


August 2020

Life Enrichment - Friendship Cove

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August cont'd 30 10:30 📖 Morning Trivia [FCCR] 11:00 ➡ Chair Exercise [FCCR] 1:00 📖 Afternoon Game: Twenty Questions [FCCR] 1:30 🎬 Sunday Movie Matinee [T] 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 10:00 ➡ Chair Exercise [M] 10:00 ➡ Fresh Air Stretch with Brenda or Angela [Tent] 10:30 📖 Most Populated State: California [FCCR] 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] 7:00 🎬 Resident Choice Film [FCCR]	 THE HIGHLANDS A GRACE MGMT COMMUNITY	📖 Cognitive 🎭 Creative ❤️ Emotional ➡ Physical ⭐ Purposeful 🌸 Sensory 🎭 Social 🦋 Spiritual	Location Keys Departs from the Lobby L Fitness Center Entrance FCE Friendship Cove Community Room FCCR Maine Lodge Lobby ML Merrymeeting Bay Room M Theater T Under the Tent Tent Your Home Zoom	30 Governors Way Topsham, ME 04086 (207) 725-2650	Welcome to August Day 1 11:00 ➡ Chair Exercises [FCCR] 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 10:00 🎭 Morning Group Puzzles [FCCR] 11:00 ➡ Chair Exercise [FCCR] 1:00 🎭 Ice Cream Sandwich Social [FCCR] 1:30 🎬 Sunday Movie Matinee [T] 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 10:00 ➡ Chair Exercise [M] 10:00 ➡ Fresh Air Stretch with Brenda or Angela [Tent] 10:30 🎭 Lake Victoria Discovered [FCCR] 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] 7:00 🎬 Resident Choice Film [FCCR] 7:30 🎭 Bodwoin Festival Online: Rebroadcast: Jupiter String Quartet [T]	4 10:15 ➡ Morning Exercise [FCCR] 11:00 🎭 Louis Armstrong - "Well, Hello Dolly" Day [FCCR] 2:30 🎭 Entertainment w/Phil Smith, Magician [Tent] 3:30 📖 Royal Family History [FCCR] 7:00 🎬 Evening Film [FCCR]	5 10:00 ➡ Chair Exercise [M] 10:00 ➡ Yoga w/ Stacey Fetterman [FCCR] 10:30 📖 The Daily Chronicle [FCCR] 11:00 ➡ Morning Walk w/Abbey [FCE] 11:00 🦋 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom] 1:45 ⭐ Shopping Trip: Target [L] 3:00 📖 Travel Europe with Rick Steves: West England [T] 3:30 🎭 Tony Bennett Reading/Music [FCCR] 6:30 🎭 Opera/Musical [T]	6 10:30 🎭 Happy Birthday, Lucy [FCCR] 11:00 ➡ Chair Exercise [FCCR] 11:00 🎭 Morning Symphony: Rimsy-Korsakov: Scheherazade / Gergiev - Vienna Philharmonic - Salzburg Festival 2005, 42:43 minutes. [T] 1:45 🎭 Scenic Ride [ML] 2:00 ⭐ Book Readings w/Bill Sayres and Marilyn Crandlemire [M] 3:15 🎭 Short Story: "A Very Cool Beetle" [FCCR] 7:00 🎭 Thursday Series [T]	7 10:00 ➡ Chair Exercise [M] 10:00 ➡ Fresh Air Stretch with Brenda or Angela [Tent] 10:30 ❤️ Positive News [FCCR] 11:00 ➡ Morning Walk w/Abbey & Kaeli [FCE] 11:30 🎭 Doggies in the Doorway [FCCR] 1:00 📖 Community BINGO [Tent] 2:30 🎭 Entertainment w/Sally Davis, jazz [Tent] 3:30 🎭 Remembering a Day at the Lake [FCCR] 7:00 🎭 Documentary [T]	Elvis Week Begins 8 10:30 ❤️ Happiness Happens Day: Positive Morning Quotes 11:00 ➡ Chair Exercises [FCCR] 1:00 📖 Afternoon Trivia [FCCR] 2:00 🎭 Saturday Movie Matinee [T] 7:00 🎬 Saturday Night Movie [T]
9 10:30 🎭 Vacation Memories [FCCR] 11:00 ➡ Chair Exercise [FCCR] 11:00 🎭 Entertainment w/Red Gallagher [Tent] 1:30 🎬 Sunday Movie Matinee [T] 4:00 🎭 Afternoon Symphony: 2020 New Year Concert Vienna * Neujahrskonzert Wien * Concert Nouvel An Vienne *, 2:28:51 minutes. [T] 7:00 🎬 Sunday Night Movie [T]	10 10:00 ➡ Chair Exercise [M] 10:00 ➡ Fresh Air Stretch with Brenda or Angela [Tent] 10:30 🎭 Melon Monday [FCCR] 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] 7:00 🎬 Resident Choice Film [FCCR]	11 10:15 ➡ Morning Exercise [FCCR] 11:00 🎭 Button Bracelets [FCCR] 2:30 🎭 Entertainment: The Jason Tardy Variety Show [Tent] 3:30 📖 Celebrating the Suffrage Centennial [FCCR] 7:00 🎬 Evening Film [FCCR]	12 10:00 ➡ Chair Exercise [M] 10:00 ➡ Yoga w/ Stacey Fetterman [FCCR] 10:30 📖 World Elephant Day [FCCR] 11:00 ➡ Morning Walk w/Abbey [FCE] 11:00 🦋 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom] 1:45 ⭐ Shopping Trip: Target [L] 3:00 🎭 Cool Treats Day: Popsicles [Tent] 3:00 📖 Travel Europe with Rick Steves: Scandinavia: Copenhagen [T] 6:30 🎭 Opera/Musical [T]	13 10:15 🎭 Remembering Songs About Summer [FCCR] 11:00 ➡ Chair Exercise [FCCR] 11:00 🎭 Morning Symphony: [T] 1:45 🎭 Scenic Ride [ML] 2:00 ⭐ Book Readings w/Bill Sayres and Marilyn Crandlemire [M] 3:15 📖 Short Story: Big Adventures Tiny House [FCCR] 7:00 🎭 Thursday Series [T]	Creamsicle Day 14 10:00 ➡ Chair Exercise [M] 10:00 ➡ Fresh Air Stretch with Brenda or Angela [Tent] 10:30 ❤️ Positive News [FCCR] 11:00 ➡ Morning Walk w/Abbey & Kaeli [FCE] 11:30 🎭 Friendship Cove BBQ [Tent] 1:00 📖 Community BINGO [Tent] 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] 3:30 🎭 Creamsicle Day [FCCR] 7:00 🎭 Documentary [T]	15 10:30 📖 Morning Game: List it [FCCR] 11:00 ➡ Chair Exercises [FCCR] 2:00 🎭 Saturday Movie Matinee [T] 7:00 🎬 Saturday Night Movie [T]
16 10:30 📖 Happy Birthday Ann Blyth [FCCR] 11:00 ➡ Chair Exercise [FCCR] 1:30 🎬 Sunday Movie Matinee [T] 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 10:00 ➡ Chair Exercise [M] 10:00 ➡ Fresh Air Stretch with Brenda or Angela [Tent] 10:15 🎭 Davy Crockett Day: Pretzel Log Cabins [FCCR] 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: French Riviera: Uniquely Chic [T] 7:00 🎬 Resident Choice Film [FCCR]	100th Anniversary of Women's Right to Vote 18 10:15 ➡ Morning Exercise [FCCR] 11:00 🎭 America's Funniest Home Videos [FCCR] 2:30 🎭 Entertainment w/Sue and Blue Jazz [Tent] 3:30 🎭 Rock 'n' Bead Photo Holder [FCCR] 7:00 🎬 Evening Film [FCCR]	19 10:00 ➡ Chair Exercise [M] 10:00 ➡ Yoga w/ Stacey Fetterman [FCCR] 10:30 📖 The Daily Chronicle 11:00 ➡ Morning Walk w/Abbey [FCE] 11:00 🦋 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom] 1:45 ⭐ Shopping Trip: Target [L] 3:00 📖 Travel Europe with Rick Steves: South Ireland: Waterford to the Ring of Kerry [T] 3:30 🎭 Sing Along w/ Marilyn [FCCR] 6:30 🎭 Opera/Musical [T]	20 10:30 🎭 Lucy and Ethel [FCCR] 11:00 ➡ Chair Exercises [FCCR] 11:00 🎭 Morning Symphony: [T] 1:45 🎭 Scenic Ride [ML] 2:00 ⭐ Book Readings w/Bill Sayres and Marilyn Crandlemire [M] 3:15 🎭 Root Beer Float Social on the Deck [FCCR] 7:00 🎭 Thursday Series [T]	National Senior Citizens Day 21 10:00 ➡ Chair Exercise [M] 10:00 ➡ Fresh Air Stretch with Brenda or Angela [Tent] 10:30 ❤️ Positive News [FCCR] 11:00 ➡ Morning Walk w/Abbey & Kaeli [FCE] 11:30 🎭 Doggies in the Doorway [FCCR] 1:00 📖 Community BINGO [Tent] 3:30 🎭 Music of the 50's : Dean Martin and More [FCCR] 7:00 🎭 Documentary [T]	22 10:30 🎭 America's Funniest Home Video's [FCCR] 11:00 ➡ Chair Exercises [FCCR] 11:00 🎭 Entertainment w/Mike McCarthy, piano [Tent] 1:00 🎭 Sunflower Day: Sunflower Craft [FCCR] 2:00 🎭 Afternoon Film: Gone With The Wind [FCCR] 2:00 🎭 Saturday Movie Matinee [T] 7:00 🎬 Saturday Night Movie [T]
23 10:30 🎭 "Singing in the Rain" Day: Gene Kelly [FCCR] 11:00 ➡ Chair Exercise [FCCR] 1:00 📖 Afternoon Puzzles [FCCR] 1:30 🎬 Sunday Movie Matinee [T] 2:00 🎭 Afternoon Film: Continuation of "Gone With The Wind" [FCCR] 4:00 🎭 Afternoon Symphony: STAR TREK CONCERT Prague 2-11-2016, 1:22:30 minutes. [T] 7:00 🎬 Sunday Night Movie [T]	24 10:00 ➡ Chair Exercise [M] 10:00 ➡ Fresh Air Stretch with Brenda or Angela [Tent] 10:30 📖 "A Gem of a Day": Learn about your birth stone [FCCR] 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] 3:15 📖 BINGO [FCCR] 7:00 🎬 Resident Choice Film [FCCR]	25 10:15 ➡ Morning Exercise [FCCR] 11:00 📖 Morning Game: List it [FCCR] 2:30 🎭 Entertainment w/Dave Stone, piano [Tent] 3:30 📖 TV Game Show Hosts Day: Jeopardy Style Trivia [FCCR] 7:00 🎬 Evening Film [FCCR]	26 10:00 ➡ Chair Exercise [M] 10:00 ➡ Yoga w/ Stacey Fetterman [FCCR] 10:30 📖 National Dog Day: Dog Videos [FCCR] 11:00 ➡ Morning Walk w/Abbey [FCE] 11:00 🦋 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom] 1:45 ⭐ Shopping Trip: Target [L] 3:00 🎭 Root Beer Floats Social [Tent] 3:00 📖 Travel Europe with Rick Steves: Scandinavia: Stockholm [T] 6:30 🎭 Opera/Musical [T]	27 10:30 📖 Set a Record Day: Craziest Guinness World Records [FCCR] 11:00 ➡ Chair Exercise [FCCR] 11:00 ⭐ Mid Coast - Parkview Health Virtual Presentation: Local COVID-19 Update & Preserving Local Healthcare [T] 1:45 🎭 Scenic Ride [ML] 2:00 ⭐ Book Readings w/Bill Sayres and Marilyn Crandlemire [M] 3:15 🎭 Handheld Fans [FCCR] 7:00 🎭 Thursday Series [T]	28 10:00 ➡ Chair Exercise [M] 10:00 ➡ Fresh Air Stretch with Brenda or Angela [Tent] 10:30 ❤️ "I Have a Dream" Day [FCCR] 1:00 📖 Community BINGO [Tent] 7:00 🎭 Documentary [T]	29 10:30 🎭 Art Group: Adult Coloring [FCCR] 11:00 ➡ Chair Exercises [FCCR] 1:00 📖 Afternoon Trivia [FCCR] 2:00 🎭 Saturday Movie Matinee [T] 7:00 🎬 Saturday Night Movie [T]

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