

October 2020

Life Enrichment - Friendship Cove



- Cognitive
- Creative
- Emotional
- Physical
- Purposeful
- Sensory
- Social
- Spiritual

- Location Keys**
- Fitness Center Entrance FCE
 - Friendship Cove Community Room FCCR
 - Friendship Cove Dining Room FCDD
 - Merrymeeting Bay Room M
 - Theater T
 - Under the Tent Tent
 - Your Home Zoom

30 Governors Way
Topsham, ME 04086
(207) 725-2650

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11:00 Chair Exercise [FCCR] 4</p> <p>1:00 Entertainment: Open Rehearsal w/ Anderson Steel [Tent]</p> <p>1:30 Sunday Movie Matinee [T]</p> <p>4:00 Afternoon Symphony: [T]</p> <p>7:00 Sunday Night Movie [T]</p>	<p>10:00 Chair Exercise [M] 5</p> <p>11:00 Morning Symphony: [T]</p> <p>3:00 Community BINGO [Tent]</p> <p>7:00 Resident Choice Film [FCCR]</p> <p>8:15 Monday Night Football on ESPN [T]</p>	<p>10:15 Morning Exercise [FCCR] 6</p> <p>2:30 Entertainment w/Ron Bergeron, vocals [Tent]</p> <p>3:30 The Sound of Music Part 1 [FCCR]</p> <p>7:00 Evening Film [FCCR]</p>	<p>10:00 Chair Exercise [M] 7</p> <p>10:00 Yoga w/ Stacey Fetterman [FCCR]</p> <p>10:30 Friendship Cove Resident Forum [FCCR]</p> <p>11:00 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom]</p> <p>1:30 Shopping Trip: Target [FCE]</p> <p>6:30 Opera/Musical [T]</p>	<p>10:30 Flu Clinic [FCCR] 8</p> <p>11:00 Morning Symphony: [T]</p> <p>1:45 Scenic Ride [FCE]</p> <p>3:30 The Sound of Music Part 2 [FCCR]</p> <p>7:00 Thursday Series [T]</p>	<p>10:00 Chair Exercise [M] 9</p> <p>10:00 Fresh Air Stretch with Brenda or Angela [Tent]</p> <p>11:30 Pet Visits w/ Rainbow and Charm [FCCR]</p> <p>1:00 Community BINGO [Tent]</p> <p>3:30 25 Best National Parks in the USA [FCCR]</p> <p>7:00 Documentary [T]</p>	<p>11:00 Chair Exercises [FCCR] 10</p> <p>2:00 Murder She Wrote Film [FCCR]</p> <p>2:00 Saturday Movie Matinee [T]</p> <p>7:00 Saturday Night Movie [T]</p>
<p>11:00 Chair Exercise [FCCR] 11</p> <p>1:00 Entertainment: Open Rehearsal w/ Anderson Steel [Tent]</p> <p>1:30 Sunday Movie Matinee [T]</p> <p>7:00 Sunday Night Movie [T]</p>	<p>Columbus Day Thanksgiving (Canada) 12</p> <p>10:00 Chair Exercise [M]</p> <p>10:30 The History Behind Columbus Day [FCCR]</p> <p>11:00 Canadian Thanksgiving True or False [FCCR]</p> <p>11:00 Morning Symphony: [T]</p> <p>11:00 Virtual HRAB Meeting [Zoom]</p> <p>1:30 Scenic Ride [FCE]</p> <p>3:00 Community BINGO [Tent]</p> <p>7:00 Resident Choice Film [FCCR]</p> <p>8:15 Monday Night Football on ESPN [T]</p>	<p>Birthday of the White House 13</p> <p>10:15 Morning Exercise [FCCR]</p> <p>11:00 Birthday of the White House [FCCR]</p> <p>2:30 Entertainment w/Dave Stone, piano [Tent]</p> <p>3:30 Star of the Month - Richard Harris [FCCR]</p> <p>7:00 Evening Film [FCCR]</p>	<p>National Fossil Day 14</p> <p>10:00 Chair Exercise [M]</p> <p>10:00 Yoga w/ Stacey Fetterman [FCCR]</p> <p>10:30 Who Wants to Learn About Owls? [FCCR]</p> <p>11:00 IN2L Family Chat [FCCR]</p> <p>11:00 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom]</p> <p>1:30 Shopping Trip: Target [FCE]</p> <p>3:30 Flags for The Walk for Alzheimer's</p> <p>6:30 Opera/Musical [T]</p>	<p>I Love Lucy Anniversary 15</p> <p>10:15 Morning Comedy- I Love Lucy Anniversary [FCCR]</p> <p>11:00 Chair Exercise [FCCR]</p> <p>11:00 Morning Symphony: [T]</p> <p>1:45 Scenic Ride [FCE]</p> <p>3:15 Re-visiting music from our favorite artists [FCCR]</p> <p>7:00 Thursday Series [T]</p>	<p>10:00 Chair Exercise [M] 16</p> <p>10:30 Morning Trivia [FCCR]</p> <p>11:00 Friday Positive News [FCCR]</p> <p>11:30 Pet Visits w/ Rainbow and Charm [FCCR]</p> <p>1:00 Community BINGO [Tent]</p> <p>3:30 Taste and Tell: Caramel Apple Slices [FCCR]</p> <p>4:00 Bowdoin College "1619 Project" Virtual Event Series - Deep Cuts: Structural Inequality and Popular Culture [T]</p> <p>7:00 Documentary [T]</p>	<p>9:00 Walk to End Alzheimer's [Tent] 17</p> <p>11:00 Chair Exercises [FCCR]</p> <p>2:00 Saturday Movie Matinee [T]</p> <p>7:00 Saturday Night Movie [T]</p>
<p>11:00 Chair Exercise [FCCR] 18</p> <p>1:00 Entertainment: Open Rehearsal w/ Anderson Steel [Tent]</p> <p>1:30 Sunday Movie Matinee [T]</p> <p>4:00 Afternoon Symphony: [T]</p> <p>7:00 Sunday Night Movie [T]</p>	<p>A Doughnut Day 19</p> <p>10:00 Chair Exercise [M]</p> <p>10:30 "A Doughnut Day" - Morning Doughnuts</p> <p>11:00 Morning Symphony: [T]</p> <p>11:00 Rick Steve's Travelogue [FCCR]</p> <p>1:30 Scenic Ride [FCE]</p> <p>3:15 BINGO [FCCR]</p> <p>7:00 Resident Choice Film [FCCR]</p> <p>8:15 Monday Night Football on ESPN [T]</p>	<p>10:15 Morning Exercise [FCCR] 20</p> <p>11:00 The Latest Word on Gossip and Rumors [FCCR]</p> <p>1:45 Afternoon TED Talk [FCCR]</p> <p>3:30 Group Puzzles [FCCR]</p> <p>7:00 Evening Film [FCCR]</p>	<p>10:00 Chair Exercise [M] 21</p> <p>10:00 Yoga w/ Stacey Fetterman [FCCR]</p> <p>10:30 Art Group: Fall Adult Coloring Pages [FCCR]</p> <p>11:00 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom]</p> <p>1:30 Shopping Trip: Target [FCE]</p> <p>3:30 IN2L Family Chat [FCCR]</p> <p>6:30 Opera/Musical [T]</p>	<p>Think Positive Thursday 22</p> <p>10:30 The Power of Positive Thinking [FCCR]</p> <p>11:00 Chair Exercise [FCCR]</p> <p>1:45 Scenic Ride [FCE]</p> <p>3:15 Curly Howard Birth Anniversary: The Three Stooges [FCCR]</p> <p>7:00 Thursday Series [T]</p>	<p>10:00 Chair Exercise [M] 23</p> <p>10:30 Fun Facts About the Fall Equinox</p> <p>11:00 Friday Positive News [FCCR]</p> <p>11:30 Pet Visits w/ Rainbow and Charm [FCCR]</p> <p>3:30 Remembering a Walk in the Woods [FCCR]</p> <p>7:00 Documentary [T]</p>	<p>11:00 Chair Exercises [FCCR] 24</p> <p>2:00 Saturday Movie Matinee [T]</p> <p>7:00 Saturday Night Movie [T]</p>
<p>11:00 Chair Exercise [FCCR] 25</p> <p>1:30 Sunday Movie Matinee [T]</p> <p>7:00 Sunday Night Movie [T]</p>	<p>10:00 Chair Exercise [M] 26</p> <p>10:30 Morning Game: True or False [FCCR]</p> <p>11:00 Morning Symphony: [T]</p> <p>11:00 The Most Incredible Undersea Treasures Ever Found</p> <p>1:30 Scenic Ride [FCE]</p> <p>3:15 BINGO [FCCR]</p> <p>7:00 Resident Choice Film [FCCR]</p> <p>8:15 Monday Night Football on ESPN [T]</p>	<p>10:15 Morning Exercise [FCCR] 27</p> <p>11:00 The History of Jazz Music [FCCR]</p> <p>1:45 Short Story: My Neighbor Is a Witch [FCCR]</p> <p>3:30 Afternoon Card Game: UNO [FCCR]</p> <p>7:00 Evening Film [FCCR]</p>	<p>10:00 Chair Exercise [M] 28</p> <p>10:00 Yoga w/ Stacey Fetterman [FCCR]</p> <p>10:30 Exotic Animals [FCCR]</p> <p>11:00 Virtual Mid-Week Inspiration w/Bob Beringer [Zoom]</p> <p>1:30 Shopping Trip: Target [FCE]</p> <p>3:30 Word Unscramble [FCCR]</p> <p>6:30 Opera/Musical [T]</p>	<p>10:30 Discuss and Recall: Favorite Fall Traditions [FCCR] 29</p> <p>11:00 Chair Exercise [FCCR]</p> <p>11:00 Morning Symphony: [T]</p> <p>1:45 Scenic Ride [FCE]</p> <p>3:30 Historic Hauntings - Scotland [FCCR]</p> <p>7:00 Thursday Series [T]</p>	<p>10:00 Chair Exercise [M] 30</p> <p>10:30 Hallowed Halloween</p> <p>11:00 Morning Music: Remembering Halloween Songs [FCCR]</p> <p>11:30 Pet Visits w/ Rainbow and Charm [FCCR]</p> <p>3:30 Friendship Cove Halloween Party [FCDD]</p> <p>7:00 Documentary [T]</p>	<p>Halloween 31</p> <p>11:00 Chair Exercises [FCCR]</p> <p>2:00 Saturday Movie Matinee [T]</p> <p>7:00 Saturday Night Movie [T]</p>