


February 2019

Friendship Cove

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Frosty Friday 10:00AM Chair Connection M 11:00AM Good News CR 1:00PM B.I.N.G.O. H 2:00PM Manicures CR 3:15PM Hand Massages CR 7:00PM Documentary T	2 Ground Hog Day 9:30AM Ping Pong M 10:30AM Exercise CR 2:00PM Movie T 7:00PM Movie T
					3 10:30AM Exercise CR 1:30PM Movie T 4:00PM Vespers GP 5:30PM Tailgate Party T 6:30PM Super Bowl T	4 10:00AM Chair Connection M 11:00AM Reader's Digest CR 1:00PM Cribbage H 1:45PM Shop or Ride ✓ F Walmart 3:30PM B.I.N.G.O. CR 7:00PM Featured Series CR
10 10:30AM Exercise CR 1:30PM Movie T 7:00PM Movie T	11 10:00AM Chair Connection M 11:00AM Resident Board Meeting M 1:00PM Cribbage H 1:45PM Shop or Ride ✓ F Target 3:30PM B.I.N.G.O. CR 7:00PM Featured Series CR	12 10:15AM Morning Exercise CR 11:00AM Crossword Puzzle CR 2:00PM Tuesday @ 2: GP Bruce & Elijah Pratt 🎵 3:30PM Afternoon Tea CR 4:00PM Pet Visits w/ Ellie CR 7:00PM Evening Film CR	13 10:00AM Chair Connection M 11:00AM Activities Chat CR 1:00PM B.I.N.G.O. H 3:00PM Wisdom Wednesday CR 6:30PM Opera T	14 🍷 Valentine's Day 🍷 9:30AM Berrie's Here ✓ BS 10:30AM Resident Forum CR 11:00AM Highlands in The Know GP 1:45PM Scenic Ride ✓ F 2:15PM Baking Group CR 3:30PM Valentine's Day Social CR 7:00PM Thursday Series T	15 Frosty Friday 10:00AM Chair Connection M 11:00AM Good News CR 1:00PM B.I.N.G.O. H 2:00PM Manicures CR 3:15PM Hand Massages CR 7:00PM Documentary T	16 9:30AM Ping Pong M 10:30AM Exercise CR 2:00PM Movie T 7:00PM Movie T
17 10:30AM Exercise CR 1:30PM Movie T 4:00PM Vespers GP 7:00PM Movie T	18 Presidents' Day 10:00AM Chair Connection M 11:00AM Exploring Cultures CR 1:00PM Cribbage H 1:45PM Shop or Ride ✓ F Walmart 3:30PM B.I.N.G.O. CR 7:00PM Featured Series CR 7:00PM Card B.I.N.G.O. H	19 10:15AM Morning Exercise CR 11:00AM Reader's Digest CR 2:00PM Tuesday @ 2: GP Longfellow Poetry 4:00PM Art Group CR 4:00PM Pet Visits w/ Ellie CR 7:00PM Evening Film CR	20 10:00AM Chair Connection M 11:00AM Mad Libs CR 1:00PM B.I.N.G.O. H 3:00PM Wisdom Wednesday CR 6:30PM Opera T	21 10:15AM Morning Exercise CR 11:00AM Highlands in The Know GP 1:45PM Scenic Ride ✓ F 2:15PM Crafts with Volunteers CR 7:00PM Thursday Series T	22 Frosty Friday 10:00AM Chair Connection M 11:00AM Good News CR 1:00PM B.I.N.G.O. H 2:30PM Baking Group CR 3:15PM Picture Stories CR 7:00PM Documentary T	23 9:30AM Ping Pong M 10:30AM Exercise CR 1PM-3PM Cabin Fever CL 3:00PM World Percussion Ensemble GP 2:00PM Movie T 7:00PM Movie T
24 10:30AM Exercise CR 1:30PM Movie T 7:00PM Movie T	25 10:00AM Chair Connection M 11:00AM National Parks CR 1:00PM Cribbage H 1:45PM Shop or Ride ✓ F Target 3:30PM B.I.N.G.O. CR 7:00PM Featured Series CR 7:00PM Open Mic Night GP	26 10:15AM Morning Exercise CR 11:00AM Coffee & Chat CR 2:00PM Travel Log CR 3:30PM Jeopardy Game CR 4:00PM Pet Visits w/ Ellie CR 7:00PM Evening Film CR	27 10:00AM Chair Connection M 11:00AM Word Search CR 1:00PM B.I.N.G.O. H 1:30PM Singer Salon 🎵 HFH 3:00PM Wisdom Wednesday CR 6:30PM Opera T	28 10:15AM Morning Exercise CR 11:00AM Highlands in The Know GP 1:45PM Scenic Ride ✓ F 2:15PM Crafts with Volunteers CR 4:00PM Clare Longendyke 🎵 GP Piano 7:00PM Thursday Series T	Our Georgetown Parlor Art Exhibit for the month of February is comprised of works from one of our drivers, Victor Anderson! He is a local amateur photographer with no formal training, but has an eye for great shots! Most of Victor's work has been black and white but recently has done a number of color prints with negative images and has been experimenting with different photo editors. We hope you will come check out his work!	

WEEKLY SHOPPING

MONDAY	9 AM 1:45 PM	COOK'S CORNER SHOP OR RIDE: WALMART	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	BERRIE'S HEARING AID & EYEGLOSS CLEANING	CL/ BS

WEEKLY FITNESS

SAT & SUN	9—10 AM & 2—4 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
LAST MONDAY OF THE MONTH	7PM	OPEN MIC NIGHT	GP
1ST WEDNESDAY	8 AM	CHEF'S BREAKFAST	S
2ND & 4TH THURS	10:30 AM	TOPSHAM LIBRARY	L
2ND & 4TH FRIDAY	5 & 7 PM	DISTINCTIVE DINING	HFH

SUNDAY CHURCH SERVICES

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

WELLNESS SERVICES

1ST & 3RD WEDNESDAY	2 PM	GRIEF SUPPORT GROUP	CLP
2ND WEDNESDAY	2 PM	VISION SUPPORT GROUP	CLP

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
MLC= ML CONFERENCE ROOM

HFH = HOLDEN FROST HOUSE
HR = HARRASEEKET 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

Friendship Cove

Activities Questions?

Becca Gagnon, Life Enrichment
207-725-2650 EXT 174
rebeccag@highlandsrc.com

Fitness Questions?

Personal training is available upon request.
Brenda LaCombe, Fitness Director
207-725-4407 EXT 132
brendal@highlandsrc.com

Wellness Questions?

Jennifer Rhoades, Care Coordinator
207-725-4407 EXT 155
jenr@highlandsrc.com

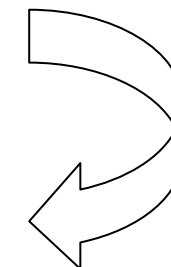
OR

Contact **Kelly Curtis, Wellness Director**
207-725-4407 EXT 148
kellyc@highlandsrc.com

Assisted Living Questions?

Cristy Williams, Director of Assisted Living
207-725-4407 EXT 120
cristyw@highlandsrc.com

ROOM KEY



THE HIGHLANDS
 A GRACE MGMT COMMUNITY