

February 2020
Life Enrichment - Friendship Cove



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				 THE HIGHLANDS A GRACE MGMT COMMUNITY		<div>9:30 ↔ Ping Pong [M]</div> <div>11:00 ↔ Chair Exercises [FCCR]</div> <div>2:00 🍿 Saturday Movie Matinee [T]</div> <div>7:00 🍿 Saturday Night Movie [T]</div> <div>1</div>	<div>“Surrender to what is. Let go of what was. Have faith in what will be.” — Sonia Ricotti</div> <div><div>Location Keys</div><div>Departs from the LobbyL</div><div>Fitness CenterF</div><div>Friendship Cove Community RoomFCCR</div><div>Georgetown ParlorGP</div><div>Harpwell LoungeH</div><div>Kennebec Meeting RoomK</div><div>Merrymeeting Bay RoomM</div><div>TheaterT</div><div><div> Cognitive</div><div> Creative</div><div> Emotional</div><div> Physical</div><div> Purposeful</div><div> Sensory</div><div> Social</div><div> Spiritual</div></div></div>
<div>Groundhog Day</div> <div>11:00 ↔ Chair Exercises [FCCR]</div> <div>1:30 🍿 Sunday Movie Matinee [T]</div> <div>4:00 🦋 Vespers: The Rev. Don Price Retired Methodist Pastor [GP]</div> <div>5:30 🍿 Super Bowl Tailgate Party [T]</div> <div>6:30 🦋 Catholic Communion w/ Father Patrick [K]</div> <div>6:30 🍿 Super Bowl LIV [T]</div> <div>2</div>	<div>10:00 ↔ Chair Connection [M]</div> <div>11:00 📖 Exploring Countries: Iceland [FCCR]</div> <div>1:45 🍿 Scenic Ride [F]</div> <div>3:30 📖 BINGO [FCCR]</div> <div>7:00 🍿 Resident Choice Film [FCCR]</div> <div>3</div>	<div>10:15 ↔ Morning Exercise [FCCR]</div> <div>11:00 🍿 February Fun Facts [FCCR]</div> <div>2:00 🍿 Tuesday at 2 - Ron Bergeron, vocals [GP]</div> <div>3:30 📖 Afternoon Game: Apples to Apples [FCCR]</div> <div>4:00 🍿 Pet Visits w/ Ellie [FCCR]</div> <div>7:00 🍿 Evening Film [FCCR]</div> <div>4</div>	<div>10:00 ↔ Chair Connection [M]</div> <div>11:00 🦋 The Story of Jonah: Bible Study w/ Bob Beringer [FCCR]</div> <div>1:00 📖 BINGO [H]</div> <div>1:45 🛒 Shopping Trip [F]</div> <div>3:30 🍿 Sing along w/ Dale [FCCR]</div> <div>6:30 🍿 Opera/Musical [T]</div> <div>5</div>	<div>10:15 🌻 Guess that scent [FCCR]</div> <div>11:00 📖 Highlands in the Know [GP]</div> <div>11:00 ↔ Tai Chi w/ Jackie [FCCR]</div> <div>1:45 🍿 Scenic Ride [F]</div> <div>2:00 📖 Lisa Pohlman, Natural Resource Council of Maine CEO [GP]</div> <div>2:30 🍿 Nancy's New Zealand Project [FCCR]</div> <div>7:00 🍿 Thursday Series [T]</div> <div>6</div>	<div>American Heart Association Wear Red Day</div> <div>Frosty Friday!</div> <div>10:00 ↔ Chair Connection [M]</div> <div>11:00 ♥ Positive News [FCCR]</div> <div>11:30 🍿 Pet Visits w/ Rainbow & Charm [FCCR]</div> <div>1:00 📖 BINGO [H]</div> <div>3:00 🛒 Manicures [FCCR]</div> <div>7:00 🍿 Documentary [T]</div> <div>7</div>	<div>9:30 ↔ Ping Pong [M]</div> <div>11:00 ↔ Chair Exercises [FCCR]</div> <div>2:00 🍿 Saturday Movie Matinee [T]</div> <div>7:00 🍿 Saturday Night Movie [T]</div> <div>8</div>	
<div>11:00 ↔ Chair Exercises [FCCR]</div> <div>1:30 🍿 Sunday Movie Matinee [T]</div> <div>7:00 🍿 Sunday Night Movie [T]</div> <div>9</div>	<div>10:00 ↔ Chair Connection [M]</div> <div>11:00 📖 Crossword Puzzles [FCCR]</div> <div>11:00 🛒 Residents Board Meeting [M]</div> <div>1:45 🍿 Scenic Ride [F]</div> <div>3:30 📖 BINGO [FCCR]</div> <div>7:00 🍿 Resident Choice Film [FCCR]</div> <div>10</div>	<div>10:15 ↔ Morning Exercise [FCCR]</div> <div>11:00 📖 Find the Hidden Objects [FCCR]</div> <div>2:00 🍿 Tuesday at 2 - Bruce Pratt, piano & Elijah Pratt, violin [GP]</div> <div>3:30 🌻 Taste and Tell [FCCR]</div> <div>4:00 🍿 Pet Visits w/ Ellie [FCCR]</div> <div>7:00 🍿 Evening Film [FCCR]</div> <div>11</div>	<div>10:00 ↔ Chair Connection [M]</div> <div>11:00 🌻 Aromatherapy Hand Massages [FCCR]</div> <div>1:00 📖 BINGO [H]</div> <div>1:45 🛒 Shopping Trip [F]</div> <div>3:30 🛒 Wisdom Wednesday [FCCR]</div> <div>6:30 🍿 Opera/Musical [T]</div> <div>12</div>	<div>10:15 🍿 Resident Forum [FCCR]</div> <div>11:00 📖 Highlands in the Know [GP]</div> <div>11:00 ↔ Tai Chi w/ Jackie [FCCR]</div> <div>1:45 🍿 Scenic Ride [F]</div> <div>2:00 📖 The Constitution and James Madison w/ Historian, Jerry Wiles [GP]</div> <div>3:00 🌻 Art Group: Snowball Wreaths [FCCR]</div> <div>7:00 🍿 Thursday Series [T]</div> <div>13</div>	<div>Frosty Friday!</div> <div>Valentine's Day</div> <div>10:00 ↔ Chair Connection [M]</div> <div>11:00 🍿 Lunch Bunch: Peppers Landing [L]</div> <div>1:00 📖 BINGO [H]</div> <div>3:30 🍿 Valentines Day Celebration [FCCR]</div> <div>7:00 🍿 Documentary [T]</div> <div>14</div>	<div>9:30 ↔ Ping Pong [M]</div> <div>11:00 ↔ Chair Exercises [FCCR]</div> <div>2:00 🍿 Saturday Movie Matinee [T]</div> <div>7:00 🍿 Saturday Night Movie [T]</div> <div>15</div>	
<div>Random Acts of Kindness Week</div> <div>11:00 ↔ Chair Exercises [FCCR]</div> <div>1:30 🍿 Sunday Movie Matinee [T]</div> <div>4:00 🦋 Vespers: Seventh Day Youth Adventist Orchestra w/Dr. Polly Nichols [GP]</div> <div>7:00 🍿 Sunday Night Movie [T]</div> <div>16</div>	<div>Presidents' Day</div> <div>Random Acts of Kindness Week</div> <div>10:00 ↔ Chair Connection [M]</div> <div>11:00 📖 US Presidents Word Search [FCCR]</div> <div>1:45 🍿 Scenic Ride [F]</div> <div>3:30 📖 BINGO [FCCR]</div> <div>7:00 🍿 Card BINGO [H]</div> <div>7:00 🍿 Resident Choice Film [FCCR]</div> <div>17</div>	<div>Random Acts of Kindness Week</div> <div>10:15 ↔ Morning Exercise [FCCR]</div> <div>11:00 📖 Word Creation [FCCR]</div> <div>2:00 🍿 Tuesday at 2 - Longfellow Days Poetry Readings [GP]</div> <div>3:30 🍿 Exploring Animals of the Sea [FCCR]</div> <div>4:00 🍿 Pet Visits w/ Ellie [FCCR]</div> <div>7:00 🍿 Evening Film [FCCR]</div> <div>18</div>	<div>Random Acts of Kindness Week</div> <div>10:00 ↔ Chair Connection [M]</div> <div>11:00 📖 Brain Game: Riddle Solving [FCCR]</div> <div>1:00 📖 BINGO [H]</div> <div>1:45 🛒 Shopping Trip [F]</div> <div>3:30 🍿 Wisdom Wednesday [FCCR]</div> <div>6:30 🍿 Opera/Musical [T]</div> <div>19</div>	<div>Random Acts of Kindness Week</div> <div>10:15 🍿 Poem Readings [FCCR]</div> <div>11:00 📖 Highlands in the Know [GP]</div> <div>11:00 ↔ Tai Chi w/ Jackie [FCCR]</div> <div>1:45 🍿 Scenic Ride [F]</div> <div>3:00 📖 Afternoon Game: The Price Is Right [FCCR]</div> <div>7:00 🍿 Thursday Series [T]</div> <div>20</div>	<div>Frosty Friday!</div> <div>National Caregivers Day</div> <div>Random Acts of Kindness Week</div> <div>10:00 ↔ Chair Connection [M]</div> <div>11:00 ♥ Caregiver Appreciation [FCCR]</div> <div>11:30 🍿 Pet Visits w/ Rainbow & Charm [FCCR]</div> <div>1:00 📖 BINGO [H]</div> <div>3:00 🛒 Manicures [FCCR]</div> <div>7:00 🍿 Documentary [T]</div> <div>21</div>	<div>Random Acts of Kindness Week</div> <div>9:30 ↔ Ping Pong [M]</div> <div>11:00 ↔ Chair Exercises [FCCR]</div> <div>2:00 🍿 Saturday Movie Matinee [T]</div> <div>7:00 🍿 Saturday Night Movie [T]</div> <div>22</div>	
<div>11:00 ↔ Chair Exercises [FCCR]</div> <div>1:30 🍿 Sunday Movie Matinee [T]</div> <div>7:00 🍿 Sunday Night Movie [T]</div> <div>23</div>	<div>10:00 ↔ Chair Connection [M]</div> <div>11:00 📖 Crossword Puzzle [FCCR]</div> <div>11:00 📖 Safe Passage w/Rosie DiBella & Ellen Smith-Erb [GP]</div> <div>1:45 🍿 Scenic Ride [F]</div> <div>3:30 📖 BINGO [FCCR]</div> <div>7:00 🍿 Open Mic Night [GP]</div> <div>7:00 🍿 Resident Choice Film [FCCR]</div> <div>24</div>	<div>Mardi Gras</div> <div>10:15 ↔ Morning Exercise [FCCR]</div> <div>11:00 📖 Holiday History [FCCR]</div> <div>2:00 🍿 Tuesday at 2 - Ed Gabrielsen, tenor accompanied by Mark Howard, piano [GP]</div> <div>3:30 🌻 Mardi Gras Mask Decorating [FCCR]</div> <div>4:00 🍿 Pet Visits w/ Ellie [FCCR]</div> <div>7:00 🍿 Evening Film [FCCR]</div> <div>25</div>	<div>10:00 ↔ Chair Connection [M]</div> <div>11:00 📖 Wii Games</div> <div>1:00 📖 BINGO [H]</div> <div>1:45 🛒 Shopping Trip [F]</div> <div>3:30 🛒 Wisdom Wednesday [FCCR]</div> <div>6:30 🍿 Opera/Musical [T]</div> <div>26</div>	<div>10:15 🍿 Living Room Laughs [FCCR]</div> <div>11:00 📖 Highlands in the Know [GP]</div> <div>11:00 ↔ Tai Chi w/ Jackie [FCCR]</div> <div>1:45 🍿 Scenic Ride [F]</div> <div>3:00 🌻 Taste and Tell [FCCR]</div> <div>7:00 🍿 Thursday Series [T]</div> <div>27</div>	<div>Frosty Friday!</div> <div>10:00 ↔ Chair Connection [M]</div> <div>11:00 ♥ Positive News [FCCR]</div> <div>11:30 🍿 Pet Visits w/ Rainbow & Charm [FCCR]</div> <div>1:00 📖 BINGO [H]</div> <div>3:00 ↔ Musical Ball [FCCR]</div> <div>7:00 🍿 Documentary [T]</div> <div>28</div>	<div>Happy Leap Day!</div> <div>9:30 ↔ Ping Pong [M]</div> <div>11:00 ↔ Chair Exercises [FCCR]</div> <div>2:00 🍿 Saturday Movie Matinee [T]</div> <div>7:00 🍿 Saturday Night Movie [T]</div> <div>29</div>	

WEEKLY SHOPPING			
MONDAY	9 AM	COOK’S CORNER (FOR IL RESIDENTS)	L
TUESDAY	9 AM	TOPSHAM MALL (FOR IL RESIDENTS)	L
WEDNESDAY	1:45 PM	WALMART (FOR FC & CL RESIDENTS)	F
FRIDAY	9 AM	MAINE ST (FOR IL RESIDENTS) BRUNSWICK	L
AMENITIES			
MONDAY— SATURDAY	9:30 AM—11 AM	CONTINENTAL BREAKFAST FROSTY’S DONUTS	H
WEDNESDAY	9—11 AM	BATH SAVINGS OFFICE OPEN	BS
2ND THURSDAY	11 AM—12 PM	BERRIE’S HEARING AID & EYEGLASS 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

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?
Abbey Leslie, Life Enrichment
207-725-2650 EXT 174
abbeyl@highlandsrc.com

Fitness Questions?
Personal training is available upon request
Brenda LaCombe, Fitness Director
207-725-2650 EXT 132
brendal@highlandsrc.com

Wellness Questions?
Ashley Rusaw, Resident Care Coordinator
207-725-2650 EXT 155
FCTeamLead@highlandsrc.com

Cathy Alexander, Wellness Director
207-725-2650 EXT 120
calexander@highlandsrc.com

Laurie Wilgus, Assistant Wellness Director
207-725-2650 EXT 148
lauriew@highlandsrc.com

ROOM KEY

