


September 2019

Friendship Cove

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11AM Chair Exercises CR 1:30PM Movie T 4PM Vespers: GP <i>The Rev. Bob Beringer, Retired Presbyterian</i> 7PM Movie T	2 LABOR DAY 11:00AM Morning Exercise CR 1:00PM Cribbage H 7PM Resident Choice Film CR	3 10:15AM Walking Group CR 11AM Word Scramble CR 2:00PM Tuesday @ 2: GP <i>Jose Duddy, vocals</i> 🎵 3:30PM Holiday History CR 4PM Pet Visits w/ Ellie CR 7PM Evening Film CR	4 10AM Chair Connection M 11AM Word Ladder Game CR 1PM BINGO H 1:45PM Shopping Trip: ✓ F Walmart 3:30PM Wisdom Wednesday CR 6:30PM Opera/Musical CR	5 10:15AM Health Tips CR 11AM Tai Chi Class CR 11AM Highlands in the Know CR 1:45PM Scenic Ride ✓ L 3PM Speed Scrabble CR 7PM Thursday Series T	6 FROSTY FRIDAY 10AM Chair Connection M 11AM Lunch Bunch: ✓\$ L <i>Water Street Restaurant</i> 11AM Good News Article CR 1PM BINGO H 2:30PM Manicures CR 7PM Documentary T	7 9:30AM Ping Pong M 11AM Exercise CR 2PM Movie T 7PM Movie T
8 GRANDPARENTS DAY 11AM Chair Exercises CR 1:30PM Movie T 6PM Highlands Campfire CL 7PM Movie T National Assisted Living Week! →	9 10AM Chair Connection M 11AM Resident Board Meeting M 1PM Cribbage H 1:45PM Scenic Ride ✓ F 2:15PM 'Rocking Art' CR 3:30PM BINGO CR 7PM Resident Choice Film CR	10 10:15AM Walking Group CR 11AM Name 10 Game CR 2PM Tuesday @ 2: GP <i>Civil War Sisters: Andrew H. Young</i> 3:30PM Exploring Countries CR 4PM Pet Visits w/ Ellie CR 7PM Evening Film CR 7PM Nor'easters 🎵: <i>Barbershop Chorus</i>	11 PATRIOT DAY 10AM Chair Connection M 11AM Wisdom Wednesday CR 1PM BINGO H 1:45PM Shopping Trip: ✓ F Walmart 3:30PM 'Breaking the Mold' CR 6:30PM Opera/Musical CR	12 10AM Resident Forum CR 11AM Tai Chi Class CR 11AM Highlands in the Know CR 1:45PM Scenic Ride ✓ L 2PM Clare Longendyke, piano GP 3:30PM 'Canvas Creations' CR 7PM Thursday Series T	13 FROSTY FRIDAY 10AM Chair Connection M 11AM Good News Article CR 1PM BINGO H 2PM Garden Party & Art Walk CL 7PM Documentary T	14 9:30AM Ping Pong M 11AM Exercise CR 2PM Movie T 7PM Movie T
15 11AM Chair Exercises CR 1:30PM Movie T 4PM Vespers: GP <i>The Rev. Ron Kurtz, Retired UCC Pastor</i> 7PM Movie T	16 10AM Chair Connection M 11AM Reader's Digest CR 1PM Cribbage H 1:45PM Scenic Ride ✓ F 2:15PM Monday Inspiration CR 3:30PM BINGO CR 7PM Resident Choice Film CR 7PM Card BINGO H	17 10:15AM Morning Exercise CR 11AM Crossword Puzzle CR 2PM Tuesday @ 2: GP <i>Morgan Peppe, violin</i> 🎵 3:30PM Interesting Creatures CR 4PM Pet Visits w/ Ellie CR 7PM Evening Film CR	18 10AM Chair Connection M 11AM Word Search CR 1PM BINGO H 1:45PM Shopping Trip: ✓ F Walmart 3:30PM Wisdom Wednesday CR 6:30PM Opera/Musical CR	19 10AM Snack & Chat CR 11AM Tai Chi Class CR 11AM Highlands in the Know CR 1:45PM Scenic Ride ✓ L 2PM Civil War from The Rebel Perspective GP 3:30PM Speed Scrabble CR 7PM Thursday Series T	20 FROSTY FRIDAY 10AM Chair Connection M 11AM Good News Article CR 1PM BINGO H 2:30PM Manicures CR 7PM Documentary T	21 9:30AM Ping Pong M 11AM Exercise CR 2PM Movie T 7PM Movie T
22 11AM Chair Exercises CR 1:30PM Movie T 7PM Movie T	23 WELCOME FALL! 10AM Chair Connection M 11AM Dominoes Game CR 1PM Cribbage H 1:45PM Scenic Ride ✓ F 2:15PM Fall Facts & Snack CR 3:30PM BINGO CR 7PM Resident Choice Film CR	24 10:15AM Morning Exercise CR 11AM Living Room Laughs CR 2PM Tuesday @ 2: GP <i>Dave Stone, piano</i> 🎵 3:30PM National Parks CR 4PM Pet Visits w/ Ellie CR 7PM Evening Film CR	25 10AM Chair Connection M 11AM Wisdom Wednesday CR 1:15PM Mt. Ararat Students Oral History Project Meet & Greet GP 1:45PM Shopping Trip: ✓ F Walmart 3:30PM Wisdom Wednesday CR 6:30PM Opera/Musical CR	26 10:15AM Quote of the Day CR 11AM Tai Chi Class CR 11AM Highlands in the Know CR 12:30PM Cumberland Fair ✓\$ F <i>Senior Day</i> 7PM Thursday Series T	27 FROSTY FRIDAY 10AM Chair Connection M 11AM Good News Article CR 1PM BINGO H 2PM Community Room Games 3PM Sally Davis, Jazz 🎵 GP 7PM Documentary T	28 9:30AM Ping Pong M 11AM Exercise CR 2PM Movie T 7PM Movie T
29 11AM Chair Exercises CR 1:30PM Movie T 7PM Movie T	30 10AM Chair Connection M 11AM Reader's Digest CR 1PM Cribbage H 1:45PM Scenic Ride ✓ F 3:30PM BINGO CR 7PM Resident Choice Film CR 7PM Open Mic Night 🎵 GP				<p style="text-align: center;">National Assisted Living Week 2019 September 8-14</p> <p style="text-align: center;">“A Spark of Creativity” is this year's theme for National Assisted Living Week, which hopes to inspire residents to tap into their creative side, whether through the arts or beyond. Take a look at all the great activities we have planned for the week!</p>	

WEEKLY SHOPPING

MONDAY	9 AM 1:45 PM	COOK'S CORNER SHOP OR RIDE: WALMART	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	11 AM—12 PM	BERRIE'S HEARING AID & EYEGLOSS CLEANING	CL/ BS

WEEKLY FITNESS

SAT & SUN	11AM—2PM	OPEN SWIM	
MONDAY	9 AM 10 AM 10 AM 10 AM—12 PM & 1—4PM	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 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, AND ON DAILY SCHEDULES.

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/ UNITED BAPTIST

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
S = SEBASCO DINING ROOM
MLC= ML CONFERENCE ROOM

HFH = HOLDEN FROST HOUSE
HR = HARRASEKET 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
\$ = ADDITIONAL COST
✓ = SIGN UP REQUIRED

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
207-725-2650 EXT 132
brendal@highlandsrc.com

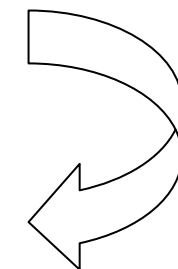
Wellness Questions?

Janice Lewis, Care Coordinator
207-725-2650 EXT 155
FCTeamLead@highlandsrc.com

Claudine McNamara, Assisted Living Director
207-725-2650 EXT 120
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Laurie Wilgus, Wellness Director
207-725-2650 EXT 148
lauriew@highlandsrc.com

ROOM KEY



THE HIGHLANDS
 A GRACE MGMT COMMUNITY