



March 2020
Life Enrichment - Friendship Cove

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 ↔ Chair Exercise [FCCR] 1 1:30 🍷 Sunday Movie Matinee [T] 4:00 🦋 Vespers - Rev. Bob Beringer, Retired [GP] 7:00 🍷 Sunday Night Movie [T]	10:00 ↔ Chair Exercise [M] 2 11:00 🍷 Exploring Exotic Animals [FCCR] 1:45 🍷 Scenic Ride [F] 3:30 📖 BINGO [FCCR] 7:00 🍷 Resident Choice Film [FCCR]	World Wildlife Day 3 10:15 ↔ Morning Exercise [FCCR] 11:00 🍷 World Wildlife Reading [FCCR] 1:00 🌟 Podiatry Services w/ Dr. Hillary Pelletier [FCCR] 2:00 🍷 Tuesday at 2 - Trudy Callaghan, Irish Music [GP] 3:30 📖 Afternoon Game: UNO 4:00 🍷 Pet Visits w/ Ellie [FCCR] 7:00 🍷 Evening Film [FCCR]	10:00 ↔ Chair Exercise [M] 4 11:00 📖 Maine History [FCCR] 1:00 📖 BINGO [H] 1:45P 🌟 Walmart Shopping Trip [F] 3:30 🍷 Sing along w/ Dale [FCCR] 6:30 🍷 Opera/Musical [T]	10:15 🍷 Readers Digest [FCCR] 5 11:00 📖 Highlands in the Know [GP] 11:00 ↔ Tai Chi w/ Jackie [FCCR] 1:45 🍷 Scenic Ride [F] 3:00 📖 Afternoon Game [FCCR] 7:00 🍷 Thursday Series [T]	Frosty Friday! 6 10:00 ↔ Chair Exercise [M] 11:00 🤍 Positive News [FCCR] 11:30 🍷 Pet Visits w/ Rainbow & Charm [FCCR] 1:00 📖 BINGO [H] 3:00 🌟 Manicures 7:00 🍷 Documentary [T]	9:30 ↔ Ping Pong [M] 7 11:00 ↔ Chair Exercises [FCCR] 2:00 🍷 Saturday Movie Matinee [T] 7:00 🍷 Saturday Night Movie [T]
Daylight Saving Time Begins 8 International Women's Day 11:00 ↔ Chair Exercise [FCCR] 1:30 🍷 Sunday Movie Matinee [T] 7:00 🍷 Sunday Night Movie [T]	10:00 ↔ Chair Exercise [M] 9 10:30 📖 Crossword/ Word Search Puzzles [FCCR] 11:00 🌟 Residents Board Meeting [M] 1:45 🍷 Scenic Ride [F] 3:30 📖 BINGO [FCCR] 7:00 🍷 Resident Choice Film [FCCR]	10:15 ↔ Morning Exercise [FCCR] 10 11:00 🍷 March Fun Facts [FCCR] 2:30 📖 Tuesday at 2:30 - Exploring Copenhagen & Greenland w/Michael Perry [GP] 3:30 🍷 Art Group [FCCR] 4:00 🍷 Pet Visits w/ Ellie [FCCR] 7:00 🍷 Evening Film [FCCR]	10:00 ↔ Chair Exercise [M] 11 11:00 🍷 Hand Massages [FCCR] 1:00 📖 BINGO [H] 1:45P 🌟 Walmart Shopping Trip [F] 3:30 🌟 Wisdom Wednesday [FCCR] 6:30 🍷 Opera/Musical [T]	10:15 🍷 Resident Forum [FCCR] 12 11:00 📖 Highlands in the Know [GP] 11:00 ↔ Tai Chi w/ Jackie [FCCR] 1:45 🍷 Scenic Ride [F] 3:00 🍷 Taste and Tell [FCCR] 7:00 🍷 Thursday Series [T]	Frosty Friday! 13 10:00 ↔ Chair Exercise [M] 11:00 🍷 Friday The 13th History [FCCR] 11:00 🍷 Lunch Bunch: Pancho Villa Mexican Restaurant [L] 11:30 🍷 Pet Visits w/ Rainbow & Charm [FCCR] 1:00 📖 BINGO [H] 3:00 🌟 Rick Steve's Travel Log [FCCR] 7:00 🍷 Documentary [T]	9:30 ↔ Ping Pong [M] 14 11:00 ↔ Chair Exercises [FCCR] 2:00 🍷 Saturday Movie Matinee [T] 7:00 🍷 Saturday Night Movie [T]
11:00 ↔ Chair Exercise [FCCR] 15 1:30 🍷 Sunday Movie Matinee [T] 4:00 🦋 Vespers - Rev. Jim Kiker, United Baptist - Topsham [GP] 7:00 🍷 Sunday Night Movie [T]	10:00 ↔ Chair Exercise [M] 16 11:00 🍷 Guess That Tune [FCCR] 1:45 🍷 Scenic Ride [F] 3:30 📖 BINGO [FCCR] 7:00 📖 Card BINGO [H] 7:00 🍷 Resident Choice Film [FCCR]	St. Patrick's Day 17 10:15 ↔ Morning Exercise [FCCR] 11:00 🍷 Holiday History [FCCR] 2:00 🍷 Tuesday at 2 - Will Ogmundson, piano [GP] 3:00 🍷 St Patrick's Day Gathering [FCCR] 3:00 🍷 St. Patrick's Day Treats 4:00 🍷 Pet Visits w/ Ellie [FCCR] 7:00 🍷 Evening Film [FCCR]	10:00 ↔ Chair Exercise [M] 18 11:00 📖 Trivia [FCCR] 1:00 📖 BINGO [H] 1:45P 🌟 Walmart Shopping Trip [F] 3:30 🌟 Wisdom Wednesday [FCCR] 6:30 🍷 Opera/Musical [T]	Spring Vernal Equinox 19 10:15 🤍 Living Room Laughs [FCCR] 11:00 📖 Highlands in the Know [GP] 11:00 ↔ Tai Chi w/ Jackie [FCCR] 1:45 🍷 Scenic Ride [F] 2:00 🌟 Dog Safety w/Jane Mendleson [GP] 3:00 🍷 First Day of Spring: Flower Craft [FCCR] 7:00 🍷 Thursday Series [T]	Frosty Friday! 20 10:00 ↔ Chair Exercise [M] 11:00 🤍 Positive News [FCCR] 11:30 🍷 Pet Visits w/ Rainbow & Charm [FCCR] 1:00 📖 BINGO [H] 3:00 🌟 Manicures [FCCR] 7:00 🍷 Documentary [T]	9:30 ↔ Ping Pong [M] 21 11:00 ↔ Chair Exercises [FCCR] 2:00 🍷 Saturday Movie Matinee [T] 7:00 🍷 Saturday Night Movie [T]
11:00 ↔ Chair Exercise [FCCR] 22 1:30 🍷 Sunday Movie Matinee [T] 7:00 🍷 Sunday Night Movie [T]	National Puppy Day 23 10:00 ↔ Chair Exercise [M] 11:00 🍷 Puppy Video's [FCCR] 1:45 🍷 Scenic Ride [F] 3:30 📖 BINGO [FCCR] 7:00 🍷 Resident Choice Film [FCCR]	10:15 ↔ Morning Exercise [FCCR] 24 11:00 📖 Wii Games [FCCR] 3:30 🍷 Taste and Tell [FCCR] 3:30 🦋 Tuesday at 3:30 - Morgan Peppe, violin [GP] 4:00 🍷 Pet Visits w/ Ellie [FCCR] 7:00 🍷 Evening Film [FCCR]	10:00 ↔ Chair Exercise [M] 25 11:00 📖 Card Game: Apple's to Apples [FCCR] 1:00 📖 BINGO [H] 1:45P 🌟 Walmart Shopping Trip [F] 3:30 🌟 Wisdom Wednesday [FCCR] 6:30 🍷 Opera/Musical [T]	10:15 Poem Readings [FCCR] 26 11:00 📖 Highlands in the Know [GP] 11:00 ↔ Tai Chi w/ Jackie [FCCR] 1:45 🍷 Scenic Ride [F] 3:00 🌟 Healthy Tips [FCCR] 3:00 🌟 Partners for World Health w/Elizabeth McLellan [GP] 7:00 🍷 Thursday Series [T]	Frosty Friday! 27 10:00 ↔ Chair Exercise [M] 11:00 🤍 Positive News [FCCR] 11:30 🍷 Pet Visits w/ Rainbow & Charm [FCCR] 1:00 📖 BINGO [H] 3:00 🍷 Sing Along w/ Friends [FCCR] 7:00 🍷 Documentary [T]	9:30 ↔ Ping Pong [M] 28 11:00 ↔ Chair Exercises [FCCR] 2:00 🍷 Saturday Movie Matinee [T] 7:00 🍷 Saturday Night Movie [T]
11:00 ↔ Chair Exercise [FCCR] 29 1:30 🍷 Sunday Movie Matinee [T] 7:00 🍷 Sunday Night Movie [T]	10:00 ↔ Chair Exercise [M] 30 11:00 📖 Crossword Puzzle/Word Search [FCCR] 1:45 🍷 Scenic Ride [F] 3:30 📖 BINGO [FCCR] 7:00 🍷 Open Mic Night [GP] 7:00 🍷 Resident Choice Film [FCCR]	10:15 ↔ Morning Exercise [FCCR] 31 11:00 🍷 Adult Coloring Group [FCCR] 2:00 🍷 Tuesday at 2 - Sing Along w/Flash Allen [GP] 3:30 🍷 Afternoon Game [FCCR] 4:00 🍷 Pet Visits w/ Ellie [FCCR] 7:00 🍷 Evening Film [FCCR]				



THE HIGHLANDS
A GRACE MGMT COMMUNITY

Location Keys

Departs from the Lobby

Fitness Center

Friendship Cove Community Room

FCCR

Georgetown Parlor

GP

Harpswell Lounge










H

Merrymeeting Bay Room

M

Theater

T

-  Cognitive
-  Creative
-  Emotional
-  Inter-generational
-  Physical
-  Purposeful
-  Sensory
-  Social
-  Spiritual

“The meeting of preparation with opportunity generates the offspring we call luck.”
— Anthony Robbins

30 Governors Way
Topsham, ME 04086
(207) 725-2650

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
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ROOM KEY

