




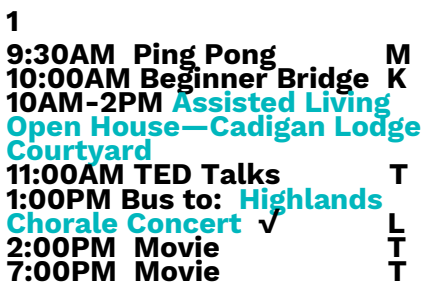


# June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>THE HIGHLANDS</b> A GRACE MGMT COMMUNITY</p>						<b>1</b> 9:30AM Ping Pong M 10:00AM Beginner Bridge K 10AM-2PM Assisted Living Open House—Cadigan Lodge Courtyard 11:00AM TED Talks T 1:00PM Bus to: Highlands Chorale Concert ✓ L 2:00PM Movie T 7:00PM Movie T
<b>2</b> 1:30PM Movie T 2:00PM Needlework GP 4:00PM Vespers: Stan Corklin & Richard Pugliese GP 7:00PM Movie T	<b>3</b> 10:00AM Writers' Group CLP 1:00PM Cribbage H 2:30PM Backgammon H	<b>4</b> 11:00AM Book Look K 11:45AM Mt Ararat HS Oral History Presentation GP 2:00PM Tuesday @ 2: Sue & Blue Jazz GP 3:00PM On Parle Francais K	<b>5</b> 8:00AM Chef's Breakfast ✓ S 11:30AM Summer Wisdom ✓ L 1:00PM BINGO H 1:00PM Mahjong MLC 2:00PM Grief Support CLP 6:30PM Opera T	<b>6</b> 1:00PM Art Studio Group K 1:00PM Beginner Mahjong MLC 1:00PM Scrabble H 2:00PM Angela's Bike Trek GP 7:00PM Thursday Series T	<b>7</b> 11:00AM Lunch Bunch: Morse's Cribstone Grill ✓ \$ L 11:00AM Current Events Forum M 1:00PM BINGO H 1:00PM Bridge M 4:00PM Happy Hour GP 7:00PM Documentary T	<b>8</b> 9:30AM Ping Pong M 10:00AM Beginner Bridge K 10:30AM HOGS Stroll ✓ L 11:00AM TED Talks T 2:00PM Movie T
<b>9</b> 1:30PM Movie T 2:00PM Needlework GP 7:00PM Movie T	<b>10</b> 11:00AM Resident Board Meeting M 1:00PM Cribbage H 2:30PM Backgammon H	<b>11</b> 3:00PM On Parle Francais K 3:30PM Morgan Peppe, violin GP	<b>12</b> 9:00AM Trader Joe's/ Whole Foods ✓ \$ L 11:30AM Summer Wisdom ✓ L 1:00PM BINGO H 1:00PM Mahjong MLC 2:00PM Vision Support CLP 6:30PM Opera T	<b>13</b> 10:30AM Berrie's Services ✓ BS 1:00PM Bus to: MSMT ✓ \$ L 1:00PM Art Studio Group K 1:00PM Beginner Mahjong MLC 1:00PM Scrabble H 2:00PM Caregiver Support LP 5:30PM Bus to: TPL Program featuring George Krassner ✓ \$ L 6:00PM Bus to: MSMT ✓ \$ L 7:00PM Thursday Series T	<b>14</b> 9:00AM Podiatry Services w/Dr. Hilary Pelletier ✓ BS 11:00AM Current Events Forum M 11:00AM Maine State Music Theater: Season Preview—Under the Tent 1:00PM BINGO H 1:00PM Bridge M 7:00PM Documentary T	<b>15</b> 9:30AM Ping Pong M 10:00AM Beginner Bridge K 11:00AM TED Talks T 2:00PM Movie T 7:00PM Movie T
<b>16 Father's Day</b> 1:30PM Movie T 2:00PM Needlework GP 4:00PM Vespers: Bob Williams & Bob Beringer GP 7:00PM Movie T	<b>20</b> 10:00AM Writers' Group CLP 11:00AM Activities Committee K 1:00PM Cribbage H 2:00PM Food Committee S 2:30PM Backgammon H 7:00PM Card BINGO H	<b>18</b> 10:00AM Go Green Committee K 2:00PM Tuesday @ 2: Dave Stone ♪ GP 3:00PM On Parle Francais K	<b>19</b> 10:30AM HOGS Trip ✓ \$ L 11:30AM Summer Wisdom ✓ L 1:00PM BINGO H 12-1PM HRAF Shredding Event—Benjamin Porter 1:00PM Mahjong MLC 2:00PM Grief Support CLP 5:00PM Mystery Dinner ✓ \$ L 6:30PM Opera T	<b>20</b> 1:00PM Art Studio Group K 1:00PM Scrabble H 1:00PM Beginner Mahjong MLC 7:00PM Thursday Series T 7:00PM Mike McCarthy, piano ♪ GP	<b>21</b> 11:00AM Current Events Forum M 1:00PM BINGO H 1:00PM Bridge M 7:00PM Documentary T	<b>22</b> 9:30AM Ping Pong M 10:00AM Beginner Bridge K 11:00AM TED Talks T 2:00PM Movie T 7:00PM Movie T
<b>23</b> 1:30PM Movie T 2:00PM Needlework GP 7:00PM Movie T	<b>24</b> 1:00PM Cribbage H 2:30PM Backgammon H 7:00PM Open Mic Night ♪ GP	<b>25</b> 11:00AM New Residents Tour ✓ L 2:00PM Tuesday @ 2: Jim Whitney ♪ GP 3:00PM On Parle Francais K	<b>26</b> 11:30AM Summer Wisdom ✓ L 1:00PM BINGO H 1:00PM Mahjong MLC 3:30PM New Residents Reception GP 5:30PM Bus to: Music on the Mall - Cilantro ✓ \$ L 6:30PM Opera T	<b>27</b> 1:00PM Art Studio Group K 1:00PM Scrabble H 1:00PM Beginner Mahjong LC 2:00PM Caregiver Support LP 2:00PM Karen Lili Pax, ♪ ✓ HFH 7:00PM Thursday Series T	<b>28</b> 11:00AM Current Events Forum M 1:00PM BINGO H 1:00PM Bridge M 7:00PM Documentary T	<b>29</b> 9:30AM Ping Pong M 10:00AM Beginner Bridge K 11:00AM TED Talks T 2:00PM Movie T 7:00PM Movie T
<b>30</b> 1:30PM Movie T 2:00PM Needlework GP 3:00PM Piano Recital w/ Anne Kaiser GP 7:00PM Movie T	<p>Our featured artist for June is Highlands resident Peter Metcalf! 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><b>PLEASE NOTE:</b></p> <p>\$ = ADDITIONAL COST            ✓ = SIGN UP REQUIRED</p>

<b>WEEKLY SHOPPING</b>			
<b>MONDAY</b>	9 AM	COOK'S CORNER	<b>L</b>
<b>TUESDAY</b>	9 AM 10:15 AM	TOPSHAM MALL TOPSHAM MALL	<b>L</b>
<b>FRIDAY</b>	9 AM	MAINE ST BRUNSWICK	<b>L</b>

### AMENITIES

<b>MONDAY—SATURDAY</b>	9:30 AM—11 AM	CONTINENTAL BREAK-FAST FROSTY'S DONUTS SERVED FRIDAYS	<b>H</b>
<b>WEDNESDAY</b>	9—11 AM	BATH SAVINGS	<b>BS</b>
<b>2ND THURSDAY</b>	<b>10:30 AM—11:15AM</b> <b>JUNE ONLY</b>	BERRIE'S HEARING AID & EYEGLOSS CLEANING	<b>CL/BS</b>

### WEEKLY FITNESS

<b>MONDAY</b>	8 AM 9 AM 10 AM 10 AM 10 AM—12 PM & 1—4PM	WATER WELLNESS WATER WELLNESS CHAIR CONNECTION TAI-CHI OPEN SWIM	<b>M</b>
<b>TUESDAY</b>	9 AM 9 AM—12 PM & 1—4PM 10 AM	GROUP FITNESS OPEN SWIM GROUP FITNESS	
<b>WEDNESDAY</b>	9 AM 10 AM 10 AM 10 AM—12 PM & 1—4PM	WATER WELLNESS CHAIR CONNECTION YOGA W/DENNIS OPEN SWIM	<b>M</b>
<b>THURSDAY</b>	9 AM 9 AM—12 PM & 1—4 PM 10 AM	GROUP FITNESS OPEN SWIM GROUP FITNESS	
<b>FRIDAY</b>	9 AM 10 AM—12 PM & 1—3 M 10 AM 10 AM	WATER WELLNESS OPEN SWIM CHAIR CONNECTION KETTLE BELLS	<b>M</b>

**ALL FITNESS CANCELLATIONS WILL BE POSTED IN THE FITNESS CENTER & IN THE HIGHLIGHTER!**

### MONTHLY RECURRING

<b>1ST &amp; 3RD SUNDAY</b>	4:00 PM	VESPERS	<b>GP</b>
<b>2ND MONDAY</b>	11 AM	RESIDENT BOARD MEETING	<b>M</b>
<b>3RD MONDAY</b>	11 AM 1 PM	ACTIVITIES COMMITTEE FOOD COMMITTEE	<b>H</b> <b>S</b>
<b>LAST MONDAY OF THE MONTH</b>	7PM	OPEN MIC NIGHT	<b>GP</b>
<b>LAST TUESDAY OF THE MONTH</b>	11 AM	NEW RESIDENTS TOUR	<b>L</b>
<b>1ST WEDNESDAY</b>	8 AM	CHEF'S BREAKFAST	<b>S</b>
<b>2ND WEDNESDAY</b>	9 AM	TRADER JOE'S/ WHOLE FOODS	<b>L</b>
<b>3RD WEDNESDAY</b>	5 PM	MYSTERY DINNER	<b>L</b>
<b>2ND &amp; 4TH THURS</b>	10:30 AM	TOPSHAM LIBRARY	<b>L</b>
<b>2ND &amp; 4TH FRIDAY</b>	5 & 7 PM	DISTINCTIVE DINING	<b>HFH</b>

### WELLNESS SERVICES

<b>MON—FRI</b>	7:30 AM—3 PM	WELLNESS HOURS	<b>CL</b>
<b>1ST &amp; 3RD WEDNESDAY</b>	2 PM	GRIEF SUPPORT GROUP	<b>CLP</b>
<b>2ND WEDNESDAY</b>	2 PM	VISION SUPPORT GROUP	<b>CLP</b>
<b>2ND &amp; 4TH THURSDAY</b>	2 PM	CAREGIVER SUPPORT	<b>CLP</b>

### ROOM KEY

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

### SUNDAY CHURCH SERVICES

<b>8:30 AM</b>	GOOD SHEPHERDS LUTHERAN
<b>9:20 AM</b>	FIRST PARISH/ MID COAST PRESBY-TERIAN/ 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



**HFH = HOLDEN FROST HOUSE**

**HR = HARRASEEKET CONF ROOM**

**K = KENNEBEC MEETING ROOM**

**M = MERRYMEETING BAY ROOM**

**CLP = CADIGAN L PRIVATE DINING**

**\$ = ADDITIONAL COST**