


August 2020

Life Enrichment - Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
August cont'd 30 1:30 🍷 Sunday Movie Matinee [T] 2:00 🍷 Needlework [GP] 4:00 🍷 Afternoon Symphony: Joe Hisaishi in Budokan - Studio Ghibli 25 Years Concert, 1:56:01 minutes. [T] 7:00 🍷 Sunday Night Movie [T]	31 9:00 ★ Maine Lodge Shopping Trip: Topsham Fair Mall [ML] 10:00 ↔ Chair Exercise [M] 10:00 ↔ Fresh Air Stretch with Brenda or Angela [Tent] 10:30 ★ Cooperative Shopping Trip: Topsham Fair Mall [YH] 11:00 🍷 Morning Symphony: [T] 11:00 ↔ Morning Walk w/Abbey & Kaeli [FCE] 3:00 🍷 Community BINGO [Tent] 3:00 📖 Travel Europe with Rick Steves: Italy: Naples and Pompeii [T]	 THE HIGHLANDS A GRACE MGMT COMMUNITY 30 Governors Way Topsham, ME 04086 (207) 725-2650	Cognitive Creative Emotional Physical Purposeful Sensory Social Spiritual	Location Keys Fitness Center F Fitness Center Entrance FCE Georgetown Parlor GP Kennebec Meeting Room K Maine Lodge Lobby ML Maine Lodge Picnic Area MLPA Merrymeeting Bay Room M Theater T Under the Tent Your Home Your House YH	Welcome to August Day 1 11:00 ★ America's Funniest Home Videos [T] 11:00 🍷 Entertainment w/ Will Ogmundson, piano [Tent] 2:00 🍷 Saturday Movie Matinee [T] 7:00 🍷 Saturday Night Movie [T]	Ice Cream Sandwich Day 2 1:30 🍷 Sunday Movie Matinee [T] 2:00 🍷 Needlework [GP] 4:00 🍷 Afternoon Symphony: Opera gala: the greatest arias from Mozart, Verdi, Rossini and others, 1:28:29 minutes. [T] 7:00 🍷 Sunday Night Movie [T]	3 9:00 ★ Maine Lodge Shopping Trip: Topsham Fair Mall [ML] 10:00 ↔ Chair Exercise [M] 10:00 ↔ Fresh Air Stretch with Brenda or Angela [Tent] 10:30 ★ Cooperative Shopping Trip: Topsham Fair Mall [YH] 11:00 🍷 Morning Symphony: Vivaldi: Four Seasons/ Quattro Stagioni - Janine Jansen - Internationaal Kamermuziek Festival, 48:54 minutes. [T] 11:00 ↔ Morning Walk w/Abbey & Kaeli [FCE] 3:00 🍷 Community BINGO [Tent] 3:00 📖 Travel Europe with Rick Steves: Prague [T] 7:30 🍷 Bodwoin Festival Online: Rebroadcast: Jupiter String Quartet [T]	4 9:00 ↔ Group Fitness with Equipment [F] 9:00 ★ Maine Lodge Shopping Trip: Hannaford [ML] 10:00 ↔ Group Fitness with Equipment [F] 10:00 🍷 On Parle Francais - weather permitting [MLPA] 10:00 🍷 Virtual Meditation Class [Zoom] 10:30 ★ Cooperative Shopping Trip: Hannaford [YH] 11:00 ★ Book Look [Tent] 2:30 🍷 Entertainment w/Phil Smith, Magician [Tent]	5 10:00 ↔ Chair Exercise [M] 11:00 ↔ Morning Walk w/ Abbey [FCE] 11:00 🦋 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom] 2:00 🍷 Root Beer Float Social - Under the Tent [Tent] 3:00 📖 Travel Europe with Rick Steves: West England [T] 6:30 🍷 Opera/Musical [T]	6 9:00 ↔ Group Fitness with Equipment [F] 10:00 ↔ Group Fitness with Equipment [F] 11:00 🍷 Morning Symphony: Rimsky-Korsakov: Scheherazade / Gergiev - Vienna Philharmonic - Salzburg Festival 2005, 42:43 minutes. [T] 1:00 🍷 Art Studio Group [K] 2:00 ★ Book Readings w/Bill Sayres and Marilyn Crandlemire [M] 4:00 🍷 North IV Lobster Bake [Tent] 7:00 🍷 Thursday Series [T]	7 10:00 ↔ Chair Exercise [M] 10:00 ↔ Fresh Air Stretch with Brenda or Angela [Tent] 11:00 🍷 Current Events Forum [Tent] 1:00 ↔ Morning Walk w/Abbey & Kaeli [FCE] 1:00 📖 Community BINGO [Tent] 1:45 🍷 Scenic Ride [ML] 2:30 🍷 Entertainment w/Sally Davis, jazz [Tent] 4:00 🍷 First Friday Happy Hour [Tent] 7:00 🍷 Documentary [T]	Elvis Week Begins 8 11:00 ★ America's Funniest Home Videos [T] 2:00 ★ Discuss and Recall: Remembering Summer Vacations w/Judy Canning [Tent] 2:00 🍷 Saturday Movie Matinee [T] 7:00 🍷 Saturday Night Movie [T]
11:00 🍷 Entertainment w/Red Gallagher [Tent] 9 1:30 🍷 Sunday Movie Matinee [T] 2:00 🍷 Needlework [GP] 4:00 🍷 Afternoon Symphony: 2020 New Year Concert Vienna * Neujahrskonzert Wien * Concert Nouvel An Vienne *, 2:28:51 minutes. [T] 4:00 🍷 Book Chat - A Conversation About What You Are Reading [K] 7:00 🍷 Sunday Night Movie [T]	10 9:00 ★ Maine Lodge Shopping Trip: Topsham Fair Mall [ML] 10:00 ↔ Chair Exercise [M] 10:00 ↔ Fresh Air Stretch with Brenda or Angela [Tent] 10:30 ★ Cooperative Shopping Trip: Topsham Fair Mall [YH] 11:00 🍷 Morning Symphony: [T] 11:00 ↔ Morning Walk w/Abbey & Kaeli [FCE] 11:00 ★ Virtual HRAB Meeting [Zoom] 3:00 🍷 Community BINGO [Tent] 3:00 📖 Travel Europe with Rick Steves: Paris: Embracing Life and Art [T]	11 9:00 ↔ Group Fitness with Equipment [F] 9:00 ★ Maine Lodge Shopping Trip: Hannaford [ML] 10:00 ↔ Group Fitness with Equipment [F] 10:00 🍷 On Parle Francais - weather permitting [MLPA] 10:00 🍷 Virtual Meditation Class [Zoom] 10:30 ★ Cooperative Shopping Trip: Hannaford [YH] 2:30 🍷 Entertainment: The Jason Tardy Variety Show [Tent]	12 10:00 ↔ Chair Exercise [M] 11:00 ↔ Morning Walk w/ Abbey [FCE] 11:00 🦋 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom] 3:00 📖 Travel Europe with Rick Steves: Scandinavia: Copenhagen [T] 6:30 🍷 Opera/Musical [T]	13 9:00 ↔ Group Fitness with Equipment [F] 10:00 ↔ Group Fitness with Equipment [F] 11:00 🍷 Morning Symphony: [T] 1:00 🍷 Art Studio Group [K] 2:00 ★ Book Readings w/Bill Sayres and Marilyn Crandlemire [M] 2:00 🍷 Caregiver Support Group [Tent] 4:00 🍷 Historic Homes Lobster Bake [Tent] 7:00 🍷 Thursday Series [T]	14 10:00 ↔ Chair Exercise [M] 10:00 ↔ Fresh Air Stretch with Brenda or Angela [Tent] 11:00 🍷 Current Events Forum [Tent] 11:00 ↔ Morning Walk w/Abbey & Kaeli [FCE] 1:00 📖 Community BINGO [Tent] 1:45 🍷 Scenic Ride [ML] 3:00 📖 Travel Europe with Rick Steves: South Ireland: Waterford to the Ring of Kerry [T] 3:00 📖 Travel Europe with Rick Steves: Belfast and teh Best of Northern Ireland [T] 7:00 🍷 Documentary [T]	15 11:00 ★ America's Funniest Home Videos [T] 2:00 ★ Discuss and Recall: Summer Jobs w/Judy Canning [Tent] 2:00 🍷 Saturday Movie Matinee [T] 7:00 🍷 Saturday Night Movie [T]						
1:30 🍷 Sunday Movie Matinee [T] 16 2:00 🍷 Needlework [GP] 4:00 🍷 Afternoon Symphony: Proms 2016 - Gustav Holst - The Planets [Edward Gardner, National Youth Orchestra], 55:33 minutes. [T] 7:00 🍷 Sunday Night Movie [T]	17 9:00 ★ Maine Lodge Shopping Trip: Topsham Fair Mall [ML] 10:00 ↔ Chair Exercise [M] 10:00 ↔ Fresh Air Stretch with Brenda or Angela [Tent] 10:30 ★ Cooperative Shopping Trip: Topsham Fair Mall [YH] 11:00 🍷 Morning Symphony: [T] 11:00 ↔ Morning Walk w/Abbey & Kaeli [FCE] 2:00 ★ Food Committee [Tent] 3:00 🍷 Community BINGO [Tent] 3:00 📖 Travel Europe with Rick Steves: French Riviera: Uniquely Chic [T]	18 9:00 ↔ Group Fitness with Equipment [F] 9:00 ★ Maine Lodge Shopping Trip: Hannaford [ML] 10:00 ↔ Group Fitness with Equipment [F] 10:00 🍷 On Parle Francais - weather permitting [MLPA] 10:00 🍷 Virtual Meditation Class [Zoom] 10:30 ★ Cooperative Shopping Trip: Hannaford [YH] 2:30 🍷 Entertainment w/Sue and Blue Jazz [Tent]	19 10:00 ↔ Chair Exercise [M] 11:00 ↔ Morning Walk w/Abbey [FCE] 11:00 🦋 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom] 2:00 🍷 Ice Cream Sundae Social - Under the Tent [Tent] 3:00 📖 Travel Europe with Rick Steves: South Ireland: Waterford to the Ring of Kerry [T] 6:30 🍷 Opera/Musical [T]	20 9:00 ↔ Group Fitness with Equipment [F] 10:00 ↔ Group Fitness with Equipment [F] 11:00 🍷 Morning Symphony: [T] 1:00 🍷 Art Studio Group [K] 2:00 ★ Book Readings w/Bill Sayres and Marilyn Crandlemire [M] 7:00 🍷 Thursday Series [T]	21 10:00 ↔ Chair Exercise [M] 10:00 ↔ Fresh Air Stretch with Brenda or Angela [Tent] 11:00 🍷 Current Events Forum [Tent] 11:00 ↔ Morning Walk w/Abbey & Kaeli [FCE] 1:00 📖 Community BINGO [Tent] 1:45 🍷 Scenic Ride [ML] 2:30 🍷 Afternoon Art: Sip & Sketch [Tent] 7:00 🍷 Documentary [T]	22 11:00 ★ America's Funniest Home Videos [T] 11:00 🍷 Entertainment w/Mike McCarthy, piano [Tent] 2:00 🍷 Saturday Movie Matinee [T] 7:00 🍷 Saturday Night Movie [T]						
1:30 🍷 Sunday Movie Matinee [T] 23 2:00 🍷 Needlework [GP] 4:00 🍷 Afternoon Symphony: STAR TREK CONCERT Prague 2-11-2016, 1:22:30 minutes. [T] 4:00 🍷 Book Chat - A Conversation About What You Are Reading [K] 7:00 🍷 Sunday Night Movie [T]	24 9:00 ★ Maine Lodge Shopping Trip: Topsham Fair Mall [ML] 10:00 ↔ Chair Exercise [M] 10:00 ↔ Fresh Air Stretch with Brenda or Angela [Tent] 10:30 ★ Cooperative Shopping Trip: Topsham Fair Mall [YH] 11:00 🍷 Morning Symphony: [T] 11:00 ↔ Morning Walk w/Abbey & Kaeli [FCE] 3:00 🍷 Community BINGO [Tent] 3:00 📖 Travel Europe with Rick Steves: North Wales: Feisty and Poetic [T]	25 9:00 ↔ Group Fitness with Equipment [F] 9:00 ★ Maine Lodge Shopping Trip: Hannaford [ML] 10:00 ↔ Group Fitness with Equipment [F] 10:00 🍷 On Parle Francais - weather permitting [MLPA] 10:00 🍷 Virtual Meditation Class [Zoom] 10:30 ★ Cooperative Shopping Trip: Hannaford [YH] 2:30 🍷 Entertainment w/Dave Stone, piano [Tent]	26 10:00 ↔ Chair Exercise [M] 11:00 ↔ Morning Walk w/ Abbey [FCE] 11:00 🦋 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom] 2:00 📖 Celebrating the Suffrage Centennial [Tent] 3:00 📖 Travel Europe with Rick Steves: Scandinavia: Stockholm [T] 6:30 🍷 Opera/Musical [T]	27 9:00 ↔ Group Fitness with Equipment [F] 10:00 ↔ Group Fitness with Equipment [F] 11:00 ★ Mid Coast - Parkview Health Virtual Presentation: Local COVID-19 Update & Preserving Local Healthcare [T] 1:00 🍷 Art Studio Group [K] 2:00 ★ Book Readings w/Bill Sayres and Marilyn Crandlemire [M] 2:00 🍷 Caregiver Support Group [Tent] 7:00 🍷 Thursday Series [T]	28 10:00 ↔ Chair Exercise [M] 10:00 ↔ Fresh Air Stretch with Brenda or Angela [Tent] 11:00 🍷 Current Events Forum [Tent] 1:00 📖 Community BINGO [Tent] 1:45 🍷 Scenic Ride [ML] 2:30 🍷 Afternoon Art: Sip & Paint [Tent] 7:00 🍷 Documentary [T]	29 11:00 ★ America's Funniest Home Videos [T] 2:00 🍷 Saturday Movie Matinee [T] 7:00 🍷 Saturday Night Movie [T]						

Continued at top