

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
					1 Frosty Friday	2
					10:00AM Chair Connection M	9:30AM Ping Pong M
					11:00AM Good News CR	11:00AM Exercise CR
					1:00PM B.I.N.G.O. H	2:00PM Movie T
					2:00PM Manicures CR	7:00PM Sing Along w/ Marilyn GP
					3:15PM Hand Massages CR	7:00PM Movie T
					7:00PM Documentary T	
3	4	5 Fat Tuesday	6	7	8	9
11:00AM Exercise CR	10:00AM Chair Connection M	10:15AM Morning Exercise CR	10:00AM Chair Connection M	10:15AM Morning Exercise CR	10:00AM Chair Connection M	9:30AM Ping Pong M
1:30PM Movie T	11:00AM Reader's Digest CR	11:00AM Living Room Laughs CR	11:00AM Activities Chat CR	11:00AM Highlands in The Know GP	11:00AM Good News CR	11:00AM Exercise CR
4:00PM Vespers: Rev. Holly Morrison GP	1:00PM Cribbage H	2:00PM Tuesday @ 2: Will Ogmundson, Piano GP	1:00PM B.I.N.G.O. H	1:45PM Scenic Ride ✓ F	11:00AM Lunch Bunch: The Chick-A-Dee ✓\$ L	2:00PM Movie T
7:00PM Movie T	1:45PM Scenic Ride F	3:30PM Mardi Gras History CR	1:45PM Shopping Trip: ✓ Walmart F	3:00PM March History CR	1:00PM B.I.N.G.O. H	7:00PM Movie T
	2:15PM TED Talks CR	4:00PM Pet Visits w/ Ellie CR	3:30PM Wisdom Wednesday CR	7:00PM Thursday Series T	3:00PM 'Fictionary' CR	
	3:30PM B.I.N.G.O. CR	7:00PM Evening Film CR	6:30PM Opera T		7:00PM Documentary T	
	7:00PM Featured TV Series CR	<u>Mardi Gras Theme Dinner</u>				
10 Daylight Savings Starts	11	12	13	14	15	16
11:00AM Exercise CR	10:00AM Chair Connection M	10:15AM Morning Exercise CR	10:00AM Chair Connection M	9:30AM Berries Here ✓ BS	10:00AM Chair Connection M	9:30AM Ping Pong M
1:30PM Movie T	11:00AM Resident Board Meeting M	11:00AM Crossword Puzzles CR	11:00AM Dominoes CR	10:30AM Resident Forum CR	11:00AM Good News CR	11:00AM Exercise CR
7:00PM Movie T	1:00PM Cribbage H	2:00PM Tuesday @ 2: Dave Stone, Piano GP	1:00PM Podiatrist Visit CR	11:00AM Highlands in The Know GP	1:00PM B.I.N.G.O. H	2:00PM Movie T
	1:45PM Scenic Ride F	3:30PM Get to Know your Neighbors CR	1:00PM B.I.N.G.O. H	1:45PM Scenic Ride ✓ F	2:00PM Manicures CR	7:00PM Movie T
	2:15PM TED Talks CR	4:00PM Pet Visits w/ Ellie CR	1:45PM Shopping Trip: ✓ Target F	2:30PM Food For Thought CR	3:15PM Hand Massages CR	
	3:30PM B.I.N.G.O. CR	7:00PM Evening Film CR	3:30PM Wisdom Wednesday CR	4:00PM Happy Hour CR	7:00PM Documentary T	
	7:00PM Featured TV Series CR		6:30PM Opera T	7:00PM Thursday Series T		
17 St. Patrick's Day	18	19	20 Welcome Spring!	21	22	23
11:00AM Exercise CR	10:00AM Chair Connection M	10:15AM Morning Exercise CR	10:00AM Chair Connection M	10:15AM Morning Exercise CR	10:00AM Chair Connection M	9:30AM Ping Pong M
1:30PM Movie T	11:00AM Exploring Cultures CR	11:00AM Reader's Digest CR	11:00AM Wisdom Wednesday CR	11:00AM Highlands in The Know *M	11:00AM Good News CR	11:00AM Exercise CR
4:00PM Vespers: Becca Gagnon (Life Enrichment) GP	1:00PM Cribbage H	2:00PM Tuesday @ 2: Book Signing / Reading— Resident: Bob Williams GP	1:00PM B.I.N.G.O. H	1:45PM Scenic Ride ✓ F	1:00PM B.I.N.G.O. H	2:00PM Movie T
7:00PM Movie T	1:45PM Scenic Ride F	3:30PM Art Group CR	1:30PM The Clarinotes Clarinet Ensemble GP	2:15PM Crafts w/ Volunteers CR	1:15PM Outing: Bowdoin Arctic Museum ✓ F	7:00PM Movie T
St. Patrick's Theme Dinner	2:00PM Present Company Keyboard/Vocals GP	4:00PM Pet Visits w/ Ellie CR	3:30PM 'Fictionary' CR	7:00PM Thursday Series T	3:30PM Picture Stories CR	
☘ ☘ ☘	3:30PM B.I.N.G.O. CR	7:00PM Evening Film CR	6:30PM Opera T		7:00PM Documentary T	
	7:00PM Featured TV Series CR					
	7:00PM Card B.I.N.G.O H					
24	25	26	27	28	29	30
11:00AM Exercise CR	10:00AM Chair Connection M	10:15AM Morning Exercise CR	10:00AM Chair Connection M	10:15AM Morning Exercise CR	10:00AM Chair Connection M	9:30AM Ping Pong M
1:30PM Movie T	11:00AM National Parks CR	11:00AM Coffee & Chat CR	11:00AM Travel Log: Isle of Skye— Resident: Pat Clark CR	11:00AM Highlands in The Know GP	11:00AM Good News CR	11:00AM Exercise CR
7:00PM Movie T	1:00PM Cribbage H	2:00PM Indoor Games CR	1:00PM B.I.N.G.O. H	1:45PM Scenic Ride ✓ F	1:00PM B.I.N.G.O. H	2:00PM Movie T
	1:45PM Scenic Ride F	3:30PM Music: Morgan Peppe, Violin GP	1:45PM Shopping Trip: ✓ Target F	3:30PM New Resident Welcome CR	3:00PM Special Guest Visit CR	7:00PM Movie T
	2:15PM TED Talks CR	4:00PM Pet Visits w/ Ellie CR	3:30PM Wisdom Wednesday CR	7:00PM Thursday Series T	7:00PM Documentary T	
	3:30PM B.I.N.G.O. CR	7:00PM Evening Film CR	6:30PM Opera T			
	7:00PM Featured TV Series CR					
	7:00PM Open Mic Night GP					
31	<p>The March art exhibit in the Georgetown Parlor will feature a driftwood display by Jim. This is one of several hobbies that he has had over the years. Past hobbies include: photography, woodworking, metal detecting and stained glass. Jim spent his childhood in Massachusetts and spent many summers along Cape Cod. Since moving to Maine and renewing his love for the seaside, he has developed an interest in driftwood art. Some of his pieces will be for sale, with 25% of the proceeds to benefit The Highlands Residents Assistance Fund. We hope you will come see Jim's work!</p>					
11:00AM Exercise CR						
1:30PM Movie T						
7:00PM Movie T						

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

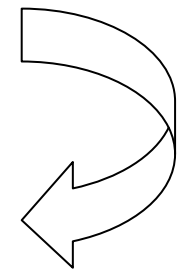
SUNDAY CHURCH SERVICES	
8:30 AM	GOOD SHEPHERDS LUTHERAN
9:20 AM	FIRST PARISH/ MID COAST PRESBYTERIAN/ SAINT CHARLES BORROMEO CHURCH/ SAINT JOHN'S/ UNITARIAN UNIVERSALIST/ UNITED BAPTIST

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 = 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

Fitness Questions?

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

Wellness Questions?

Janice Lewis, Care Coordinator
207-725-4407 EXT 155
FCTeamLead@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



THE HIGHLANDS
 A GRACE MGMT COMMUNITY