6:00PM Bus to: Portland Symphony Orchestra—Scheherazade ✓ \$ L	30 11:15AM Bus to: Winter Wisdom ✓ L 1:00PM BINGO H 1:00PM Mahjong HR 3:30PM New Residents Reception GP 6:30PM Opera T	31 9:00AM Beginner Mahjong K 11:00AM Highlands in The Know GP 1:00PM Art Studio Group K 1:00PM Scrabble H 7:00PM Thursday Series T		

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	9:30 AM—10:30 PM	BERRIE'S HEARING AID & EYEGLOSS CLEANING	CL/ BS

WEEKLY FITNESS			
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



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