


September 2020

Life Enrichment - Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>THE HIGHLANDS A GRACE MGMT COMMUNITY</p> <p>30 Governors Way Topsham, ME 04086 (207) 725-2650</p>		<p>Welcome to September!</p> <p>9:00 → Group Fitness with Equipment [F]</p> <p>9:00 ★ Maine Lodge Shopping Trip: Hannaford [ML]</p> <p>10:00 → Group Fitness with Equipment [F]</p> <p>10:00 🗨️ On Parle Francais - weather permitting [MLPA]</p> <p>10:00 🧘 Virtual Meditation Class [Zoom]</p> <p>10:30 ★ Cooperative Shopping Trip: Hannaford [YH]</p> <p>11:00 ★ Book Look [Tent]</p> <p>2:30 🎭 Entertainment w/Dale Kneeland, vocals and guitar [Tent]</p>	<p>Happy Harvest Day</p> <p>10:00 → Chair Exercise [M]</p> <p>11:00 → Morning Walk w/ Abbey [FCE]</p> <p>11:00 🦋 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom]</p> <p>2:00 🎭 Root Beer Floats Social [Tent]</p> <p>3:00 📖 Travel Europe with Rick Steves: The Best of Slovenia [T]</p> <p>6:30 🎭 Opera/Musical [T]</p>	<p>9:00 → Group Fitness with Equipment [F]</p> <p>10:00 → Group Fitness with Equipment [F]</p> <p>11:00 🎵 Morning Symphony: Mozart: Eine kleine Nachtmusik: McGill Symphony Orchestra Montreal conducted by Alexis Hauser, 24:19 minutes. [T]</p> <p>1:00 🎨 Art Studio Group [K]</p> <p>1:00 🎭 Entertainment w/Highlands Associate, Anthony Williams, vocals & guitar [Tent]</p> <p>2:00 ★ Book Readings w/Bill Sayres and Marilyn Crandlemire [M]</p> <p>7:00 🎭 Thursday Series [T]</p>	<p>National Wildlife Day</p> <p>10:00 → Chair Exercise [M]</p> <p>10:00 → Fresh Air Stretch with Brenda or Angela [Tent]</p> <p>11:00 🗨️ Current Events Forum [Tent]</p> <p>11:00 → Morning Walk w/ Kaeli [FCE]</p> <p>1:00 📖 Community BINGO [Tent]</p> <p>1:45 🎭 Scenic Ride [ML]</p> <p>3:00 📖 Travel Europe with Rick Steves: Germany's Romantic Rhine and Rothenburg [T]</p> <p>4:00 🎭 First Friday Happy Hour [Tent]</p> <p>7:00 🎭 Documentary [T]</p>	<p>Kentucky Derby Day</p> <p>11:00 ★ America's Funniest Home Videos [T]</p> <p>11:00 🎭 Entertainment w/Sharon Wright, piano and vocals [Tent]</p> <p>2:00 🎭 Saturday Movie Matinee [T]</p> <p>7:00 🎭 Saturday Night Movie [T]</p>
<p>1:00 🎭 Entertainment: Open Rehearsal w/Anderson Steel [Tent]</p> <p>1:30 🎭 Sunday Movie Matinee [T]</p> <p>2:00 🎭 Needlework [GP]</p> <p>4:00 🎭 Afternoon Symphony: Mozart: Great Mass in C minor, K. 427 - Radio Philharmonic Orchestra - Live Concert HD, 57:09 minutes. [T]</p> <p>7:00 🎭 Sunday Night Movie [T]</p>	<p>Labor Day</p> <p>10:00 → Chair Exercise [M]</p> <p>10:00 → Fresh Air Stretch with Brenda or Angela [Tent]</p> <p>10:30 🧘 Discuss & Recall: Discuss & Recall: Feel Good Stories You May Have Missed w/Judy Canning [Tent]</p> <p>11:00 🎵 Morning Symphony: [T]</p> <p>3:00 📖 Travel Europe with Rick Steves: Alps of Austria and Italy [T]</p>	<p>Technology Tuesday</p> <p>9:00 → Group Fitness with Equipment [F]</p> <p>9:00 ★ Maine Lodge Shopping Trip: Hannaford [ML]</p> <p>10:00 → Group Fitness with Equipment [F]</p> <p>10:00 🗨️ On Parle Francais - weather permitting [MLPA]</p> <p>10:00 🧘 Virtual Meditation Class [Zoom]</p> <p>10:30 ★ Cooperative Shopping Trip: Hannaford [YH]</p> <p>2:30 🎭 Entertainment: Midcoast Symphony Orchestra String Quartet [Tent]</p>	<p>10:00 → Chair Exercise [M]</p> <p>11:00 → Morning Walk w/ Abbey [FCE]</p> <p>11:00 🦋 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom]</p> <p>3:00 📖 Travel Europe with Rick Steves: Belgium: Bruges and Brussels [T]</p> <p>6:30 🎭 Opera/Musical [T]</p>	<p>Fruits of the Harvest Day</p> <p>9:00 → Group Fitness with Equipment [F]</p> <p>10:00 → Group Fitness with Equipment [F]</p> <p>11:00 🎵 Morning Symphony: W. A. Mozart: Symphony n° 40 - Dima Slobodeniouk - Sinfónica de Galicia, 27:53 minutes. [T]</p> <p>1:00 🎨 Art Studio Group [K]</p> <p>2:00 ★ Book Readings w/Bill Sayres and Marilyn Crandlemire [M]</p> <p>2:00 🧘 Caregiver Support Group [Tent]</p> <p>7:00 🎭 Thursday Series [T]</p>	<p>10:00 → Chair Exercise [M]</p> <p>10:00 → Fresh Air Stretch with Brenda or Angela [Tent]</p> <p>11:00 🗨️ Current Events Forum [Tent]</p> <p>11:00 → Morning Walk w/Abbey [FCE]</p> <p>1:00 📖 Community BINGO [Tent]</p> <p>1:45 🎭 Scenic Ride [ML]</p> <p>2:30 🎨 Afternoon Art: Sip & Paint [Tent]</p> <p>3:00 📖 Travel Europe with Rick Steves: Norway's West: Fjords, Mountains, and Bergen [T]</p> <p>7:00 🎭 Documentary [T]</p>	<p>11:00 ★ America's Funniest Home Videos [T]</p> <p>2:00 🎭 Saturday Movie Matinee [T]</p> <p>7:00 🎭 Saturday Night Movie [T]</p>
<p>National Assisted Living Week Begins: "National Grandparents Day"</p> <p>1:00 🎭 Entertainment: Open Rehearsal w/Anderson Steel [Tent]</p> <p>1:30 🎭 Sunday Movie Matinee [T]</p> <p>2:00 🎭 Needlework [GP]</p> <p>4:00 🗨️ Book Chat - A Conversation About What You Are Reading [K]</p> <p>7:00 🎭 Sunday Night Movie [T]</p>	<p>"How We Care for the Environment"</p> <p>9:00 ★ Maine Lodge Shopping Trip: Topsham Fair Mall [ML]</p> <p>10:00 → Chair Exercise [M]</p> <p>10:00 → Fresh Air Stretch with Brenda or Angela [Tent]</p> <p>10:30 ★ Cooperative Shopping Trip: Topsham Fair Mall [YH]</p> <p>11:00 🎵 Morning Symphony: P. I. Tchaikovsky - Violin Concerto in D major, Op. 35 - Itzhak Perlman, 36:30 minutes. [T]</p> <p>11:00 → Morning Walk w/Abbey & Kaeli [FCE]</p> <p>11:00 ★ Virtual HRAB Meeting [Zoom]</p> <p>2:00 ★ Afternoon Art: Canvas Bags Decorating [Tent]</p> <p>3:00 🎭 Community BINGO [Tent]</p>	<p>"How We Care for Ourselves" (Self-Care)</p> <p>9:00 → Group Fitness with Equipment [F]</p> <p>9:00 ★ Maine Lodge Shopping Trip: Hannaford [ML]</p> <p>10:00 → Group Fitness with Equipment [F]</p> <p>10:00 🗨️ On Parle Francais - weather permitting [MLPA]</p> <p>10:00 🧘 Virtual Meditation Class [Zoom]</p> <p>10:30 ★ Cooperative Shopping Trip: Hannaford [YH]</p> <p>2:30 🎭 Entertainment: Clairnotes [Tent]</p>	<p>"How We Care for Our Furry Friends/Pets"</p> <p>10:00 → Chair Exercise [M]</p> <p>11:00 → Morning Walk w/Abbey [FCE]</p> <p>11:00 🦋 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom]</p> <p>2:00 🎭 Ice Cream Sundae Social - Under the Tent [Tent]</p> <p>3:00 ★ Are You A Dog or Cat Person? [T]</p> <p>6:30 🎭 Opera/Musical [T]</p>	<p>"How We Care For Our Schools"</p> <p>9:00 → Group Fitness with Equipment [F]</p> <p>10:00 → Group Fitness with Equipment [F]</p> <p>1:00 🎨 Art Studio Group [K]</p> <p>2:00 ★ Book Readings w/Bill Sayres and Marilyn Crandlemire [M]</p> <p>3:00 ★ "Welcome Back to School" Signs [Tent]</p> <p>7:00 🎭 Thursday Series [T]</p>	<p>"How We Care for our Community"</p> <p>Rosh Hashanah Begins at Sundown</p> <p>10:00 → Chair Exercise [M]</p> <p>10:00 → Fresh Air Stretch with Brenda or Angela [Tent]</p> <p>11:00 🗨️ Current Events Forum [Tent]</p> <p>11:00 → Morning Walk w/Abbey & Kaeli [FCE]</p> <p>1:45 🎭 Scenic Ride [ML]</p> <p>3:00 📖 Travel Europe with Rick Steves: Scotland's Highlands [T]</p> <p>7:00 🎭 Documentary [T]</p>	<p>"How We Care for Our Home"</p> <p>11:00 ★ America's Funniest Home Videos [T]</p> <p>2:00 🗨️ Discuss and Recall: Music of the 40's - 50's: Dean Martin and More w/Judy Canning and Jim Whitney [Tent]</p> <p>2:00 🎭 Saturday Movie Matinee [T]</p> <p>7:00 🎭 Saturday Night Movie [T]</p>
<p>11:00 🦋 Rosh Hashanah Service [Tent]</p> <p>1:00 🎭 Entertainment: Open Rehearsal w/Anderson Steel [Tent]</p> <p>1:30 🎭 Sunday Movie Matinee [T]</p> <p>2:00 🎭 Needlework [GP]</p> <p>4:00 🎭 Open Rehearsal: Old Time Fiddle [Tent]</p> <p>7:00 🎭 Sunday Night Movie [T]</p>	<p>9:00 ★ Maine Lodge Shopping Trip: Topsham Fair Mall [ML]</p> <p>10:00 → Chair Exercise [M]</p> <p>10:00 → Fresh Air Stretch with Brenda or Angela [Tent]</p> <p>10:30 ★ Cooperative Shopping Trip: Topsham Fair Mall [YH]</p> <p>11:00 🎵 Morning Symphony: Itzhak Perlman - Beethoven: Violin Concerto (with Daniel Barenboim, Berliner Philharmoniker), 47:08 minutes. [T]</p> <p>11:00 → Morning Walk w/Abbey & Kaeli [FCE]</p> <p>2:00 ★ Food Committee [Tent]</p> <p>3:00 🎭 Community BINGO [Tent]</p> <p>3:00 📖 Travel Europe with Rick Steves: Athens and Side-Trips [T]</p>	<p>Autumn Season Begins</p> <p>9:00 → Group Fitness with Equipment [F]</p> <p>9:00 ★ Maine Lodge Shopping Trip: Hannaford [ML]</p> <p>10:00 → Group Fitness with Equipment [F]</p> <p>10:00 🗨️ On Parle Francais - weather permitting [MLPA]</p> <p>10:00 🧘 Virtual Meditation Class [Zoom]</p> <p>10:30 ★ Cooperative Shopping Trip: Hannaford [YH]</p> <p>2:30 🎭 Sing Along w/Jim Whitney [Tent]</p>	<p>Female Empowerment Day</p> <p>10:00 → Chair Exercise [M]</p> <p>11:00 → Morning Walk w/ Abbey [FCE]</p> <p>11:00 🦋 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom]</p> <p>3:00 📖 Travel Europe with Rick Steves: Venice and Its Lagoon [T]</p> <p>6:30 🎭 Opera/Musical [T]</p>	<p>9:00 → Group Fitness with Equipment [F]</p> <p>10:00 → Group Fitness with Equipment [F]</p> <p>11:00 🎵 Morning Symphony: Youth Symphony 2018 Fall Concert, 37:57 minutes. [T]</p> <p>1:00 🎨 Art Studio Group [K]</p> <p>2:00 ★ Book Readings w/Bill Sayres and Marilyn Crandlemire [M]</p> <p>2:00 🧘 Caregiver Support Group [Tent]</p> <p>7:00 🎭 Thursday Series [T]</p>	<p>10:00 → Chair Exercise [M]</p> <p>10:00 → Fresh Air Stretch with Brenda or Angela [Tent]</p> <p>11:00 🗨️ Current Events Forum [Tent]</p> <p>11:00 → Morning Walk w/Abbey & Kaeli [FCE]</p> <p>1:00 📖 Community BINGO [Tent]</p> <p>1:45 🎭 Scenic Ride [ML]</p> <p>3:00 📖 Travel Europe with Rick Steves: Helsinki and Tallinn: Baltic Sisters [T]</p> <p>7:00 🎭 Documentary [T]</p>	<p>11:00 ★ America's Funniest Home Videos [T]</p> <p>2:00 🎭 Saturday Movie Matinee [T]</p> <p>2:30 🎭 Entertainment: Open Rehearsal: Midcoast Symphony Orchestra String Musicians [Tent]</p> <p>7:00 🎭 Saturday Night Movie [T]</p>
<p>Yom Kippur Begins at Sundown</p> <p>1:00 🎭 Entertainment: Open Rehearsal w/Anderson Steel [Tent]</p> <p>1:30 🎭 Sunday Movie Matinee [T]</p> <p>2:00 🎭 Needlework [GP]</p> <p>4:00 🗨️ Book Chat - A Conversation About What You Are Reading [K]</p> <p>6:30 🦋 Erev Yom Kippur Service [Tent]</p> <p>7:00 🎭 Sunday Night Movie [T]</p>	<p>9:00 ★ Maine Lodge Shopping Trip: Topsham Fair Mall [ML]</p> <p>10:00 → Chair Exercise [M]</p> <p>10:00 → Fresh Air Stretch with Brenda or Angela [Tent]</p> <p>10:30 ★ Cooperative Shopping Trip: Topsham Fair Mall [YH]</p> <p>11:00 🎵 Morning Symphony: Tchaikovsky: Piano Concerto nr. 1 - Sofia Vasheruk (piano) - Finale YPF - Live Concert - HD, 38:05 minutes. [T]</p> <p>11:00 → Morning Walk w/Abbey & Kaeli [FCE]</p> <p>3:00 🎭 Community BINGO [Tent]</p> <p>3:00 📖 Travel Europe with Rick Steves: France's Dordogne [T]</p> <p>4:00 🦋 Yom Kippur Evening Service [Tent]</p>	<p>9:00 → Group Fitness with Equipment [F]</p> <p>9:00 ★ Maine Lodge Shopping Trip: Hannaford [ML]</p> <p>10:00 → Group Fitness with Equipment [F]</p> <p>10:00 🗨️ On Parle Francais - weather permitting [MLPA]</p> <p>10:00 🧘 Virtual Meditation Class [Zoom]</p> <p>10:30 ★ Cooperative Shopping Trip: Hannaford [YH]</p> <p>2:30 🗨️ Writers' Group & Friends Poetry Readings [Tent]</p>	<p>10:00 → Chair Exercise [M]</p> <p>11:00 → Morning Walk w/ Abbey [FCE]</p> <p>11:00 🦋 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom]</p> <p>2:00 🎭 Ice Cream Sundae Social - Under the Tent [Tent]</p> <p>3:00 📖 Travel Europe with Rick Steves: Florence: Heart of the Renaissance [T]</p> <p>6:30 🎭 Opera/Musical [T]</p>	<p>📖 Cognitive</p> <p>🎨 Creative</p> <p>🧘 Emotional</p> <p>→ Physical</p> <p>★ Purposeful</p> <p>🎭 Sensory</p> <p>🗨️ Social</p> <p>🦋 Spiritual</p>	<p>Location Keys</p> <p>Fitness Center F</p> <p>Fitness Center Entrance FCE</p> <p>Georgetown Parlor GP</p> <p>Kennebec Meeting Room K</p> <p>Maine Lodge Lobby ML</p> <p>Maine Lodge Picnic Area MLPA</p> <p>Merrymeeting Bay Room M</p> <p>Theater T</p> <p>Under the Tent Tent</p> <p>Your Home Your House Zoom</p> <p>YH</p>	<p>"When life is sweet, say thank you and celebrate. And when life is bitter, say thank you and grow."</p> <p>— Shauna Niequist</p>