










March 2020
Life Enrichment - Governor King

created with  Sagely

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:30 ★ Coffee Chat 10:00 🦋 Words of Hope, Hymns & Sermons [GK] 11:00 🌸 Travelling Around the World-Videos & More 3:30 ↔ Circle Ball Toss 4:30 🌸 Old Time Show 6:00 🌸 Evening Lounge and Aromatherapy	9:30 ★ Coffee Chat 10:30 🥁 Drumming with Shirsten 11:00 🌸 All This Travel: Videos, Art & Trivia 1:15 🌸 Monday Manicures & Hand Massage 1:45 🌸 Scenic Ride 3:30 ↔ Bean Bag Toss 4:30 💜 Classic Music Hour 6:00 🌸 Evening Lounge and Aromatherapy	9:30 ★ Coffee Chat 10:00 📖 Book Readings with Bill 11:00 🌸 All This Travel: Videos, Art & Trivia 1:00 🌸 Traditional Irish Songs with Trudy Callaghan 2:30 🌸 Tea For 2 & Friends Social 3:30 ↔ Body in Motion 4:00 💜 Pet visits with Karen & Ellie 6:00 🌸 Evening Lounge and Aromatherapy	9:30 ★ Coffee Chat 10:00 ↔ Chair Yoga with Celia [GK] 10:30 📖 Brain Games 11:00 🌸 All This Travel: Videos, Art & Trivia 1:15 🥁 Light Houses of Maine Adult Art 2:30 🌸 Tea For 2 & Friends Social 4:00 ↔ Chair Dance Movement 6:00 🌸 Evening Lounge and Aromatherapy	9:30 ★ Coffee Chat 10:30 ↔ Morning Stretch 11:00 🌸 All This Travel: Videos, Art & Trivia 1:45 🌸 Scenic Ride 2:30 📖 Old Time Show 3:00 📖 What Would You Do? 3:30 🌸 Pet Visits with Rainbow & Charm 4:00 ↔ Body in Motion 6:00 🌸 Evening Lounge and Aromatherapy	9:30 ★ Coffee Chat 10:30 ↔ Morning Stretch 11:00 🌸 All This Travel: Videos, Art & Trivia 1:15 📖 What Would You Do? 2:00 🌸 Ice Cream Social 3:00 📖 MAINE 200 Bicentennial Part 1(All things Maine) 4:00 ↔ In House Strolls 4:30 💜 Love Songs of the 40's & 50's 6:00 🌸 Evening Lounge and Aromatherapy	9:30 ★ Coffee Chat 10:30 ↔ Morning Stretch 11:00 🌸 All This Travel: Videos, Art & Trivia 1:30 🌸 Movie Matinee 3:00 ↔ In House Strolls 4:30 🌸 Old Time Show 6:00 🌸 Evening Lounge and Aromatherapy	
Daylight Saving Time Begins 9:30 ★ Coffee Chat 10:00 🦋 Words of Hope, Hymns & Sermons [GK] 11:00 🌸 All This Travel: Videos, Art & Trivia 3:30 ↔ Circle Ball Toss 4:30 🌸 Old Time Show 6:00 🌸 Evening Lounge and Aromatherapy	9:30 ★ Coffee Chat 10:00 ↔ Chair Yoga with Celia 10:30 📖 Brain Games 11:00 🌸 All This Travel: Videos, Art & Trivia 1:15 🌸 Monday Manicures & Hand Massage 1:45 🌸 Scenic Ride 2:00 🌸 Sing Along with Marilyn 3:30 ↔ Bocce Ball 4:30 💜 Classic Music Hour 6:00 🌸 Evening Lounge and Aromatherapy	9:30 ★ Coffee Chat 10:00 📖 Book Readings with Bill 11:00 🌸 All This Travel: Videos, Art & Trivia 1:00 📖 Exploring Copenhagen with Michael Perry 2:30 🌸 Tea For 2 & Friends Social 3:30 ↔ Body in Motion 4:00 💜 Pet visits with Karen & Ellie 6:00 🌸 Evening Lounge and Aromatherapy	9:30 ★ Coffee Chat 10:00 ↔ Chair Yoga with Celia [GK] 10:30 📖 Brain Games 11:00 🌸 All This Travel: Videos, Art & Trivia 1:15 🥁 Adult Sketch and Color 2:00 💜 Music with Dale 4:00 ↔ Chair Dance Movement 6:00 🌸 Evening Lounge and Aromatherapy	9:30 ★ Coffee Chat 10:30 ↔ Morning Stretch 11:00 🌸 All This Travel: Videos, Art & Trivia 1:45 🌸 Scenic Ride 2:30 📖 Old Time Show 3:00 📖 Remember When? Pictures in History. 3:30 🌸 Pet Visits with Rainbow & Charm 4:00 ↔ Body in Motion 6:00 🌸 Evening Lounge and Aromatherapy	9:30 ★ Coffee Chat 10:30 ↔ Morning Stretch 11:00 🌸 All This Travel: Videos, Art & Trivia 1:15 📖 What Would You Do? 2:00 🌸 Ice Cream Social 3:30 🥁 Saint Patty Crafts 4:00 ↔ In House Strolls 4:30 💜 Love Songs of the 40's & 50's 6:00 🌸 Evening Lounge and Aromatherapy	9:30 ★ Coffee Chat 10:30 ↔ Morning Stretch 11:00 🌸 All This Travel: Videos, Art & Trivia 1:30 🌸 Movie Matinee 3:00 ↔ In House Strolls 4:30 🌸 Old Time Show 5:30 💜 Music with Flash Allen 6:00 🌸 Evening Lounge and Aromatherapy	
9:30 ★ Coffee Chat 10:00 🦋 Words of Hope, Hymns & Sermons [GK] 11:00 🌸 All This Travel: Videos, Art & Trivia 3:30 ↔ Circle Ball Toss 4:30 🌸 Old Time Show 6:00 🌸 Evening Lounge and Aromatherapy	9:30 ★ Coffee Chat 10:00 ↔ Chair Yoga with Celia 10:30 🥁 Saint Patty Crafts/ Art 11:00 🌸 All This Travel: Videos, Art & Trivia 1:15 🌸 Monday Manicures & Hand Massage 1:45 🌸 Scenic Ride 3:30 ★ Saint Patty Cookie Decorating 4:30 💜 Classic Music Hour 6:00 🌸 Evening Lounge and Aromatherapy	St. Patrick's Day 9:30 ★ Coffee Chat 10:00 📖 Book Readings with Bill 11:00 🌸 All This Travel: Videos, Art & Trivia 1:00 💜 Will Ogmundson on the Piano Saint Patty Celebration 2:15 📖 Irish History and Ireland 3:30 ↔ Body in Motion 4:00 💜 Pet visits with Karen & Ellie 6:00 🌸 Evening Lounge and Aromatherapy	9:30 ★ Coffee Chat 10:00 ↔ Chair Yoga with Celia [GK] 10:30 📖 Brain Games 11:00 🌸 All This Travel: Videos, Art & Trivia 1:15 🥁 Mix Media Art 2:30 🌸 Tea For 2 & Friends Social 4:00 ↔ Chair Dance Movement 6:00 🌸 Evening Lounge and Aromatherapy	9:30 ★ Coffee Chat 10:30 ↔ Morning Stretch 11:00 🌸 All This Travel: Videos, Art & Trivia 1:45 🌸 Scenic Ride 2:30 🌸 Old Time Show 3:00 📖 Who, What, When and Where. Major events in History 4:00 ↔ Body in Motion 6:00 🌸 Evening Lounge and Aromatherapy	9:30 ★ Coffee Chat 10:30 ↔ Morning Stretch 11:00 🌸 All This Travel: Videos, Art & Trivia 1:15 📖 What Would You Do? 2:00 🌸 Ice Cream Social 3:00 📖 MAINE 200 Bicentennial (All things Maine) 4:00 ↔ In House Strolls 4:30 💜 Love Songs of the 40's & 50's 6:00 🌸 Evening Lounge and Aromatherapy	9:30 ★ Coffee Chat 10:30 ↔ Morning Stretch 11:00 🌸 All This Travel: Videos, Art & Trivia 1:30 🌸 Movie Matinee 2:00 💜 Music in the Air with Friends 3:00 ↔ In House Strolls 4:30 🌸 Old Time Show 6:00 🌸 Evening Lounge and Aromatherapy	
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9:30 ★ Coffee Chat 10:00 🦋 Words of Hope, Hymns & Sermons [GK] 11:00 🌸 All This Travel: Videos, Art & Trivia 2:00 💜 Mike McCarthy on the piano 3:30 ↔ Circle Ball Toss 4:30 🌸 Old Time Show 6:00 🌸 Evening Lounge and Aromatherapy	9:30 ★ Coffee Chat 10:00 ↔ Chair Yoga with Celia 10:30 📖 Brain Games 11:00 🌸 All This Travel: Videos, Art & Trivia 1:15 🌸 Monday Manicures & Hand Massage 1:45 🌸 Scenic Ride 3:30 ↔ Indoor Shuffleboard 6:00 🌸 Evening Lounge and Aromatherapy	9:30 ★ Coffee Chat 10:00 📖 Book Readings with Bill 11:00 🌸 All This Travel: Videos, Art & Trivia 1:00 💜 Sing along with Flash Allen 2:30 🌸 Tea For 2 & Friends Social 3:30 🌸 Big Screen Sing a Long Social 3:30 ↔ Body in Motion 4:00 💜 Pet visits with Karen & Ellie 6:00 🌸 Evening Lounge and Aromatherapy				“The meeting of opportunity generates the offspring we call luck.” — Anthony Robbins	



THE HIGHLANDS
A GRACE MGMT COMMUNITY

-  Cognitive
-  Creative
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