



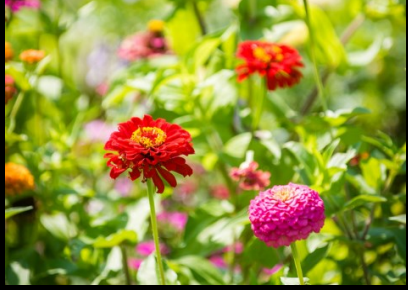


June 2019

Governor King

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>THE HIGHLANDS A GRACE MGMT COMMUNITY</p>					<p>1 Say something nice day! 10:00 Coffee and chat 10:30 Travel Video 11:00 Exercise and Hydration 1:30 Movie Matinee-Bedtime stories (Netflix) 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>	
<p>2 10:00 Words of hope, hymns & Sermons 11:00 Exercise and Hydration 1:30 Travel Video 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>	<p>3 10:00 Coffee and Chat 10:30 Drumming w/ Shirsten 🎵 1:45 Scenic Ride 3:30 Travel Video 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>	<p>4 National Cheese day! 10:00 Coffee and chat 10:30 Travel Video 11:00 Exercise and Hydration 1:30 Reading with Bill 3:30 Sue & Blue Jazz 🎵 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>	<p>5 10:00 Coffee and chat 10:30 Travel Video 11:00 Exercise and Hydration 1:30 Crafts with Heather 2:30 Bingo 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>	<p>6 10:00 Coffee and chat 10:30 Travel Video 11:00 Chair yoga with Celia 1:45 Scenic Ride 3:00 Happy Hour! 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>	<p>7 National Chocolate ice cream day/ Doughnut day! 10:00 Coffee and chat 10:30 Travel Video 11:00 Exercise and Hydration 2:00 Ice cream/Birthday party 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>	<p>8 National Best Friends Day 10:00 Coffee and chat 10:30 Travel Video 11:00 Exercise and Hydration 2:00 Movie Matinee– The sisterhood of the traveling paints 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>
<p>9 10:00 Words of hope, hymns & Sermons 11:00 Exercise and Hydration 2:30 Mike McCarthy 🎵 3:30 Old Time Shows 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>	<p>10 10:00 Coffee and chat 10:30 Travel Video 11:00 Exercise and Hydration 1:45 Scenic Ride 3:00 Old time Shows 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>	<p>11 10:00 Coffee and chat 10:30 Travel Video 11:00 Exercise and Hydration 1:30 Reading with Bill 3:00 Nail Salon 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>	<p>12 10:00 Coffee and chat 10:30 Travel Video 11:00 Exercise and Hydration 1:30 Cooking with Heather 2:30 Nature walk 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>	<p>13 Caregiver day! 10:00 Coffee and chat 10:30 Travel Video 11:00 Chair yoga with Celia 1:45 Scenic Ride 3:00 Old time shows 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>	<p>14 Flag Day 10:00 Coffee and chat 10:30 Travel Video 11:00 Maine State Music Theater 🎵 🎵 2:00 Ice cream social 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>	<p>15 10:00 Coffee and chat 10:30 Travel Video 11:00 Exercise and Hydration 2:00 Documentary– Long time Coming (Netflix) 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>
<p>16 Happy Fathers Day Happy Birthday Wes!!! 10:00 Words of hope, hymns & Sermons 11:00 Exercise and Hydration 1:30 Movie Matinee –RV (Netflix) 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>	<p>17 10:00 Coffee and chat 10:30 Travel Video 11:00 Exercise and Hydration 1:45 Scenic Ride 3:30 iN2L Matching game 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>	<p>18 10:00 Coffee and chat 10:30 Travel Video 11:30 Exercise and Hydration 1:30 Reading with Bill 3:15 Dave Stone 🎵 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>	<p>19 10:00 Coffee and chat 10:30 Travel Video 11:00 Exercise and Hydration 1:30 Craft's with Heather 2:30 Bingo 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>	<p>20 Vanilla Milkshake day 10:00 Coffee and chat 10:30 Travel Video 11:00 Chair yoga with Celia 1:45 Scenic Ride 3:00 Happy Hour! 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>	<p>21 First day of Summer!! 10:00 Coffee and chat 10:30 Travel Video 11:00 Exercise and Hydration 1:30 Golf Cart Rides! 2:00 Ice cream social 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>	<p>22 10:00 Coffee and chat 10:30 Travel Video 11:00 Exercise and Hydration 2:00 Old Time Shows 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>
<p>23 10:00 Words of hope, hymns & Sermons 11:00 Exercise and Hydration 1:30 Movie matinee– Daddy Day Care (Netflix) 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>	<p>24 10:00 Coffee and chat 10:30 Travel Video 11:00 Exercise and Hydration 1:45 Scenic Ride 3:00 iN2L Triva 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>	<p>25 10:00 Coffee and chat 10:30 Travel Video 11:00 Exercise and Hydration 12:00 lets have a cookout! 1:30 Reading with Bill 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>	<p>26 10:00 Coffee and chat 10:30 Travel Video 11:00 Exercise and Hydration 1:30 Cooking with Heather 2:30 Nature walk 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>	<p>27 10:00 Coffee and chat 10:30 Travel Video 11:00 Chair yoga with Celia 1:45 Scenic Ride 3:00 Word search 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>	<p>28 10:00 Coffee and chat 10:30 Travel Video 11:00 Exercise and Hydration 2:00 Ice cream social 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>	<p>29 10:00 Coffee and chat 10:30 Travel Video 11:00 Exercise and Hydration 2:00 Red Gallagher 🎵 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>
<p>30 10:00 Words of hope, hymns & Sermons 11:00 Exercise and Hydration 1:30 Travel Video 4:30 Stretch your Muscles 6:00 Relaxation and Music</p>	