

# February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 1:00PM BINGO H 1:00PM Bridge M 4:00PM <b>Happy Hour</b> GP 7:00PM Documentary T	<b>2</b> 9:30AM Ping Pong M 10:30AM Beginner Bridge K 2:00PM Movie T 2:30PM Board Games H 7:00PM Movie T
					<b>3</b> 1:30PM Movie T 12:30PM Bus to: ✓\$ L <b>Good Theater- An Act of God</b> 2:00PM Needlework GP 4:00PM <b>Vespers — Pinetree Academy Youth Hand bells</b> ♪ GP 5:30PM <b>Tailgate Party!</b> T 6:30PM Super Bowl T	<b>4</b> 10:00AM Writers' Group CLP 1:00PM Cribbage H 2:00PM Highlands HFH Chorale 3:00PM Backgammon H
<b>10</b> 1:30PM Movie T 2:00PM Needlework GP 2:30PM Board Games H 7:00PM Movie T	<b>11</b> 11:00AM <b>Resident Board Meeting</b> M 1:00PM Cribbage H 2:00PM Highlands HFH Chorale 3:00PM Backgammon H	<b>12</b> 2:00PM <b>Tuesday @ 2:</b> GP <b>Bruce Pratt, piano &amp; Elijah Pratt, violin</b> ♪ 3:00PM On Parle Francais K	<b>13</b> 9:00AM <b>Trader Joe's/WF</b> ✓\$ L 11:15AM Bus to: <b>Winter Wisdom</b> ✓ L 1:00PM BINGO H 1:00PM Mahjong MLC 1-3PM Ron Paradis, CPA BS 2:00PM Vision Support CLP 6:30PM Opera T	<b>14 VALENTINE'S DAY</b> ♥ 9:00AM <b>Beginner Mahjong</b> MLC 9:30AM <b>Berrie's Here</b> ✓ BS 11:00AM <b>Highlands in The Know</b> GP 1:00PM Art Studio Group K 2:00PM Caregiver Support CLP 3:00PM TED Talks T 7:00PM Thursday Series T	<b>15</b> 1:00PM BINGO H 1:00PM Bridge M 7:00PM Documentary T	<b>16</b> 9:30AM Ping Pong M 10:30AM Beginner Bridge K 2:00PM Movie T 7:00PM Movie T
<b>17</b> 1:30PM Movie T 2:00PM Needlework GP 2:30PM Board Games H 4:00PM <b>Vespers— Rev. Ron Kurtz</b> GP 7:00PM Movie T	<b>18 PRESIDENTS' DAY</b> 10:00AM Writers' Group CLP 11:00AM <b>Activities Committee</b> K 1:00PM Cribbage H 2:00PM <b>Food Committee</b> S 2:00PM Highlands HFH Chorale 3:00PM Backgammon H 7:00PM <b>Card BINGO</b> H	<b>19</b> 10:00AM Go Green Committee K 2:00PM <b>Tuesday @ 2:</b> GP <b>Longfellow Days Poetry Readings</b> 3:00PM On Parle Francais K	<b>20</b> 11:15AM Bus to: <b>Winter Wisdom</b> ✓ L 1:00PM BINGO H 1:00PM Mahjong MLC 2:00PM Grief Support CLP 5:00PM <b>Mystery Dinner</b> ✓\$ L 6:30PM Opera T	<b>21</b> 9:00AM <b>Beginner Mahjong</b> MLC 11:00AM <b>Highlands in The Know</b> GP 3:00PM TED Talks T 7:00PM Thursday Series T	<b>22</b> 1:00PM BINGO H 1:00PM Bridge M 7:00PM Documentary T	<b>23</b> 9:30AM Ping Pong M 10:30AM Beginner Bridge K 2:00PM Movie T 3:00PM <b>World Percussion Ensemble</b> ♪— <b>First Parish Church, Brunswick</b> GP 7:00PM Movie T
<b>24</b> 12:30PM Bus to: ✓\$ L <b>Good Theater— A Doll's House Part 2</b> 1:30PM Movie T 2:00PM Needlework GP 2:30PM Board Games H 7:00PM Movie T	<b>25</b> 1:00PM Cribbage H 2:00PM Highlands HFH Chorale 3:00PM Backgammon H 7:00PM <b>Open Mic Night</b> ♪ GP	<b>26</b> 11:00AM <b>New Residents</b> ✓ L <b>Tour</b> 1:30PM <b>Singer Salon w/ Oratorio Chorale Director, Emily Isaacson</b> ♪ ✓ HFH 3:00PM On Parle Francais K	<b>27</b> 11:15AM Bus to: <b>Winter Wisdom (Snow Make-Up Day)</b> ✓ L 1:00PM BINGO H 1:00PM Mahjong MLC 1-3PM Ron Paradis, CPA BS 3:30PM <b>New Residents Reception</b> GP 6:30PM Opera T	<b>28</b> 9:00AM <b>Beginner Mahjong</b> MLC 11:00AM <b>Highlands in The Know</b> GP 1:00PM Art Studio Group K 2:00PM Caregiver Support CLP 3:00PM TED Talks T 4:00PM <b>Clare Longendyke, piano</b> ♪ GP 6:00PM Bus to: <b>Portland Stage</b> ✓\$ L 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			
<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>	9:30 AM—10:30 PM	BERRIE'S HEARING AID & EYEGLOSS CLEANING	<b>CL/ BS</b>
WEEKLY FITNESS			
<b>SAT &amp; SUN</b>	10 AM —1 PM	OPEN SWIM	
<b>MONDAY</b>	8 AM 9 AM 10 AM 10 AM 10 AM—12 PM & 1—4PM	WATER WELLNESS 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 9:15 AM 10 AM 10 AM 10 AM—12 PM & 1—4 PM	WATER WELLNESS CHAIR YOGA W/DENNIS CHAIR CONNECTION— YOGA W/DENNIS 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>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**  
**MLC = ML CONFERENCE 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

**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**