


September 2020
Life Enrichment - Friendship Cove

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><p>THE HIGHLANDS A GRACE MGMT COMMUNITY</p></div>		Welcome to September! 10:15 Morning Exercise [FCCR] 10:30 Welcome to September! [FCCR] 2:30 Entertainment w/Dale Kneeland, vocals and guitar [Tent] 3:30 Wreck of the Titanic Found [FCCR] 7:00 Evening Film [FCCR]	Happy Harvest Day 10:00 Chair Exercise [M] 10:00 Yoga w/ Stacey Fetterman [FCCR] 10:30 Short Story: Harvest Festival Debut [FCCR] 11:00 Morning Walk w/Abbey [FCE] 11:00 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom] 1:30 Shopping Trip: Target [FCE] 3:00 Travel Europe with Rick Steves: The Best of Slovenia [T] 3:30 Harvest Day Door Decor [FCCR] 6:30 Opera/Musical [T]	10:30 Amazing Escape: Frederick Douglass [FCCR] 11:00 Chair Exercise [FCCR] 11:00 Morning Symphony: Mozart: Eine kleine Nachtmusik: McGill Symphony Orchestra Montreal conducted by Alexis Hauser, 24:19 minutes. [T] 1:00 Entertainment w/Highlands Associate, Anthony Williams, vocals & guitar [Tent] 2:00 Book Readings w/Bill Sayres and Marilyn Crandlemire [M] 3:15 September Word Puzzles [FCCR] 7:00 Thursday Series [T]	National Wildlife Day 10:00 Chair Exercise [M] 10:00 Fresh Air Stretch with Brenda or Angela [Tent] 10:30 Friday Positive News [FCCR] 11:00 Morning Walk w/ Kaeli [FCE] 11:30 Friendship Cove BBQ [Tent] 1:00 Community BINGO [Tent] 3:00 Travel Europe with Rick Steves: Germany's Romantic Rhine and Rothenburg [T] 3:30 Afternoon Art Group: Kentucky Derby Hats [FCCR] 7:00 Documentary [T]	Kentucky Derby Day 11:00 Chair Exercises [FCCR] 11:00 Entertainment w/Sharon Wright, piano and vocals [Tent] 1:00 Art Group: Adult Coloring Pages [FCCR] 2:00 Saturday Movie Matinee [T] 7:00 Saturday Night Movie [T]
10:30 Morning Game: List it [FCCR] 11:00 Chair Exercise [FCCR] 1:00 Entertainment: Open Rehearsal w/Anderson Steel [Tent] 1:30 Sunday Movie Matinee [T] 4:00 Afternoon Symphony: Mozart: Great Mass in C minor, K. 427 - Radio Philharmonic Orchestra - Live Concert HD, 57:09 minutes. [T] 7:00 Sunday Night Movie [T]	Labor Day 10:00 Chair Exercise [M] 10:00 Fresh Air Stretch with Brenda or Angela [Tent] 10:30 Learning About Labor Day [FCCR] 11:00 Chair Exercise [FCCR] 11:00 Morning Symphony: [T] 1:30 Scenic Ride [FCE] 3:00 Travel Europe with Rick Steves: Alps of Austria and Italy [T] 7:00 Resident Choice Film [FCCR]	Technology Tuesday 10:15 Morning Exercise [FCCR] 11:00 Pledge of Allegiance First Published [FCCR] 2:30 Entertainment: Midcoast Symphony Orchestra String Quartet [Tent] 3:30 Technology Tuesday: IN2L Tablet Hour [FCCR] 7:00 Evening Film [FCCR]	10:00 Chair Exercise [M] 10:00 Yoga w/ Stacey Fetterman [FCCR] 10:30 Golden State Day: California [FCCR] 11:00 Morning Walk w/Abbey [FCE] 11:00 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom] 1:30 Shopping Trip: Target [FCE] 3:00 Ice Cream Sundae Social - Under the Tent [Tent] 3:00 Travel Europe with Rick Steves: Belgium: Bruges and Brussels [T] 6:30 Opera/Musical [T]	Fruits of the Harvest Day 10:15 Star of the Month: Mickey Rooney [FCCR] 11:00 Chair Exercise [FCCR] 11:00 Morning Symphony: W. A. Mozart: Symphony n° 40 - Dima Slobodeniouk - Sinfónica de Galicia, 27:53 minutes. [T] 2:00 Book Readings w/Bill Sayres and Marilyn Crandlemire [M] 3:15 Fruits of the Harvest Day: Cold Apple Cider Social [FCCR] 7:00 Thursday Series [T]	10:00 Chair Exercise [M] 10:00 Fresh Air Stretch with Brenda or Angela [Tent] 10:30 "Mad for Madrid" [FCCR] 11:00 Morning Walk w/Abbey [FCE] 11:30 Pet Visits w/ Rainbow and Charm [FCCR] 1:00 Community BINGO [Tent] 3:00 Travel Europe with Rick Steves: Norway's West: Fjords, Mountains, and Bergen [T] 3:30 Feel Good Stories You May Have Missed [FCCR] 7:00 Documentary [T]	10:30 The Daily Chronicle [FCCR] 11:00 Chair Exercises [FCCR] 1:00 Afternoon Trivia [FCCR] 2:00 Saturday Movie Matinee [T] 7:00 Saturday Night Movie [T]
National Assisted Living Week Begins: "National Grandparents Day" 10:30 Picture Sharing: Bring Down Pictures of your Grandchildren [FCCR] 11:00 Chair Exercise [FCCR] 1:00 Entertainment: Open Rehearsal w/Anderson Steel [Tent] 1:30 Sunday Movie Matinee [T] 7:00 Sunday Night Movie [T]	"How We Care for the Environment" 10:00 Canvas Bag Decorating [FCCR] 10:00 Chair Exercise [M] 10:00 Fresh Air Stretch with Brenda or Angela [Tent] 11:00 Morning Symphony: P. I. Tchaikovsky - Violin Concerto in D major, Op. 35 - Itzhak Perlman, 36:30 minutes. [T] 11:00 Morning Walk w/Abbey & Kaeli [FCE] 11:00 Virtual HRAB Meeting [Zoom] 1:30 Scenic Ride [FCE] 3:00 Community BINGO [Tent] 7:00 Resident Choice Film [FCCR]	"How We Care for Ourselves" (Self-Care) 10:15 Morning Exercise [FCCR] 11:00 Meditation Room [FCCR] 1:00 Podiatry Visit w/ Dr. Hillary [FCCR] 2:30 Entertainment: Clairnotes [Tent] 3:30 Afternoon Smoothie Social [FCCR] 7:00 Evening Film [FCCR]	"How We Care for Our Furry Friends/ Pets" 10:00 Chair Exercise [M] 10:00 Yoga w/ Stacey Fetterman [FCCR] 10:30 "Are you a Dog or Cat Person?" [FCCR] 11:00 Morning Walk w/Abbey [FCE] 11:00 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom] 1:30 Shopping Trip: Target [FCE] 3:30 Afternoon Baking: Dog Biscuits [FCCR] 6:30 Opera/Musical [T]	"How We Care For Our Schools" 10:15 "Welcome Back to School" Signs [FCCR] 11:00 Chair Exercise [FCCR] 2:00 Book Readings w/Bill Sayres and Marilyn Crandlemire [M] 3:15 Looking back on our school years [FCCR] 7:00 Thursday Series [T]	"How We Care for our Community" Rosh Hashanah Begins at Sundown 10:00 Chair Exercise [M] 10:00 Fresh Air Stretch with Brenda or Angela [Tent] 10:30 Morning Doughnuts [FCCR] 11:00 Morning Walk w/Abbey & Kaeli [FCE] 11:30 Pet Visits w/ Rainbow and Charm [FCCR] 3:00 Travel Europe with Rick Steves: Scotland's Highlands [T] 3:30 How we can support our community [FCCR] 7:00 Documentary [T]	"How We Care for Our Home" 10:30 Morning Trivia [FCCR] 11:00 Chair Exercises [FCCR] 1:00 Home Decor Signs [FCCR] 2:00 Saturday Movie Matinee [T] 7:00 Saturday Night Movie [T]
10:30 Morning Group Puzzles [FCCR] 11:00 Chair Exercise [FCCR] 11:00 Rosh Hashanah Service [Tent] 1:00 Entertainment: Open Rehearsal w/Anderson Steel [Tent] 1:30 Sunday Movie Matinee [T] 4:00 Open Rehearsal: Old Time Fiddle [Tent] 7:00 Sunday Night Movie [T]	10:00 Chair Exercise [M] 10:00 Fresh Air Stretch with Brenda or Angela [Tent] 10:30 Happy Birthday Stephen King [FCCR] 11:00 Morning Symphony: Itzhak Perlman - Beethoven: Violin Concerto (with Daniel Barenboim, Berliner Philharmoniker), 47:08 minutes. [T] 11:00 Morning Walk w/Abbey & Kaeli [FCE] 1:30 Scenic Ride [L] 3:00 Community BINGO [Tent] 3:00 Travel Europe with Rick Steves: Athens and Side-Trips [T] 7:00 Resident Choice Film [FCCR]	Autumn Season Begins 10:15 Morning Exercise [FCCR] 11:00 Laurence Welk Show [FCCR] 2:30 Sing Along w/Jim Whitney [Tent] 3:30 Autumn Leaves Luminary Centerpiece [FCCR] 7:00 Evening Film [FCCR]	Female Empowerment Day 10:00 Chair Exercise [M] 10:00 Yoga w/ Stacey Fetterman [FCCR] 10:30 Female Empowerment Day: Victoria Woodhull [FCCR] 11:00 Morning Walk w/Abbey [FCE] 11:00 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom] 1:30 Shopping Trip: Target [FCE] 3:00 Ice Cream Sundae Social - Under the Tent [Tent] 3:00 Travel Europe with Rick Steves: Venice and Its Lagoon [T] 6:30 Opera/Musical [T]	10:30 America's Funniest Home Videos [FCCR] 11:00 Chair Exercise [FCCR] 11:00 Morning Symphony: Youth Symphony 2018 Fall Concert, 37:57 minutes. [T] 1:45 Rick Steve's Travelouge 2:00 Book Readings w/Bill Sayres and Marilyn Crandlemire [M] 3:15 IN2L Tablets [FCCR] 7:00 Thursday Series [T]	10:00 Chair Exercise [M] 10:00 Fresh Air Stretch with Brenda or Angela [Tent] 10:30 Friday Positive News [FCCR] 11:00 Morning Walk w/Abbey & Kaeli [FCE] 11:30 Pet Visits w/ Rainbow and Charm [FCCR] 1:00 Community BINGO [Tent] 3:00 Travel Europe with Rick Steves: Helsinki and Tallinn: Baltic Sisters [T] 3:30 Pumpkin Painting [FCCR] 7:00 Documentary [T]	10:30 Johnny Appleseed's Birthday [FCCR] 11:00 Chair Exercises [FCCR] 2:00 Saturday Movie Matinee [T] 2:30 Entertainment: Open Rehearsal: Midcoast Symphany Orchestra String Musicians [Tent] 7:00 Saturday Night Movie [T]
Yom Kippur Begins at Sundown 10:30 Art Group: Adult Coloring [FCCR] 11:00 Chair Exercise [FCCR] 1:00 Entertainment: Open Rehearsal w/Anderson Steel [Tent] 1:30 Sunday Movie Matinee [T] 6:30 Erev Yom Kippur Service [Tent] 7:00 Sunday Night Movie [T]	10:00 Chair Exercise [M] 10:00 Fresh Air Stretch with Brenda or Angela [Tent] 10:30 "Do You Yoga?" Day: Morning Yoga [FCCR] 11:00 Morning Symphony: Tchaikovsky: Piano Concerto nr. 1 - Sofia Vasheruk (piano) - Finale YPF - Live Concert - HD, 38:05 minutes. [T] 11:00 Morning Walk w/Abbey & Kaeli [FCE] 1:30 Scenic Ride [FCE] 3:00 Community BINGO [Tent] 3:00 Travel Europe with Rick Steves: France's Dordogne [T] 4:00 Yom Kippur Evening Service [Tent] 7:00 Resident Choice Film [FCCR]	10:15 Morning Exercise [FCCR] 11:00 Morning Trivia [FCCR] 1:45 Rick Steve's Travelouge 2:30 Writers' Group & Friends Poetry Readings [Tent] 3:30 Afternoon Yard Game: Corn hole [FCCR] 7:00 Evening Film [FCCR]	10:00 Chair Exercise [M] 10:00 Yoga w/ Stacey Fetterman [FCCR] 10:30 Morning Game: List it [FCCR] 11:00 Morning Walk w/Abbey [FCE] 11:00 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom] 1:30 Shopping Trip: Target [FCE] 3:00 Travel Europe with Rick Steves: Florence: Heart of the Renaissance [T] 3:30 Baking Group: Spiced Apple Oat Cookies [FCCR] 6:30 Opera/Musical [T]	<div>30 Governors Way Topsham, ME 04086 (207) 725-2650</div> <div> Cognitive Creative Emotional Physical Purposeful Sensory Social Spiritual</div>		<div>Location Keys</div> <div>Departs from the Lobby L Fitness Center Entrance FCE Friendship Cove Community Room FCCR Merrymeeting Bay Room M Theater T Under the Tent Tent Your Home Zoom</div>