


September 2020
Life Enrichment-Governor King

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div>THE HIGHLANDS</div><div>A GRACE MGMT COMMUNITY</div></div></div></div> <div>30 Governors Way Topsham, ME 04086 (207) 725-2650</div>		<div><div>9:00 ☀ Coffee Chat</div><div>9:30 ☀ World News Live</div><div>10:00 🦋 Morning Prayer & Hymns</div><div>10:30 ➡ Morning Stretch</div><div>11:00 🍷 Travelling to our National Parks-USA-Videos & More</div><div>1:00 ➡ Shuffle Board</div><div>2:30 ☀ Recall, Remind and Reminisce: Brain Exercise</div><div>3:00 🍷 2020 Baseball Highlights</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>1</div>	<div><div>9:00 ☀ Coffee Chat</div><div>9:30 ☀ World News Live</div><div>10:00 📖 Morning Memories: Brain Games</div><div>10:30 ➡ Yoga w/ Stacey-Back Patio</div><div>11:00 🍷 Travelling w/ Ricks Steves-IN2L</div><div>1:30 🍷 Dominoes</div><div>2:00 🍷 Wet Your Whistle Wednesday-Soda Shop Floats</div><div>3:00 🍷 Karaoke Sing a Long</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>2</div>	<div><div>9:00 ☀ Coffee Chat</div><div>9:30 ☀ World News Live</div><div>10:00 🦋 Morning Prayer & Hymns</div><div>10:30 ➡ Morning Stretch</div><div>11:00 🍷 Travelling Around the World-Residents Choice</div><div>1:15 🍷 Watercolor Art</div><div>3:00 📖 Match Game</div><div>4:00 🍷 Dean Martin Variety Hour</div><div>6:00 🍷 Evening Lounge and relaxation</div><div>11:00 🍷 Travelling around the World-IN2L</div></div> <div>3</div>	<div><div>9:00 ☀ Coffee Chat</div><div>10:00 🍷 Friday Funnies-You Tube</div><div>10:30 🍷 Scenic Ride (6 Person Limit)</div><div>1:00 ☀ 1st Friday Open Poetry Reading Group</div><div>1:45 🍷 Foreign Film Friday</div><div>2:00 🍷 Ice Cream Social</div><div>2:30 🍷 Pet Visits w/ Estes-GK Courtyard</div><div>2:45 🍷 Music & Memories-IN2L</div><div>3:00 🍷 Zoom Family Chat Hour</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>4</div>	<div><div>9:00 ☀ Coffee Chat</div><div>10:30 ➡ Ball Toss</div><div>11:00 🍷 Travelling w/ Rick Steves-IN2L</div><div>1:30 🍷 Movie Matinee</div><div>3:00 ➡ In House Strolls</div><div>4:30 🍷 Old Time Show</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>5</div>
<div><div>9:00 ☀ Coffee Chat</div><div>10:00 🦋 First Congregational Church of Falmouth, MA-Live FB [GK]</div><div>1:00 🍷 Baseball Weekly Highlights</div><div>3:30 🍷 Social Visits: Courtyard</div><div>4:30 🍷 Old Time Show</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>6</div>	<div><div>9:00 ☀ Coffee Chat</div><div>9:30 ☀ World News Live</div><div>10:00 🦋 Morning Prayer & Hymns</div><div>10:30 ➡ Yoga w/ Stacey-Back Patio</div><div>11:00 🍷 Travelling w/ Rick Steves-IN2L</div><div>1:00 🍷 Netflix Movie: Labor Day-PG-13</div><div>2:30 📖 Independent Crossword & Word-search</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>7</div>	<div><div>9:00 ☀ Coffee Chat</div><div>9:30 ☀ World News Live</div><div>10:00 🦋 Morning Prayer & Hymns</div><div>10:30 ➡ Morning Stretch</div><div>11:00 🍷 Travelling to our National Parks-USA-Videos & More</div><div>1:00 ➡ Bocce Ball</div><div>3:00 🍷 2020 Baseball Highlights</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>8</div>	<div><div>9:00 ☀ Coffee Chat</div><div>9:30 ☀ World News Live</div><div>10:00 📖 Morning Memories: Brain Games</div><div>10:30 ➡ Yoga w/ Stacey-Back Patio</div><div>11:00 🍷 Travelling w/ Ricks Steves-IN2L</div><div>1:30 🍷 The Price is Right: Guessing Game</div><div>2:00 🍷 Wet Your Whistle Wednesday-Soda Shop Floats</div><div>3:00 🍷 Karaoke Sing a Long</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>9</div>	<div><div>9:00 ☀ Coffee Chat</div><div>9:30 ☀ World News Live</div><div>10:00 🦋 Morning Prayer & Hymns</div><div>10:30 ➡ Morning Stretch</div><div>11:00 🍷 Travelling Around the World-Residents Choice</div><div>1:00 🍷 Pencil Sketching Class</div><div>3:00 📖 Survey Says: Guess answers to real survey's</div><div>4:00 🍷 The Grand Ole Opry</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>10</div>	<div><div>9:00 ☀ Coffee Chat</div><div>10:00 🍷 Friday Funnies-You Tube</div><div>10:30 🍷 Scenic Ride (6 Person Limit)</div><div>1:00 ☀ Friday Open Forum/ Current Events</div><div>1:45 🍷 Foreign Film Friday</div><div>2:00 🍷 Ice Cream Social</div><div>2:30 🍷 Pet Visits w/ Estes-GK Courtyard</div><div>2:45 🍷 Music & Memories-IN2L</div><div>3:00 🍷 Zoom Family Chat Hour</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>11</div>	<div><div>9:00 ☀ Coffee Chat</div><div>10:30 ➡ Ball Toss</div><div>11:00 🍷 Travelling w/ Rick Steves-IN2L</div><div>1:30 🍷 Movie Matinee</div><div>3:00 ➡ In House Strolls</div><div>4:30 🍷 Old Time Show</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>12</div>
<div><div>9:00 ☀ Coffee Chat</div><div>10:00 🦋 First Congregational Church of Falmouth, MA-Live FB [GK]</div><div>10:30 ➡ Exercise in the GK courtyard</div><div>1:00 🍷 Grandparents Day Puzzles</div><div>3:30 🍷 Social Visits: Courtyard</div><div>4:30 🍷 Old Time Show</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>13</div>	<div><div>9:00 ☀ Coffee Chat</div><div>9:30 ☀ World News Live</div><div>10:00 🦋 Morning Prayer & Hymns</div><div>10:30 ➡ Morning Stretch</div><div>11:00 🍷 Travelling around the World Eco Friendly Travel</div><div>1:00 ☀ NALW: How we care for our environment-Craft</div><div>2:30 ☀ Saving Our Environment-Documentary</div><div>4:00 🍷 Music and Memories- Variety</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>14</div>	<div><div>9:00 ☀ Coffee Chat</div><div>9:30 ☀ World News Live</div><div>10:00 🦋 Morning Prayer & Hymns</div><div>10:30 ➡ Morning Stretch</div><div>11:00 🍷 Travelling to our National Parks-USA-Videos & More</div><div>1:00 🍷 NALW: Relaxing Zentangle Adult Art</div><div>2:00 ☀ NALW: How We Take Care of Ourselves Day:Healthy Smoothies</div><div>2:30 🍷 The Clarinotes: Clarinet Performance under the Big Tent</div><div>3:00 🍷 2020 Baseball Highlights</div><div>4:00 🍷 Aromatherapy & Relaxation Music Therapy</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>15</div>	<div><div>9:00 ☀ Coffee Chat</div><div>9:30 ☀ World News Live</div><div>10:00 🍷 Fluffy Furry Friends Fun Videos</div><div>10:30 ➡ Yoga w/ Stacey-Back Patio</div><div>11:00 🍷 Travelling w/ Ricks Steves-IN2L</div><div>11:15 ☀ Cooking Class: Doggy Biscuits</div><div>1:00 🍷 Puppy Dog Bingo</div><div>2:00 🍷 Wet Your Whistle Wednesday- Soda Shop Floats</div><div>2:30 🍷 Pet Visits w/ Estes in the Courtyard</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>16</div>	<div><div>9:00 ☀ Coffee Chat</div><div>9:30 ☀ World News Live</div><div>10:00 🦋 Morning Prayer & Hymns</div><div>10:30 ➡ Morning Stretch</div><div>11:00 🍷 Travelling Around the World-Residents Choice</div><div>1:00 ☀ NALW: How We Care For Our Schools; School Care Basket Kit/ Craft</div><div>2:30 🍷 School Days Reminiscing/Trivia</div><div>3:30 🍷 1950's High School Movie/ Reminiscing</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>17</div>	<div><div>9:00 ☀ Coffee Chat</div><div>10:00 🍷 Friday Funnies-You Tube</div><div>10:30 🍷 Scenic Ride (6 Person Limit)</div><div>1:00 ☀ NALW Open Forum/ How we can support our community</div><div>1:45 🍷 Foreign Film Friday</div><div>2:00 🍷 NALW: How we support our Community Ice Cream Social w/ local fresh toppings</div><div>2:30 🍷 Pet Visits w/ Estes-GK Courtyard</div><div>2:45 🍷 Music & Memories-IN2L</div><div>3:00 🍷 Zoom Family Chat Hour</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>18</div>	<div><div>9:00 ☀ Coffee Chat</div><div>10:30 ➡ Ball Toss</div><div>11:00 🍷 Travelling w/ Rick Steves-IN2L</div><div>1:30 🍷 Movie Matinee</div><div>3:00 ➡ In House Strolls</div><div>4:30 🍷 Old Time Show</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>19</div>
<div><div>9:00 ☀ Coffee Chat</div><div>10:00 🦋 First Congregational Church of Falmouth, MA-Live FB [GK]</div><div>1:00 🍷 Baseball Weekly Highlights</div><div>3:30 🍷 Social Visits: Courtyard</div><div>4:30 🍷 Old Time Show</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>20</div>	<div><div>9:00 ☀ Coffee Chat</div><div>9:30 ☀ World News Live</div><div>10:00 🦋 Morning Prayer & Hymns</div><div>10:30 ➡ Morning Stretch</div><div>11:00 🍷 Travelling around the World-IN2L</div><div>1:30 🍷 Bingo</div><div>2:30 📖 Crossword, Word-search, Trivia Game Sheets</div><div>2:45 🍷 Music and Memories- Variety</div><div>3:00 🍷 Zoom Family Chat Hour</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>21</div>	<div><div>9:00 ☀ Coffee Chat</div><div>9:30 ☀ World News Live</div><div>10:00 🦋 Morning Prayer & Hymns</div><div>10:30 ➡ Morning Stretch</div><div>11:00 🍷 Travelling to our National Parks-USA-Videos & More</div><div>1:00 🍷 Musical Memories w/ Ann Sparling</div><div>1:00 ➡ Ring Toss</div><div>3:00 🍷 2020 Baseball Highlights</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>22</div>	<div><div>9:00 ☀ Coffee Chat</div><div>9:30 ☀ World News Live</div><div>10:00 📖 Morning Memories: Brain Games</div><div>10:30 ➡ Yoga w/ Stacey-Back Patio</div><div>11:00 🍷 Travelling w/ Ricks Steves-IN2L</div><div>1:30 🍷 Sorry Board Game</div><div>2:00 🍷 Wet Your Whistle Wednesday-Soda Shop Floats</div><div>3:00 🍷 Karaoke Sing a Long</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>23</div>	<div><div>9:00 ☀ Coffee Chat</div><div>9:30 ☀ World News Live</div><div>10:00 🦋 Morning Prayer & Hymns</div><div>10:30 ➡ Morning Stretch</div><div>11:00 🍷 Travelling Around the World-Residents Choice</div><div>1:00 🍷 Jewelry Class</div><div>3:00 🍷 UNO-Card Game</div><div>4:00 🍷 The Lawrence Welk Show</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>24</div>	<div><div>9:00 ☀ Coffee Chat</div><div>10:00 🍷 Friday Funnies-You Tube</div><div>10:30 🍷 Scenic Ride (6 Person Limit)</div><div>11:30 🍷 Oktoberfest BBQ Brats and Polka Party Music</div><div>1:45 🍷 Foreign Film Friday</div><div>2:00 🍷 Ice Cream Social</div><div>2:30 🍷 Pet Visits w/ Estes-GK Courtyard</div><div>2:45 🍷 Music & Memories-IN2L</div><div>3:00 🍷 Zoom Family Chat Hour</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>25</div>	<div><div>9:00 ☀ Coffee Chat</div><div>10:30 ➡ Ball Toss</div><div>11:00 🍷 Travelling w/ Rick Steves-IN2L</div><div>1:30 🍷 Movie Matinee</div><div>3:00 ➡ In House Strolls</div><div>3:30 📖 Have you ever? (Brain Fitness)</div><div>4:30 🍷 Old Time Show</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>26</div>
<div><div>9:00 ☀ Coffee Chat</div><div>10:00 🦋 First Congregational Church of Falmouth, MA-Live FB [GK]</div><div>1:00 🍷 Baseball Weekly Highlights</div><div>3:30 🍷 Social Visits: Courtyard</div><div>4:30 🍷 Old Time Show</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>27</div>	<div><div>9:00 ☀ Coffee Chat</div><div>9:30 ☀ World News Live</div><div>10:00 🦋 Morning Prayer & Hymns</div><div>10:30 ➡ Morning Stretch</div><div>11:00 🍷 Travelling around the World-IN2L</div><div>1:30 🍷 Bingo</div><div>2:30 📖 Crossword, Word-search, Trivia Game Sheets</div><div>2:45 🍷 Music and Memories- Variety</div><div>3:00 🍷 Zoom Family Chat Hour</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>28</div>	<div><div>9:00 ☀ Coffee Chat</div><div>9:30 ☀ World News Live</div><div>10:00 🦋 Morning Prayer & Hymns</div><div>10:30 ➡ Morning Stretch</div><div>11:00 🍷 Travelling to our National Parks-USA-Videos & More</div><div>1:00 🍷 Music & Memories w/ Dale Kneeland</div><div>2:30 🍷 2020 Baseball Highlights</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>29</div>	<div><div>9:00 ☀ Coffee Chat</div><div>9:30 ☀ World News Live</div><div>10:00 📖 Morning Memories: Brain Games</div><div>10:30 ➡ Yoga w/ Stacey-Back Patio</div><div>11:00 🍷 Travelling w/ Ricks Steves-IN2L</div><div>1:30 🍷 Hangman- Guessing Game</div><div>2:00 🍷 Wet Your Whistle Wednesday-Soda Shop Floats</div><div>3:00 🍷 Karaoke Sing a Long</div><div>6:00 🍷 Evening Lounge and relaxation</div></div> <div>30</div>	<div><div><div>📖 Cognitive</div><div>🍷 Creative</div><div>🍷 Emotional</div><div>➡ Physical</div><div>☀ Purposeful</div><div>🍷 Sensory</div><div>🍷 Social</div><div>🦋 Spiritual</div></div><div><div>“When life is sweet, say thank you and celebrate. And when life is bitter, say thank you and grow.”</div><div>— Shauna Niequist</div></div><div></div></div>		