


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>PLEASE NOTE:</p> <p>\$ = ADDITIONAL COST</p> <p>✓ = SIGN UP REQUIRED</p>	<p>1</p> <p>10:00AM Chair Connection M 11:00AM Bible Study M w/ Bob</p> <p>1:00PM Cribbage H 1:45PM Scenic Ride F 2:15PM Motivation Monday CR 3:30PM B.I.N.G.O. CR 7:00PM Featured TV Series CR</p>	<p>2</p> <p>10:15AM Morning Exercise CR 11:00AM Living Room Laughs CR 2:00PM Tuesday @ 2: GP Irish Music w/Kevin Farley 🎵</p> <p>3:30PM Inspiring Figures CR 4:00PM Pet Visits w/ Ellie CR 7:00PM Evening Film CR</p>	<p>3</p> <p>10:00AM Chair Connection M 11:00AM Activities Chat CR 1:00PM B.I.N.G.O. H 1:45PM Shopping Trip: ✓ F Walmart</p> <p>3:30PM Wisdom Wednesday CR 6:30PM Opera T</p>	<p>4</p> <p>10:15AM Morning Exercise CR 11:00AM Highlands in The Know GP 1:45PM Scenic Ride ✓ F 2:00PM The History of The Berlin Wall—Jerry Wiles GP 4:00PM Happy Hour CR 7:00PM Thursday Series T</p>	<p>5 Frosty Friday</p> <p>10:00AM Chair Connection M 11:00AM Good News CR 1:00PM B.I.N.G.O. H 1:30PM Arctic Museum Outing (rescheduled) ✓ F 3:30PM Board Games CR 7:00PM Documentary T</p>	<p>6</p> <p>9:30AM Ping Pong M 11:00AM Exercise CR 2:00PM Movie T 7:00PM Movie T</p>	
<p>7</p> <p>11:00AM Exercise CR 1:30PM Movie T 4:00PM Vespers: Rev. Sharon Lovejoy GP 7:00PM Movie T</p>	<p>8</p> <p>10:00AM Chair Connection M 11:00AM Resident Board Meeting M 1:00PM Cribbage H 1:45PM Scenic Ride F 2:15PM Motivation Monday CR 3:30PM B.I.N.G.O. CR 7:00PM Featured TV Series CR</p>	<p>9</p> <p>10:15AM Morning Exercise CR 11:00AM Coffee & Chat w/ The Highlands Directors CR 2:00PM Tuesday @ 2: Civil War Series w/ Sue & Becky GP 3:30PM Health Tips CR 4:00PM Pet Visits w/ Ellie CR 7:00PM Evening Film CR</p>	<p>10</p> <p>10:00AM Chair Connection M 11:00AM Dominoes CR 1:00PM B.I.N.G.O. H 1:45PM Shopping Trip: ✓ F Walmart</p> <p>3:30PM Wisdom Wednesday CR 6:30PM Opera T</p>	<p>11</p> <p>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 Crafts w/ Volunteers CR 7:00PM Thursday Series T</p>	<p>12 Frosty Friday</p> <p>10:00AM Chair Connection M 11:00AM Lunch Bunch: Broad Arrow Tavern ✓ \$ L 1:00PM B.I.N.G.O. H 3:00PM Hand Massages CR 7:00PM Mike McCarthy 🎵 GP 7:00PM Documentary T</p>	<p>13</p> <p>9:30AM Ping Pong M 11:00AM Exercise CR 2:00PM Movie T 7:00PM Movie T</p>	
<p>14</p> <p>11:00AM Exercise CR 1:30PM Movie T 7:00PM Movie T</p>	<p>15</p> <p>10:00AM Chair Connection M 11:00AM Reader's Digest CR 1:00PM Cribbage H 1:45PM Scenic Ride F 2:00PM Meet and Greet w/ Julie CR 3:30PM B.I.N.G.O. CR 7:00PM Featured TV Series CR 7:00PM Card B.I.N.G.O H</p>	<p>16</p> <p>10:15AM Morning Exercise CR 11:00AM Crossword Puzzles CR 2:00PM Tuesday @ 2: How to Trouble-Shoot Computer Problems w/Clare Durst GP 3:30PM Creative Writing CR 4:00PM Pet Visits w/ Ellie CR 7:00PM Evening Film CR</p>	<p>17</p> <p>10:00AM Chair Connection M 11:00AM Wisdom Wednesday CR 1:00PM B.I.N.G.O. H 1:45PM Shopping Trip: ✓ F Walmart</p> <p>3:00PM Sing Along w/ Dale 🎵 CR 6:30PM Opera T</p>	<p>18</p> <p>10:15AM Morning Exercise CR 11:00AM Highlands in The Know GP 1:45PM Scenic Ride ✓ F 3:30PM Maudy Thursday Service w/ Bob and Chuck GP 7:00PM Thursday Series T</p>	<p>19 Frosty Friday</p> <p>10:00AM Chair Connection M 11:00AM Good News CR 1:00PM B.I.N.G.O. H 2:30PM MSMT Pre-Season Concert 🎵 GP 3:30PM Snack & Chat CR 7:00PM Documentary T</p>	<p>20</p> <p>9:30AM Ping Pong M 11:00AM Exercise CR 2:00PM Movie T 7:00PM Movie T</p>	
<p>21 Easter</p> <p>11:00AM Exercise CR 1:30PM Movie T 4:00PM Vespers: Seventh Day Youth Adventist Orchestra - Dr. Polly Nichols, Topsham Dental Arts GP 7:00PM Movie T</p>	<p>22 Earth Day</p> <p>Earth Day Celebration TBA</p> <p>10:00AM Chair Connection M 11:00AM "The Amazing Nature on Earth" CR 1:00PM Cribbage H 1:45PM Scenic Ride F 7:00PM Featured TV Series CR</p>	<p>23</p> <p>10:15AM Morning Exercise CR 11:00AM Exploring Cultures CR 2:00PM Tuesday @ 2: The Uncalled Four 🎵 GP 3:30PM Indoor Games CR 4:00PM Pet Visits w/ Ellie CR 7:00PM Evening Film CR</p>	<p>24</p> <p>10:00AM Chair Connection M 11:00AM Art Group CR 1:00PM B.I.N.G.O. H 1:45PM Gelato Fiasco Scoop-a-thon ✓ F 3:30PM Wisdom Wednesday CR 6:30PM Opera T</p>	<p>25</p> <p>10:15AM Morning Exercise CR 11:00AM Highlands in The Know GP 1:45PM Shopping Trip: ✓ F Walmart</p> <p>2:00PM Book Launch: Living Unafraid at the End of Life GP By: Bob Beringer 4:00PM New Resident Welcome CR</p>	<p>26 Frosty Friday</p> <p>10:00AM Chair Connection M 11:00AM Good News CR 1:00PM B.I.N.G.O. H 3:30PM Manicures CR 3:30PM Crossword Puzzles CR 7:00PM Documentary T</p>	<p>27</p> <p>10AM-4PM HRAF Clothing Sale CR 11:00AM Exercise CR 2:00PM Movie T 7:00PM Movie T</p>	
<p>28</p> <p>10AM-4PM HRAF Clothing Sale CR 11:00AM Exercise CR 1:30PM Movie T 7:00PM Movie T</p>	<p>29</p> <p>10:00AM Chair Connection M 11:00AM National Parks CR 1:00PM Cribbage H 1:45PM Scenic Ride F 2:15PM Motivation Monday CR 3:30PM B.I.N.G.O. CR 7:00PM Featured TV Series CR</p>	<p>30</p> <p>10:15AM Morning Exercise CR 11:00AM Word Finder CR 2:00PM Tuesday @ 2: David Ramsay - Three Notable Women of Maine GP 3:30PM Afternoon Tea CR 4:00PM Pet Visits w/ Ellie CR 7:00PM Evening Film CR</p>				<p>The April art exhibit in the Georgetown Parlor will feature paintings by resident Phyllis Hartzler. Phyllis moved to Maine in 2001 and purchased a condo in East Winthrop overlooking Lake Cobbosseecontee. The beautiful views from her deck and the surrounding landscape were the inspiration for many of her oil and watercolor pieces. After many happy years of painting and teaching watercolor at Senior College in Augusta, Phyllis moved to The Highlands. Don't miss out on seeing her lovely work!</p>	

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 BORROMEIO 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?

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

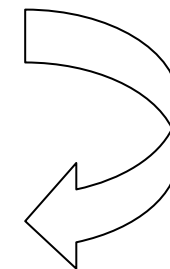
OR

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

ROOM KEY



THE HIGHLANDS
 A GRACE MGMT COMMUNITY