


May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:00AM Chef's Breakfast 1:00PM BINGO H 1:00PM Mahjong MLC 2:00PM Grief Support CLP 6:30PM Opera T	2 11:15AM Bus to: Bowdoin Community Lecture Series - Spring 2019 Music Concert ✓ L 1:00PM Art Studio Group K 1:00PM Beginner Mahjong MLC 1:00PM Scrabble H 2:00pm Book Discussion Living Unafraid at the End of Life w/Bob Beringer M 6:00PM Bus to: Portland Stage ✓\$ L 7:00PM Thursday Series T	3 11:00AM Current Events Forum M 1:00PM BINGO H 1:00PM Bridge M 4:00PM Happy Hour GP 7:00PM Documentary T	4 9:30AM Ping Pong M 10:00AM Beginner Bridge K 11:00AM TED Talks T 2:00PM Flash Allen ♪ GP 2:00PM Movie T 7:00PM Movie T
5 1:30PM Movie T 2:00PM Needlework GP 2:30PM Board Games H 4:00PM Vespers: Rabbi Lisa Vinikoor, Beth Israel Congregation, Bath GP 7:00PM Movie T	6 10:00AM Writers' Group CLP 1:00PM Cribbage H 2:00PM Highlands Chorale HFH 2:30PM Backgammon H	7 11:00AM Book Look K 2:00PM Tuesday @ 2: Civil War Series : Home Life during the Civil War w/Sue & Becky GP 3:00PM On Parle Francais K	8 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	9 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 3:00PM Homo sapiens: An Exceptional Species w/Fred Cichocki GP 7:00PM Thursday Series T	10 9:00AM Podiatry Services w/Dr. Hilary Pelletier ✓ BS 11:00AM Lunch Bunch: The Dolphin Restaurant ✓\$ L 11:00AM Current Events Forum M 1:00PM BINGO H 1:00PM Bridge M 7:00PM Documentary T	11 9:30AM Ping Pong M 10:00AM Beginner Bridge K 11:00AM TED Talks T 2:00PM Movie T 7:00PM Movie T
12 <u>MOTHER'S DAY</u> 1:30PM Movie T 1:00PM Bus to: Portland Symphony Orchestra ✓\$ L 2:00PM Needlework GP 2:30PM Board Games H 7:00PM Movie T	13 11:00AM Resident Board Meeting M 1:00PM Cribbage H 2:00PM Highlands Chorale HFH 2:30PM Backgammon H 6:00PM Bus to: Portland Symphony Orchestra ✓\$ L	14 10:00AM Go Green Committee K 3:00PM On Parle Francais K	15 1:00PM BINGO H 1:00PM Mahjong MLC 2:00PM Grief Support CLP 5:00PM Mystery Dinner ✓\$ L 6:30PM Opera T	16 1:00PM Art Studio Group K 1:00PM Scrabble H 1:00PM Beginner Mahjong MLC 2:00PM Highlands Annual Community Celebration— Under the Tent 7:00PM Thursday Series T	17 11:00AM Current Events Forum M 1:00PM BINGO H 1:00PM Bridge M 7:00PM Documentary T	18 9:30AM Ping Pong M 10:00AM Beginner Bridge K 11:00AM TED Talks T 2:00PM Movie T 7:00PM Movie T
19 12:30PM Bus to: Mid Coast Symphony Orchestra ✓\$ L 1:30PM Movie T 2:00PM Needlework GP 2:30PM Board Games H 4:00PM Vespers: Rev. Gordon Cook, Chaplain, Mid Coast Hospital GP 7:00PM Movie T	20 10:00AM Writers' Group CLP 11:00AM Activities Committee K 1:00PM Cribbage H 2:00PM Food Committee S 2:00PM Highlands Chorale HFH 2:30PM Backgammon H 7:00PM Card BINGO H	21 1:30PM Bus to: Bowdoin College Museum of Art ✓ L 2:00PM Tuesday @ 2: Peter Mezoian, banjo ♪ GP 3:00PM On Parle Francais K	22 1:00PM BINGO H 1:00PM Mahjong MLC 6:30PM Opera T	23 1:00PM Art Studio Group K 1:00PM Scrabble H 1:00PM Beginner Mahjong LC 2:00PM Caregiver Support LP 7:00PM Thursday Series T	24 11:00AM Current Events Forum M 1:00PM BINGO H 1:00PM Bridge M 3:00PM Sally Davis, Jazz GP 7:00PM Documentary T	25 9:30AM Ping Pong M 10:00AM Beginner Bridge K 11:00AM TED Talks T 2:00PM Movie T 7:00PM Movie T
26 1:30PM Movie T 2:00PM Needlework GP 2:30PM Board Games H 7:00PM Movie T	27 <u>MEMORIAL DAY</u> 1:00PM Cribbage H 2:00PM Highlands Chorale HFH 2:30PM Backgammon H 7:00PM Open Mic Night ♪ GP	28 11:00AM NewResidentsTour ✓ L 2:00PM Tuesday @ 2: Jose Duddy ♪ GP 3:00PM On Parle Francais K	29 1:00PM BINGO H 1:00PM Mahjong MLC 3:30PM New Residents Reception GP 6:30PM Opera T	30 1:00PM Art Studio Group K 1:00PM Scrabble H 1:00PM Beginner Mahjong MLC 2:00PM Caregiver Support CLP 7:00PM Thursday Series T	31 11:00AM Current Events Forum M 1:00PM BINGO H 1:00PM Bridge M 7:00PM Documentary T	PLEASE NOTE: \$ = ADDITIONAL COST ✓ = SIGN UP REQUIRED

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	H
WEDNESDAY	9—11 AM	BATH SAVINGS	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	WATER WELLNESS	
	9 AM	WATER WELLNESS	
	10 AM	CHAIR CONNECTION—	M
	10 AM	TAI-CHI	
TUESDAY	10 AM—12 PM & 1—4PM	OPEN SWIM	
	9 AM	GROUP FITNESS	
	9 AM—12 PM & 1—4PM	OPEN SWIM	
WEDNESDAY	10 AM	GROUP FITNESS	
	9 AM	WATER WELLNESS	
	10 AM	CHAIR CONNECTION—	M
	10 AM	YOGA W/DENNIS	
THURSDAY	10 AM—12 PM & 1—4PM	OPEN SWIM	
	9 AM	GROUP FITNESS	
	10 AM	GROUP FITNESS	
FRIDAY	9 AM	WATER WELLNESS	
	10 AM—12 PM & 1—3 M	OPEN SWIM	
	10 AM	CHAIR CONNECTION—	M
	10 AM	KETTLE BELLS	

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	ACTIVITIES COMMITTEE	H
	1 PM	FOOD COMMITTEE	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 SUPPORT 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		


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

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



ENVIRONMENTAL LEADER

HFH = HOLDEN FROST HOUSE
HR = HARRASEEKET CONF ROOM
K = KENNEBEC MEETING ROOM
M = MERRYMEETING BAY ROOM
CLP = CADIGAN L PRIVATE DINING
\$ = ADDITIONAL COST