




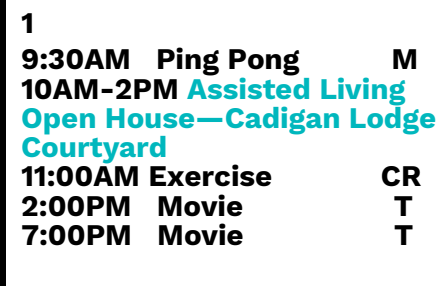


June 2019

Friendship Cove

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>THE HIGHLANDS A GRACE MGMT COMMUNITY</p>						<p>1</p> <p>9:30AM Ping Pong M 10AM-2PM Assisted Living Open House—Cadigan Lodge Courtyard 11:00AM Exercise CR 2:00PM Movie T 7:00PM Movie T</p>
<p>2</p> <p>11:00AM Exercise CR 1:30PM Movie T 4:00PM Vespers: GP Stan Corklin & Richard Pugliese 7:00PM Movie T</p>	<p>3</p> <p>10:00AM Chair Connection M 11:00AM Reader's Digest CR 1:00PM Cribbage H 1:45PM Scenic Ride F 2:15PM Monday Inspiration CR 3:30PM B.I.N.G.O. CR 7:00PM Featured TV Series CR</p>	<p>4</p> <p>10:15AM Morning Exercise CR 11:45AM Mt. Ararat Students GP Oral History Project Presentation 2:00PM Tuesday @ 2: GP Sue & Blue, Jazz ♪ 3:30PM Inspiring Figures CR 4:00PM Pet Visits w/ Ellie CR 7:00PM Evening Film CR</p>	<p>5</p> <p>10:00AM Chair Connection M 11:00AM 1:00PM B.I.N.G.O. H 1:45PM Shopping Trip: ✓ F Walmart 3:30PM Wisdom Wednesday CR 6:30PM Opera T</p>	<p>6</p> <p>10:15AM Walking Group CR 11:00AM Crafts w/ Volunteers CR 1:45PM Scenic Ride ✓ F 2:00PM Angela's Bike Trek GP Slideshow/ Presentation 3:30PM Interesting Creatures CR 7:00PM Thursday Series T</p>	<p>7 Frosty Friday</p> <p>10:00AM Chair Connection M 11:00AM Lunch Bunch: ✓\$ L Morse's Cribstone Grill 1:00PM B.I.N.G.O. H 2:30PM Manicures CR 7:00PM Documentary T</p>	<p>8</p> <p>9:30AM Ping Pong M 11:00AM Exercise CR 2:00PM Sing Along w/ GP Jim Whitney ♪ 2:00PM Movie T 7:00PM Movie T</p>
<p>9</p> <p>11:00AM Exercise CR 1:30PM Movie T 7:00PM Movie T</p>	<p>10</p> <p>10:00AM Chair Connection M 11:00AM Resident Board Meeting M 1:00PM Cribbage H 1:45PM Scenic Ride & Ice Cream F 3:30PM B.I.N.G.O. CR 7:00PM Featured TV Series CR</p>	<p>11</p> <p>10:15AM Morning Exercise CR 11:00AM Living Room Laughs CR 2:00PM Exploring Countries CR 3:30PM Tuesday @ 3:30: GP Morgan Peppe, Violin ♪ 4:00PM Pet Visits w/ Ellie CR 7:00PM Evening Film CR</p>	<p>12</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 3:30PM Wisdom Wednesday CR 6:30PM Opera T</p>	<p>13</p> <p>9:30AM Berrie's here ✓ BS 10:30AM Resident Forum CR 11:15AM Walking Group CR 1:00PM MSMT Outing: ✓\$ F Sophisticated Ladies 1:45PM Scenic Ride ✓ F 3:30PM Art Group CR 7:00PM Thursday Series T</p>	<p>14 Frosty Friday</p> <p>10:00AM Chair Connection M 11:00AM Maine State Music Theater: Special Preview— Under the Tent 1:00PM B.I.N.G.O. - Cancelled 3:30PM Health Tips CR 7:00PM Documentary T</p>	<p>15</p> <p>9:30AM Ping Pong M 11:00AM Exercise CR 2:00PM Movie T 7:00PM Movie T</p>
<p>16 Father's Day</p> <p>11:00AM Exercise CR 1:30PM Movie T 4:00PM Vespers: GP Bob Williams & Bob Beringer 7:00PM Movie T</p>	<p>17</p> <p>10:00AM Chair Connection M 11:00AM Brain Games CR 1:00PM Cribbage H 1:45PM Scenic Ride F 2:15PM Monday Inspiration 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>18</p> <p>10:15AM Morning Exercise CR 11:00AM Word Search CR 2:00PM Tuesday @ 2: GP Dave Stone, ♪ 2:00PM The Garden Spot L Farm—Outing 4:00PM Pet Visits w/ Ellie CR 7:00PM Evening Film CR</p>	<p>19</p> <p>10:00AM Chair Connection M 11:00AM Spring Poetry CR 1:00PM B.I.N.G.O. H 1:45PM Shopping Trip: ✓ F Walmart 3:30PM Wisdom Wednesday CR 6:30PM Opera T</p>	<p>20</p> <p>10:15AM Walking Group CR 11:00AM Crossword Puzzles CR 1:45PM Scenic Ride ✓ F 2:30PM Jewelry Holder Craft CR 7:00PM Mike McCarthy ♪ GP 7:00PM Thursday Series T</p>	<p>21 Frosty Friday</p> <p>First day of Summer! 10:00AM Chair Connection M 11:00AM Good News CR 1:00PM B.I.N.G.O. H 2:30PM Manicures CR 7:00PM Documentary T</p>	<p>22</p> <p>9:30AM Ping Pong M 11:00AM Exercise CR 2:00PM Movie T 7:00PM Movie T</p>
<p>23</p> <p>11:00AM Exercise CR 1:30PM Movie T 7:00PM Movie T</p>	<p>24</p> <p>10:00AM Chair Connection M 11:00AM Reader's Digest CR 1:00PM Cribbage H 1:45PM Scenic Ride & Ice Cream F 3:30PM B.I.N.G.O. CR 7:00PM Featured TV Series CR 7:00PM Open Mic Night ♪ GP</p>	<p>25</p> <p>10:15AM Morning Exercise CR 11:00AM Health Tips CR 2:00PM Tuesday @ 2: GP Jim Whitney ♪ 3:30PM National Parks CR 4:00PM Pet Visits w/ Ellie CR 7:00PM Evening Film CR</p>	<p>26</p> <p>10:00AM Chair Connection M 11:00AM Summer Collages CR 1:00PM B.I.N.G.O. H 1:45PM Shopping Trip: ✓ F Walmart 3:30PM Wisdom Wednesday CR 6:30PM Opera T</p>	<p>27</p> <p>10:15AM Walking Group CR 11:00AM Living Room Laughs CR 1:45PM Scenic Ride ✓ F 2:00PM Karen Lili Pax, ♪✓ HFH 3:30PM New Resident Welcome CR 7:00PM Thursday Series T</p>	<p>28 Frosty Friday</p> <p>10:00AM Chair Connection M 11:00AM Good News CR 1:00PM B.I.N.G.O. H 2:30PM Golf Cart Tours ✓ F 7:00PM Documentary T</p>	<p>29</p> <p>9:30AM Ping Pong M 11:00AM Exercise CR 2:00PM Movie T 2:00PM Campfire w/ CL Red Gallagher ♪ 7:00PM Movie T</p>
<p>30</p> <p>11:00AM Exercise CR 1:30PM Movie T 3:00PM Piano Recital GP w/ Anne Kaiser ♪ 7:00PM Movie T</p>	<p>Our featured artist for June is Highlands resident Peter Metcalfe! Peter lived in Vermont for most his life, eventually settling here at The Highlands. Peter finds his inspiration from his father, who always loved documenting family trips and beautiful scenery through the art of photography. Photography is something that Peter has developed a passion for in recent years, and he has quite an eye for capturing special moments. We hope you will come to the Georgetown Parlor during the month of June to see some of his work for yourself!</p>					<p>PLEASE NOTE:</p> <p>\$ = ADDITIONAL COST ✓ = SIGN UP REQUIRED</p>

WEEKLY SHOPPING

MONDAY	9 AM	COOK'S CORNER	L
	1:45 PM	SHOP OR RIDE:	
TUESDAY	9 AM	TOPSHAM MALL	L
	10:15 AM	TOPSHAM MALL	
FRIDAY	9 AM	MAINE ST BRUNSWICK	L

AMENITIES

MONDAY— SATURDAY	9:30 AM—11 AM	CONTINENTAL BREAK- FAST	H
		FROSTY'S DONUTS	
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	WATER WELLNESS	M
	10 AM	CHAIR CONNECTION—	
	10 AM	TAI-CHI	
TUESDAY	10 AM—12 PM & 1—4PM	OPEN SWIM	M
	9 AM	GROUP FITNESS	
	9 AM—12 PM & 1—4PM	OPEN SWIM	
WEDNESDAY	10 AM	GROUP FITNESS	M
	9 AM	WATER WELLNESS	
	10 AM	CHAIR CONNECTION—	
THURSDAY	10 AM—12 PM & 1—4 PM	OPEN SWIM	M
	9 AM	GROUP FITNESS	
	9 AM—12 PM & 1—4 PM	OPEN SWIM	
FRIDAY	10 AM	GROUP FITNESS	M
	9 AM	WATER WELLNESS	
	10 AM—12 PM & 1—3 PM	OPEN SWIM	
	10 AM	CHAIR CONNECTION—	
	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
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/

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

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

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

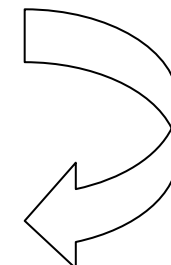
OR

Contact Teresa Coffey, Wellness Director

207-725-4407 EXT 148

teresac@highlandsrc.com

ROOM KEY



THE HIGHLANDS
A GRACE MGMT COMMUNITY