

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 10:00AM Writers' Group CLP 11:00AM Bible Study M 1:00PM Cribbage H 2:00PM Highlands Chorale HFH 3:00PM Backgammon H	2 11:00AM Book Look K 1:30PM Senior College M 2:00PM Tuesday @ 2: Irish Music w/Kevin Farley ♪ GP 3:00PM On Parle Francais K	3 8:00AM Chef's Breakfast ✓ S 1:00PM BINGO H 1:00PM Mahjong MLC 1-3PM Ron Paradis, CPA BS 2:00PM Grief Support CLP 6:30PM Opera T	4 11:00AM Highlands in The Know GP 1:00PM Art Studio Group K 1:00PM Beginner Mahjong MLC 1:00PM Scrabble H 2:00PM The History of the Berlin Wall w/Historian, Jerry Wiles GP 3:00PM TED Talks T 6:00PM Bus to: Portland Stage ✓\$ L 7:00PM Thursday Series T	5 1:00PM BINGO H 1:00PM Bridge M 4:00PM Happy Hour GP 7:00PM Documentary T	6 9:30AM Ping Pong M 10:30AM Beginner Bridge K 2:00PM Movie T 7:00PM Movie T	
7 1:30PM Movie T 2:00PM Needlework GP 2:30PM Board Games H 4:00PM Vespers: Rev. Sharon Lovejoy GP 7:00PM Movie T	8 11:00AM Resident Board Meeting M 1:00PM Cribbage H 2:00PM Highlands Chorale HFH 3:00PM Backgammon H	9 1:30PM Senior College M 2:00PM Tuesday @ 2: Civil War Series: Bugle Boy of Company K—Fred Miller w/Sue & Becky GP 3:00PM On Parle Francais K 6:00PM Winter Wisdom (Make-up date) A Changing Casco Bay ✓ L	10 9:00AM Trader Joe's/ Whole Foods ✓\$ L 1:00PM BINGO H 1:00PM Mahjong MLC 2:00PM Vision Support CLP 6:30PM Opera T	11 9:30AM Berrie's Services ✓ BS 11:00AM Highlands in The Know GP 1:00PM Art Studio Group K 1:00PM Beginner Mahjong MLC 1:00PM Scrabble H 2:00PM Caregiver Support CLP 3:00PM TED Talks T 7:00PM Thursday Series T	12 9:00AM Podiatry Services w/Dr. Hilary Pelletier ✓ BS 11:00AM Lunch Bunch: Broad Arrow Tavern ✓\$ L 1:00PM BINGO H 1:00PM Bridge M 7:00PM Documentary T 7:00PM Mike McCarthy, piano GP	13 9:30AM Ping Pong M 10:30AM Beginner Bridge K 2:00PM Movie T 7:00PM Movie T	
14 1:30PM Movie T 2:00PM Needlework GP 2:30PM Board Games H 7:00PM Movie T	15 10:00AM Writers' Group CLP 11:00AM Activities Committee H 1:00PM Cribbage H 2:00PM Food Committee S 2:00PM Highlands Chorale HFH 3:00PM Backgammon H	16 10:00AM Go Green Committee K 2:00PM Tuesday @ 2: How to Trouble-Shoot Computer/Electronic Problems w/Clare Durst GP 3:00PM On Parle Francais K	17 1:00PM BINGO H 1:00PM Mahjong MLC 2:00PM Grief Support CLP 5:00PM Mystery Dinner ✓\$ L 6:30PM Opera T	18 11:00AM Highlands in The Know GP 1:00PM Art Studio Group K 1:00PM Scrabble H 1:00PM Beginner Mahjong MLC 3:30PM Holy Thursday Communion Service GP 7:00PM Thursday Series T	19 GOOD FRIDAY 1:00PM BINGO H 1:00PM Bridge M 2:30PM MSMT Pre-Season Concert ♪ GP 7:00PM Documentary T	20 9:30AM Ping Pong M 10:30AM Beginner Bridge K 2:00PM Movie T 7:00PM Movie T	
21 EASTER 1:30PM Movie T 2:00PM Needlework GP 2:30PM Board Games H 4:00PM Vespers: Seventh Day Youth Adventist Orchestra - Dr. Polly Nichols, Topsham Dental Arts GP 7:00PM Movie T	22 EARTH DAY Earth Day Celebration: Schedule to Follow 2:00PM Highlands Chorale HFH 3:00PM Backgammon H	23 1:30PM Senior College M 2:00PM Tuesday @ 2: Uncalled Four ♪ GP 3:00PM On Parle Francais K 6:30PM Bowdoin Concert—George Lopez & Guest ✓ L	24 1:00PM BINGO H 1:00PM Mahjong MLC 3:30PM New Residents Reception GP 6:30PM Opera T	25 11:00AM Highlands in The Know GP 1:00PM Art Studio Group K 1:00PM Scrabble H 1:00PM Beginner Mahjong MLC 2:00PM Caregiver Support CLP 2:00PM Book Launch: Living Unafraid at the End of Life by Bob Beringer GP 3:00PM TED Talks T 7:00PM Thursday Series T	26 1:00PM BINGO H 1:00PM Bridge K 7:00PM Documentary T	27 10:00AM-4:00PM HRAF Clothing Sale M 10:30AM Beginner Bridge K 2:00PM Movie T 7:00PM Movie T	
28 10:00AM-4:00PM HRAF Clothing Sale M 1:00PM Bus to: Portland Symphony Orchestra ✓\$ L 1:30PM Movie T 2:00PM Needlework GP 2:30PM Board Games H 7:00PM Movie T	29 1:00PM Cribbage H 2:00PM Highlands Chorale HFH 3:00PM Backgammon H 7:00PM Open Mic Night ♪ GP	30 11:00AM New Residents Tour ✓ L 2:00PM Tuesday @ 2: Three Notable Women of Maine w/David Ramsay GP 3:00PM On Parle Francais K 6:00PM Bus to: Portland Symphony Orchestra ✓\$ L				<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	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	8 AM 9 AM 10 AM 10 AM 10 AM—12 PM & 1—4PM	WATER WELLNESS 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 W/DENNIS 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 SUP-PORT GROUP	CLP
2ND WEDNESDAY	2 PM	VISION SUPPORT GROUP	CLP
2ND & 4TH THURSDAY	2 PM	CAREGIVER SUPPORT	CLP

ROOM KEY

GP = GEORGETOWN PARLOR **FCD = FRIENDSHIP COVE DINING**
CL = CADIGAN LODGE **CR = FC COMMUNITY ROOM**
CPL = CORNER POCKET LOUNGE **T = THEATER**
F = FITNESS CENTER **W = WELLNESS CENTER**
FC = FRIENDSHIP COVE **L = OUTING DEPARTS FROM LOBBY**
S = SEBASCO DINING ROOM **H = HARPSWELL LOUNGE**
MLC = ML CONFERENCE ROOM

SUNDAY CHURCH SERVICES

8:30 AM	GOOD SHEPHERDS LUTHERAN
9:20 AM	FIRST PARISH/ MID COAST PRES-BYTERIAN/ SAINT CHARLES BOR-ROMEIO 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



THE HIGHLANDS

A GRACE MGMT COMMUNITY

