

# October 2020

## Life Enrichment-Governor King

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> <li> Cognitive</li> <li> Creative</li> <li> Emotional</li> <li> Physical</li> <li> Purposeful</li> <li> Sensory</li> <li> Social</li> <li> Spiritual</li> </ul>	<p>"As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness behind, I'd still be in prison." — Nelson Mandela</p>	<p>30 Governors Way Topsham, ME 04086 (207) 725-2650</p>	<p>THE HIGHLANDS A GRACE MGMT COMMUNITY</p>	<p>9:00  Coffee Chat <b>1</b></p> <p>9:30  World News Live</p> <p>10:00  Morning Memories: Yesteryear/Era's Gone By</p> <p>10:30  Morning Stretch</p> <p>11:00  Travelling Around the World-Residents Choice</p> <p>11:30  Senior Living Puzzle Group</p> <p>1:00  Music, Relaxing, and Memories</p> <p>2:00  Pencil Sketch Class</p> <p>4:00  Dean Martin Variety Hour</p> <p>6:00  Evening Lounge and relaxation</p>	<p>9:00  Coffee Chat <b>2</b></p> <p>10:00  Friday Funnies-You Tube</p> <p>10:15  Scenic Ride ( 8 Person Limit)</p> <p>1:00  Film Fest Friday-Residents Choice</p> <p>2:00  Ice Cream Social w/ Trivia Games</p> <p>2:30  Pet Visits w/ Estes-GK Courtyard</p> <p>2:45  All Things Spots: Highlights, Games, &amp; More</p> <p>3:00  Family Video Chat ( Reserved Slots)</p> <p>6:00  Evening Lounge and relaxation</p>	<p>9:00  Coffee Chat <b>3</b></p> <p>10:30  Senior Living Puzzle Group</p> <p>11:00  Travelling w/ Rick Steves-IN2L</p> <p>1:30  Movie Matinee</p> <p>3:00  In House Strolls</p> <p>4:30  Old Time Show</p> <p>6:00  Evening Lounge and relaxation</p>
<p>9:00  Coffee Chat <b>4</b></p> <p>10:00  First Congregational Church of Falmouth, MA-Live FB [GK]</p> <p>1:00  Sports Highlights</p> <p>2:00  Senior Living Puzzle Group</p> <p>3:30  Social Visits</p> <p>4:30  Old Time Show</p> <p>6:00  Evening Lounge and relaxation</p>	<p>9:00  Coffee Chat <b>5</b></p> <p>9:30  World News Live</p> <p>10:00  Morning Prayer &amp; Hymns</p> <p>10:30  Morning Stretch</p> <p>11:00  Travelling around the World-IN2L</p> <p>11:30  Senior Living Puzzle Group</p> <p>1:30  Bingo</p> <p>2:45  Tea Time &amp; Trivia Fun</p> <p>6:00  Evening Lounge and relaxation</p>	<p>9:00  Coffee Chat <b>6</b></p> <p>9:30  World News Live</p> <p>10:00  Morning Memories: Yesteryear/Era's Gone By</p> <p>10:30  Morning Stretch</p> <p>11:00  Travelling to our National Parks-USA-Videos &amp; More</p> <p>11:30  Senior Living Puzzle Group</p> <p>1:00  Ron Begeron Guitar &amp; Vocals</p> <p>2:30  Afternoon Arm Exercise w/ Weights</p> <p>3:00  Family Video Chat ( Reserved Slots)</p> <p>6:00  Evening Lounge and relaxation</p>	<p>9:00  Coffee Chat <b>7</b></p> <p>10:00  Morning Prayer &amp; Hymns</p> <p>10:30  Yoga w/ Stacey</p> <p>11:00  Travelling w/ Ricks Steves-IN2L</p> <p>11:30  Senior Living Puzzle Group</p> <p>1:30  Karaoke Sing a Long</p> <p>3:00  Mid-Week Mock-tail Social Hour</p> <p>6:00  Evening Lounge and relaxation</p>	<p>9:00  Coffee Chat <b>8</b></p> <p>9:30  World News Live</p> <p>10:00  Morning Memories: Yesteryear/Era's Gone By</p> <p>10:30  Morning Stretch</p> <p>11:00  Travelling Around the World-Residents Choice</p> <p>11:30  Senior Living Puzzle Group</p> <p>1:00  Survey Says: Guess answers to real survey's</p> <p>2:30  Fall Flower Arrangements</p> <p>6:00  Evening Lounge and relaxation</p>	<p>9:00  Coffee Chat <b>9</b></p> <p>10:00  Friday Funnies-You Tube</p> <p>10:15  Scenic Ride ( 8 Person Limit)</p> <p>1:00  Film Fest Friday-Residents Choice</p> <p>2:00  Ice Cream Social w/ Trivia Games</p> <p>2:30  Pet Visits w/ Estes-GK Courtyard</p> <p>2:45  All Things Spots: Highlights, Games, &amp; More</p> <p>3:00  Family Video Chat ( Reserved Slots)</p> <p>3:30  Yoga w/ Celia</p> <p>6:00  Evening Lounge and relaxation</p>	<p>9:00  Coffee Chat <b>10</b></p> <p>10:30  Senior Living Puzzle Group</p> <p>11:00  Travelling w/ Rick Steves-IN2L</p> <p>1:30  Movie Matinee</p> <p>3:00  In House Strolls</p> <p>4:30  Old Time Show</p> <p>6:00  Evening Lounge and relaxation</p>
<p>9:00  Coffee Chat <b>11</b></p> <p>10:00  First Congregational Church of Falmouth, MA-Live FB [GK]</p> <p>1:00  Sports Highlights</p> <p>2:00  Senior Living Puzzle Group</p> <p>3:30  Social Visits</p> <p>4:30  Old Time Show</p> <p>6:00  Evening Lounge and relaxation</p>	<p><i>Columbus Day</i></p> <p>9:00  Coffee Chat <b>12</b></p> <p>9:30  World News Live</p> <p>10:00  Morning Prayer &amp; Hymns</p> <p>10:30  Morning Stretch</p> <p>11:00  Travelling around the World-IN2L</p> <p>11:30  Columbus Day Crosswords</p> <p>1:30  Bingo</p> <p>2:45  Tea Time &amp; Trivia Fun</p> <p>6:00  Evening Lounge and relaxation</p>	<p>9:00  Coffee Chat <b>13</b></p> <p>9:30  World News Live</p> <p>10:00  Morning Memories: Yesteryear/Era's Gone By</p> <p>10:30  Morning Stretch</p> <p>11:00  Travelling to our National Parks-USA-Videos &amp; More</p> <p>11:30  Senior Living Puzzle Group</p> <p>1:30  Word Games: Scrabble or Banana Gram</p> <p>2:30  Afternoon Arm Exercise w/ Weights</p> <p>3:00  Family Video Chat ( Reserved Slots)</p> <p>6:00  Evening Lounge and relaxation</p>	<p>9:00  Coffee Chat <b>14</b></p> <p>9:30  World News Live</p> <p>10:00  Morning Prayer &amp; Hymns</p> <p>10:30  Yoga w/ Stacey</p> <p>11:00  Travelling w/ Ricks Steves-IN2L</p> <p>11:30  Senior Living Puzzle Group</p> <p>1:30  Karaoke Sing a Long</p> <p>3:00  Mid-Week Mock-tail Social Hour</p> <p>6:00  Evening Lounge and relaxation</p>	<p>9:00  Coffee Chat <b>15</b></p> <p>9:30  World News Live</p> <p>10:00  Morning Memories: Yesteryear/Era's Gone By</p> <p>10:30  Morning Stretch</p> <p>11:00  Travelling Around the World-Residents Choice</p> <p>11:30  Senior Living Puzzle Group</p> <p>1:30  ALZ- Big Banner Art Project</p> <p>3:00  Dean Martin Variety Hour</p> <p>6:00  Evening Lounge and relaxation</p>	<p>9:00  Coffee Chat <b>16</b></p> <p>10:00  Global Cat Day- Cute Cat Videos</p> <p>10:15  Scenic Ride ( 8 Person Limit)</p> <p>1:15  Global Cat Day Trivia, Games and Facts</p> <p>1:45  Animal Movie-Residents Choice</p> <p>2:00  Ice Cream Social w/ Trivia Games</p> <p>2:30  Pet Visits w/ Estes-GK Courtyard</p> <p>2:45  All Things Spots: Highlights, Games, &amp; More</p> <p>3:00  Family Video Chat ( Reserved Slots)</p> <p>3:30  Yoga w/ Celia</p> <p>6:00  Evening Lounge and relaxation</p>	<p>9:00  Coffee Chat <b>17</b></p> <p>10:30  Senior Living Puzzle Group</p> <p>11:00  Travelling w/ Rick Steves-IN2L</p> <p>1:30  Movie Matinee</p> <p>3:00  In House Strolls</p> <p>4:30  Old Time Show</p> <p>6:00  Evening Lounge and relaxation</p>
<p>9:00  Coffee Chat <b>18</b></p> <p>10:00  First Congregational Church of Falmouth, MA-Live FB [GK]</p> <p>1:00  Sports Highlights</p> <p>2:00  Senior Living Puzzle Group</p> <p>3:30  Social Visits</p> <p>4:30  Old Time Show</p> <p>6:00  Evening Lounge and relaxation</p>	<p>9:00  Coffee Chat <b>19</b></p> <p>9:30  World News Live</p> <p>10:00  Morning Prayer &amp; Hymns</p> <p>10:30  Morning Stretch</p> <p>11:00  Travelling around the World-IN2L</p> <p>11:30  Senior Living Puzzle Group</p> <p>1:30  Bingo</p> <p>2:30  National Doughnut Day Snacks</p> <p>2:45  Tea @ 2. Trivia &amp; More Tea Time</p> <p>6:00  Evening Lounge and relaxation</p>	<p>9:00  Coffee Chat <b>20</b></p> <p>9:30  World News Live</p> <p>10:00  Morning Memories: Yesteryear/Era's Gone By</p> <p>10:30  Morning Stretch</p> <p>11:00  Travelling to our National Parks-USA-Videos &amp; More</p> <p>11:30  Senior Living Puzzle Group</p> <p>1:30  Word Games: Scrabble or Banana Gram</p> <p>2:30  Afternoon Arm Exercise w/ Weights</p> <p>3:00  Family Video Chat ( Reserved Slots)</p> <p>6:00  Evening Lounge and relaxation</p>	<p>9:00  Coffee Chat <b>21</b></p> <p>9:30  World News Live</p> <p>10:00  Morning Prayer &amp; Hymns</p> <p>10:30  Yoga w/ Stacey</p> <p>11:00  Travelling w/ Ricks Steves-IN2L</p> <p>11:30  Senior Living Puzzle Group</p> <p>1:30  Pumpkin Painting Craft</p> <p>3:00  Mid-Week Mock-tail Social Hour</p> <p>6:00  Evening Lounge and relaxation</p>	<p>9:00  Coffee Chat <b>22</b></p> <p>9:30  World News Live</p> <p>10:00  Morning Memories: Yesteryear/Era's Gone By</p> <p>10:30  Morning Stretch</p> <p>11:00  Travelling Around the World-Residents Choice</p> <p>11:30  Senior Living Puzzle Group</p> <p>1:00  Music &amp; Memories w/ Dale Kneeland</p> <p>2:30  Water Color Art</p> <p>6:00  Evening Lounge and relaxation</p>	<p>9:00  Coffee Chat <b>23</b></p> <p>10:00  Friday Funnies-You Tube</p> <p>10:15  Scenic Ride ( 8 Person Limit)</p> <p>1:00  Film Fest Friday-Residents Choice</p> <p>2:00  Ice Cream Social w/ Trivia Games</p> <p>2:30  Pet Visits w/ Estes-GK Courtyard</p> <p>2:45  All Things Spots: Highlights, Games, &amp; More</p> <p>3:00  Family Video Chat ( Reserved Slots)</p> <p>3:30  Yoga w/ Celia</p> <p>6:00  Evening Lounge and relaxation</p>	<p>9:00  Coffee Chat <b>24</b></p> <p>10:30  Senior Living Puzzle Group</p> <p>11:00  Travelling w/ Rick Steves-IN2L</p> <p>1:30  Movie Matinee</p> <p>3:00  In House Strolls</p> <p>4:30  Old Time Show</p> <p>6:00  Evening Lounge and relaxation</p>
<p>9:00  Coffee Chat <b>25</b></p> <p>10:00  First Congregational Church of Falmouth, MA-Live FB [GK]</p> <p>1:00  Sports Highlights</p> <p>2:00  Senior Living Puzzle Group</p> <p>3:30  Social Visits</p> <p>4:30  Old Time Show</p> <p>6:00  Evening Lounge and relaxation</p>	<p>9:00  Coffee Chat <b>26</b></p> <p>9:30  World News Live</p> <p>10:00  Morning Prayer &amp; Hymns</p> <p>10:30  Morning Stretch</p> <p>11:00  Travelling around the World-IN2L</p> <p>11:30  Senior Living Puzzle Group</p> <p>1:30  Harvest Craft Class</p> <p>2:45  Tea Time &amp; Trivia Fun</p> <p>6:00  Evening Lounge and relaxation</p>	<p>9:00  Coffee Chat <b>27</b></p> <p>9:30  World News Live</p> <p>10:00  Morning Memories: Yesteryear/Era's Gone By</p> <p>10:30  Morning Stretch</p> <p>11:00  Travelling to our National Parks-USA-Videos &amp; More</p> <p>11:30  Senior Living Puzzle Group</p> <p>1:30  Word Games: Scrabble or Banana Gram</p> <p>2:30  Afternoon Arm Exercise w/ Weights</p> <p>3:00  Family Video Chat ( Reserved Slots)</p> <p>6:00  Evening Lounge and relaxation</p>	<p>9:00  Coffee Chat <b>28</b></p> <p>9:30  World News Live</p> <p>10:00  Morning Prayer &amp; Hymns</p> <p>10:30  Yoga w/ Stacey</p> <p>11:00  Travelling w/ Ricks Steves-IN2L</p> <p>11:30  Senior Living Puzzle Group</p> <p>1:30  Karaoke Sing a Long</p> <p>3:00  Mid-Week Mock-tail Social Hour</p> <p>6:00  Evening Lounge and relaxation</p>	<p>9:00  Coffee Chat <b>29</b></p> <p>9:30  World News Live</p> <p>10:00  Morning Memories: Yesteryear/Era's Gone By</p> <p>10:30  Morning Stretch</p> <p>11:00  Travelling Around the World-Residents Choice</p> <p>11:30  Senior Living Puzzle Group</p> <p>2:00  Harvest Party w/ Musical guest Ann Sparling</p> <p>6:00  Evening Lounge and relaxation</p>	<p>9:00  Coffee Chat <b>30</b></p> <p>10:00  Friday Funnies-You Tube</p> <p>10:15  Scenic Ride ( 8 Person Limit)</p> <p>1:00  Film Fest Friday-Residents Choice</p> <p>2:00  Ice Cream Social w/ Trivia Games</p> <p>2:30  Pet Visits w/ Estes-GK Courtyard</p> <p>2:45  All Things Spots: Highlights, Games, &amp; More</p> <p>3:00  Family Video Chat ( Reserved Slots)</p> <p>3:30  Yoga w/ Celia</p> <p>6:00  Evening Lounge and relaxation</p>	<p><i>Halloween</i></p> <p>9:00  Coffee Chat <b>31</b></p> <p>10:30  Senior Living Puzzle Group</p> <p>11:00  Travelling w/ Rick Steves-IN2L</p> <p>1:30  Movie Matinee</p> <p>3:00  In House Strolls</p> <p>4:30  Old Time Show</p> <p>6:00  Evening Lounge and relaxation</p>