



March 2020
Life Enrichment - Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
10:00 🦋 Rosary Group w/Eileen Stiles [FCCR] 1 1:30 🌺 Sunday Movie Matinee [T] 2:00 🌺 Needlework [GP] 4:00 🦋 Vespers - Rev. Bob Beringer, Retired [GP] 7:00 🌺 Sunday Night Movie [T]	10:00 ➡️ Chair Exercise [M] 2 10:00 🦋 Writers' Group [CLPD] 1:00 📖 Cribbage [H] 2:00 🦋 Highlands Chorale Rehearsal [HFH] 2:30 📖 Backgammon [H] 6:30 🌺 Bus to: Bowdoin Concert - Yin Quartet [L]	9:00 ★ Bus to the Polls: Maine Primary Election 9am, 11am, and 1pm [L] 3 11:00 📖 Book Look [K] 1:00 💜 Meditation Class [K] 2:00 🌺 Tuesday at 2 - Trudy Callaghan, Irish Music [GP] 3:00 🌺 On Parle Francais [K]	8:00 🌺 Chef's Breakfast [S] 4 10:00 ➡️ Chair Exercise [M] 1:00 📖 BINGO [H] 1:00 📖 Mahjong [M] 1:00 ★ Ron Paradis, CPA [BS] 2:00 💜 Grief Support Group [CLPD] 6:30 🌺 Bus to: Bowdoin Concert - Latin Jazz Concert [L] 6:30 🌺 Opera/Musical [T]	HACC Committee - Start time this week TBD 5 11:00 📖 Highlands in the Know [GP] 11:30 📖 Bus to: Bowdoin College Community Lecture Series [L] 1:00 🦋 Art Studio Group [K] 1:00 📖 Beginner Mahjong [CW1] 1:00 📖 Scrabble [H] 6:15 🦋 Bus to: Portland Stage [L] 7:00 🌺 Thursday Series [T]	10:00 ➡️ Chair Exercise [M] 6 11:00 🦋 Current Events Forum [M] 1:00 📖 BINGO [H] 1:00 📖 Bridge [M] 1:00 📖 Pop-In Bridge [K] 4:00 🌺 First Friday Happy Hour [GP] 7:00 🌺 Documentary [T]	9:30 ➡️ Ping Pong [M] 7 10:00 📖 Relaxed Beginner Bridge [K] 11:00 📖 TED Talks [T] 1:30 📖 Perfecting Bridge [K] 2:00 🌺 Saturday Movie Matinee [T] 7:00 🌺 Saturday Night Movie [T]	<div></div> <div>THE HIGHLANDS</div> <div>A GRACE MGMT COMMUNITY</div>	
Daylight Saving Time Begins 8 International Women's Day 1:30 🌺 Sunday Movie Matinee [T] 2:00 🦋 Bus to: Oratorio Chorale [L] 2:00 🌺 Needlework [GP] 4:00 📖 TED Talks [T] 7:00 🌺 Sunday Night Movie [T]	10:00 ➡️ Chair Exercise [M] 9 11:00 ★ Residents Board Meeting [M] 1:00 📖 Cribbage [H] 2:00 🦋 Highlands Chorale Rehearsal [HFH] 2:30 📖 Backgammon [H]	10:00 ★ Safety Committee [K] 10 11:00 🌺 New Residents Tour [L] 1:00 💜 Meditation Class [K] 2:30 📖 Tuesday at 2:30 - Exploring Copenhagen & Greenland w/Michael Perry [GP] 3:00 🌺 On Parle Francais [K]	9:00 ★ Trader Joe's & Whole Foods [L] 11 10:00 ➡️ Chair Exercise [M] 11:15 ★ Bus to: Topsham Public Library - Topsham Garden Club: Ecology of a Garden 1:00 📖 BINGO [H] 1:00 📖 Mahjong [M] 1:00 ★ Ron Paradis, CPA [BS] 2:00 💜 Vision Support Group [CLCR] 6:30 🌺 Opera/Musical [T]	11:00 📖 Highlands in the Know [GP] 12 1:00 🦋 Art Studio Group [K] 1:00 📖 Beginner Mahjong [CW1] 1:00 📖 Scrabble [H] 2:00 💜 Caregiver Support Group [CLPD] 2:00 📖 New Zealand w/Nancy Kleckner [GP] 7:00 🌺 Thursday Series [T]	10:00 ➡️ Chair Exercise [M] 13 11:00 🦋 Current Events Forum [M] 11:00 🌺 Lunch Bunch: Pancho Villa Mexican Restaurant [L] 1:00 📖 BINGO [H] 1:00 📖 Bridge [M] 1:00 📖 Pop-In Bridge [K] 6:15 🦋 Bus to: The Public Theater [L] 7:00 🌺 Documentary [T]	9:30 ➡️ Ping Pong [M] 14 10:00 📖 Relaxed Beginner Bridge [K] 11:00 📖 TED Talks [T] 1:30 📖 Perfecting Bridge [K] 2:00 🌺 Saturday Movie Matinee [T] 2:15 🌺 Bus to: Maine Bicentennial Community Bean Supper [L] 7:00 🌺 Saturday Night Movie [T]	<div>Location Keys</div> <div>Bath Savings Office BS</div> <div>Cadigan Lodge Community Room CLCR</div> <div>Cadigan Lodge Private Dining Room CLPD</div> <div>Cathance Wing - First Floor CW1</div> <div>Departs from the Lobby L</div> <div>Friendship Cove Community Room FCCR</div> <div>Georgetown Parlor GP</div> <div>Harpswell Lounge H</div> <div>Holden Frost House HFH</div> <div>Kennebec Meeting Room K</div> <div>Merrymeeting Bay Room M</div> <div>Sebasco Dining Room S</div> <div>Theater T</div>	
1:30 🦋 Bus to: Mid-Coast Symphony [L] 15 1:30 🌺 Sunday Movie Matinee [T] 2:00 🌺 Needlework [GP] 2:30 🦋 Bus to: Portland Symphony Orchestra [L] 4:00 🦋 Vespers - Rev. Jim Kiker, United Baptist - Topsham [GP] 7:00 🌺 Sunday Night Movie [T]	10:00 ➡️ Chair Exercise [M] 16 10:00 🦋 Writers' Group [CLPD] 11:00 🦋 Activities Committee [K] 11:00 🦋 Bible Study w/Bob Beringer [M] 1:00 📖 Cribbage [H] 2:00 🌺 Food Committee [S] 2:00 🦋 Highlands Chorale Rehearsal [HFH] 2:30 📖 Backgammon [H] 7:00 📖 Card BINGO [H]	St. Patrick's Day 17 10:00 🦋 Go Green Committee [K] 1:00 💜 Meditation Class [K] 2:00 🌺 Tuesday at 2 - Will Ogmundson, piano [GP] 3:00 🌺 On Parle Francais [K] 3:00 🌺 St. Patrick's Day Treats	10:00 ➡️ Chair Exercise [M] 18 1:00 📖 BINGO [H] 1:00 📖 Mahjong [M] 1:00 ★ Ron Paradis, CPA [BS] 2:00 💜 Grief Support Group [CLPD] 5:00 🌺 Mystery Dinner [L] 6:30 🌺 Opera/Musical [T]	11:00 🦋 HACC Committee [K] 19 11:00 📖 Highlands in the Know [GP] 1:00 🦋 Art Studio Group [K] 1:00 📖 Beginner Mahjong [CW1] 1:00 📖 Scrabble [H] 2:00 ★ Dog Safety w/Jane Mendleson [GP] 7:00 🌺 Thursday Series [T]	10:00 ➡️ Chair Exercise [M] 20 11:00 🦋 Current Events Forum [M] 1:00 📖 BINGO [H] 1:00 📖 Bridge [M] 1:00 📖 Pop-In Bridge [K] 7:00 🌺 Documentary [T]	9:30 ➡️ Ping Pong [M] 21 10:00 📖 Relaxed Beginner Bridge [K] 11:00 📖 TED Talks [T] 1:30 📖 Perfecting Bridge [K] 2:00 🌺 Saturday Movie Matinee [T] 7:00 🌺 Saturday Night Movie [T]		
1:30 🌺 Sunday Movie Matinee [T] 22 2:00 🌺 Needlework [GP] 4:00 📖 TED Talks [T] 7:00 🌺 Sunday Night Movie [T]	10:00 ➡️ Chair Exercise [M] 23 11:00 🦋 Bible Study w/Bob Beringer [M] 1:00 📖 Cribbage [H] 2:00 🦋 Highlands Chorale Rehearsal [HFH] 2:30 📖 Backgammon [H]	1:00 💜 Meditation Class [K] 24 3:00 🌺 On Parle Francais [K] 3:30 🌺 Tuesday at 3:30 - Morgan Peppe, violin [GP]	10:00 ➡️ Chair Exercise [M] 25 1:00 📖 BINGO [H] 1:00 📖 Mahjong [M] 1:00 ★ Ron Paradis, CPA [BS] 3:30 🌺 New Residents Reception [GP] 6:30 🌺 Opera/Musical [T]	11:00 📖 Highlands in the Know [GP] 26 1:00 🦋 Art Studio Group [K] 1:00 📖 Beginner Mahjong [CW1] 1:00 📖 Scrabble [H] 2:00 💜 Caregiver Support Group [CLPD] 3:00 ★ Partners for World Health w/Elizabeth McLellan [GP] 7:00 🌺 Thursday Series [T]	10:00 🌺 Bus to: Maine Flower Show [L] 27 10:00 ➡️ Chair Exercise [M] 11:00 🦋 Current Events Forum [M] 1:00 📖 BINGO [H] 1:00 📖 Bridge [M] 1:00 📖 Pop-In Bridge [K] 7:00 🌺 Documentary [T]	9:30 ➡️ Ping Pong [M] 28 10:00 📖 Relaxed Beginner Bridge [K] 11:00 📖 TED Talks [T] 1:30 📖 Perfecting Bridge [K] 2:00 🌺 Saturday Movie Matinee [T] 7:00 🌺 Saturday Night Movie [T]	<div>📖 Cognitive</div> <div>🦋 Creative</div> <div>💜 Emotional</div> <div>🦋 Inter-generational</div> <div>➡️ Physical</div> <div>★ Purposeful</div> <div>🌺 Sensory</div> <div>🌺 Social</div> <div>🦋 Spiritual</div>	
1:30 🌺 Sunday Movie Matinee [T] 29 2:00 🌺 Needlework [GP] 3:00 🌺 Bus to: Bowdoin Concert - Olga Lisovskaya, soprano & George Lopez, pianos "Russian Women Poets in Song" [L] 7:00 🌺 Sunday Night Movie [T]	10:00 ➡️ Chair Exercise [M] 30 11:00 🦋 Bible Study w/Bob Beringer [M] 1:00 📖 Cribbage [H] 2:00 🦋 Highlands Chorale Rehearsal [HFH] 2:30 📖 Backgammon [H] 7:00 🌺 Open Mic Night [GP]	1:00 💜 Meditation Class [K] 31 2:00 🌺 Tuesday at 2 - Sing Along w/Flash Allen [GP] 3:00 🌺 On Parle Francais [K]				<div>“The meeting of preparation with opportunity generates the offspring we call luck.”</div> <div>— Anthony Robbins</div>		<div>30 Governors Way</div> <div>Topsham, ME 04086</div> <div>(207) 725-2650</div>

WEEKLY SHOPPING			
MONDAY	9 AM	COOK’S CORNER	L
TUESDAY	9 AM	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	9:30 AM—10:30 PM	BERRIE’S HEARING AID & EYEGLOSS CLEANING	CL/ BS
WEEKLY FITNESS			
SAT & SUN	11 AM —2PM	OPEN SWIM	
MONDAY	8 AM 9 AM 10 AM 10 AM 10 AM—12 PM & 1—4PM	WATER WELLNESS 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—4PM	WATER WELLNESS CHAIR CONNECTION— YOGA W/DENNIS 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 M 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!			

MONTHLY RECURRING			
EVERY MONDAY	1:30 PM	BUS TO CHORALE	L
1ST & 3RD SUNDAY	4 PM	VESPERS	GP
2ND MONDAY	11 AM	RESIDENT BOARD MEETING	M
3RD MONDAY	11 AM	ACTIVITIES COMMITTEE	H
	1 PM	FOOD COMMITTEE	S
LAST MONDAY	7 PM	OPEN MIC NIGHT	GP
2ND TUESDAY	10 AM	SAFETY COMMITTEE	K
LAST TUESDAY	11 AM	NEW RESIDENTS TOUR	L
1ST WEDNESDAY	8 AM	CHEF’S BREAKFAST	S
2ND WEDNESDAY	9 AM	TRADER JOE’S/ WHOLE FOODS	L
3RD WEDNESDAY	5 PM	MYSTERY DINNER	L
2ND & 4TH THURS	10:30 AM	TOPSHAM LIBRARY	L
2ND & 4TH FRIDAY	5 & 7 PM	DISTINCTIVE DINING	HFH

WELLNESS SERVICES			
MON—FRI	7:30 AM—3 PM	WELLNESS HOURS	CL
1ST & 3RD WEDNESDAY	2 PM	GRIEF SUP-PORT GROUP	CLP
2ND WEDNESDAY	2 PM	VISION SUPPORT GROUP	CLP
2ND & 4TH THURSDAY	2 PM	CAREGIVER SUPPORT	CLP

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

SUNDAY CHURCH SERVICES	
8:30 AM	GOOD SHEPHERDS LUTHERAN
9:20 AM	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	