

# October 2020

## Life Enrichment - Independent Living



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

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

- Location Keys**
- Fitness Center
  - Friendship Cove Community Room
  - Georgetown Parlor
  - Harpwell Lounge
  - Kennebec Meeting Room
  - Maine Lodge Lobby
  - Maine Lodge Picnic Area
  - Merrymeeting Bay Room
  - Sebasco Dining Room
  - Theater
  - Under the Tent
  - Your Home
  - Your House

- F
- FCCR
- GP
- H
- K
- ML
- MLPA
- M
- S
- T
- Tent
- Zoom
- YH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1:00  Entertainment: Open Rehearsal w/Anderson Steel [Tent] <b>4</b></p> <p>1:30  Sunday Movie Matinee [T]</p> <p>2:00  Needlework [GP]</p> <p>4:00  Afternoon Symphony: [T]</p> <p>7:00  Sunday Night Movie [T]</p>	<p>9:00  Maine Lodge Shopping Trip: Topsham Fair Mall [ML] <b>5</b></p> <p>10:00  Chair Exercise [M]</p> <p>10:30  Cooperative Shopping Trip: Topsham Fair Mall [YH]</p> <p>11:00  Morning Symphony: [T]</p> <p>3:00  Community BINGO [Tent]</p> <p>3:00  Travel Europe with Rick Steves: Vienna [T]</p> <p>8:15  Monday Night Football on ESPN [T]</p>	<p>9:00  Group Fitness with Equipment [F] <b>6</b></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/Ron Bergeron, vocals [Tent]</p> <p>3:30  Historic Hauntings - England [T]</p>	<p>10:00  Chair Exercise [M] <b>7</b></p> <p>11:00  Virtual Mid-Week Inspiration w/Bob Beringer [Zoom]</p> <p>3:00  Biographies - Icons of History: Ep. 1: Abraham Lincoln &amp; Ep. 2: Benjamin Franklin [T]</p> <p>6:30  Opera/Musical [T]</p>	<p>9:00  Group Fitness with Equipment [F] <b>1</b></p> <p>10:00  Group Fitness with Equipment [F]</p> <p>10:30  Welcome to October! [FCCR]</p> <p>11:00  Morning Symphony: [T]</p> <p>1:00  Art Studio Group [K]</p> <p>2:00  Book Readings w/Bill Sayres [GP]</p> <p>2:00  Space Pioneer's Show-and-Tell presented by Highlands Resident George Krassner [Tent]</p> <p>7:00  Thursday Series [T]</p>	<p>9:00  Bus to: Maine Lodge - Shopping on Maine Street, Brunswick [ML] <b>2</b></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>1:00  Community BINGO [Tent]</p> <p>1:45  Scenic Ride [ML]</p> <p>3:00  Secrets of the Exhibit - Season 1 Ep. 1: Stolen Masters [T]</p> <p>4:00  First Friday Happy Hour [Tent]</p> <p>7:00  Documentary [T]</p>	<p>11:00  America's Funniest Home Videos [T] <b>3</b></p> <p>2:00  Discuss and Recall: Favorite Fall Traditions [GP]</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] <b>11</b></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><i>Columbus Day</i> <i>Thanksgiving (Canada)</i> <b>12</b></p> <p>9:00  Maine Lodge Shopping Trip: Topsham Fair Mall [ML]</p> <p>10:00  Chair Exercise [M]</p> <p>10:30  Cooperative Shopping Trip: Topsham Fair Mall [YH]</p> <p>11:00  Morning Symphony: [T]</p> <p>11:00  Virtual HRAB Meeting [Zoom]</p> <p>3:00  Community BINGO [Tent]</p> <p>3:00  Travel Europe with Rick Steves: Croatia: Adriatic Delights [T]</p> <p>8:15  Monday Night Football on ESPN [T]</p>	<p><i>Birthday of the White House</i> <b>13</b></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 w/Dave Stone, piano [Tent]</p> <p>3:30  Historic Hauntings - Scotland [T]</p>	<p><i>National Fossil Day</i> <b>14</b></p> <p>10:00  Chair Exercise [M]</p> <p>11:00  Virtual Mid-Week Inspiration w/Bob Beringer [Zoom]</p> <p>2:00  Tai Chi [F]</p> <p>3:00  Biographies - Icons of History: Ep. 3: Condoleezza Rice &amp; Ep. 4: Edward Kennedy [T]</p> <p>6:30  Opera/Musical [T]</p>	<p><i>I Love Lucy Anniversary</i> <b>15</b></p> <p>9:00  Group Fitness with Equipment [F]</p> <p>10:00  Group Fitness with Equipment [F]</p> <p>11:00  Fall Floral Arranging w/Amanda [Tent]</p> <p>11:00  Morning Symphony: [T]</p> <p>1:00  Art Studio Group [K]</p> <p>2:00  Book Readings w/Bill Sayres [GP]</p> <p>7:00  Thursday Series [T]</p>	<p>9:00  Bus to: Maine Lodge - Shopping on Maine Street, Brunswick [ML] <b>16</b></p> <p>10:00  Chair Exercise [M]</p> <p>11:00  Current Events Forum [Tent]</p> <p>1:00  Community BINGO [Tent]</p> <p>1:45  Scenic Ride [ML]</p> <p>3:00  Secrets of the Exhibit - Season 1 Ep. 3: The Art of the Airplane [T]</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] <b>17</b></p> <p>11:00  America's Funniest Home Videos [T]</p> <p>2:00  Discuss and Recall: Reminiscing a Walk in the Woods [GP]</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] <b>18</b></p> <p>1:30  Sunday Movie Matinee [T]</p> <p>2:00  Needlework [GP]</p> <p>4:00  Afternoon Symphony: [T]</p> <p>7:00  Sunday Night Movie [T]</p>	<p><i>A Doughnut Day</i> <b>19</b></p> <p>9:00  Shopping Trip: Topsham Fair Mall [ML]</p> <p>10:00  Chair Exercise [M]</p> <p>10:00  Writers' Group [K]</p> <p>11:00  Activities Committee [K]</p> <p>11:00  Morning Symphony: [T]</p> <p>1:00  Cribbage [H]</p> <p>2:00  Food Committee [S]</p> <p>2:30  Backgammon [H]</p> <p>3:00  Travel Europe with Rick Steves: Munich and the Foothills of the Alps [T]</p> <p>8:15  Monday Night Football on ESPN [T]</p>	<p>9:00  Group Fitness with Equipment [F] <b>20</b></p> <p>9:00  Shopping Trip: Hannaford [ML]</p> <p>10:00  Group Fitness with Equipment [F]</p> <p>10:00  Virtual Go Green Committee [Zoom]</p> <p>10:00  Virtual Meditation Class [Zoom]</p> <p>1:00  Mahjong [K]</p> <p>2:00  Tuesday at 2: Peter Mezoian, banjo [GP]</p> <p>2:30  Backgammon [H]</p> <p>3:00  On Parle Francais [K]</p> <p>3:30  Historic Hauntings - Wales [T]</p>	<p>10:00  Chair Exercise [M] <b>21</b></p> <p>11:00  Virtual Mid-Week Inspiration w/Bob Beringer [Zoom]</p> <p>1:30  Mahjong [K]</p> <p>2:00  Tai Chi [F]</p> <p>2:30  Backgammon [H]</p> <p>3:00  Biographies - Icons of History: Ep. 5: Franklin Delano Roosevelt &amp; Ep. 6: George Washington [T]</p> <p>6:30  Opera/Musical [T]</p>	<p><i>Think Positive Thursday</i> <b>22</b></p> <p>9:00  Group Fitness with Equipment [F]</p> <p>10:00  Group Fitness with Equipment [F]</p> <p>10:30  Bus to: Topsham Library [ML]</p> <p>1:00  Art Studio Group [K]</p> <p>1:00  Scrabble [H]</p> <p>2:00  Book Readings w/Bill Sayres [GP]</p> <p>2:00  Caregiver Support Group [M]</p> <p>7:00  Thursday Series [T]</p>	<p>9:00  Bus to: Maine Lodge - Shopping on Maine Street, Brunswick [ML] <b>23</b></p> <p>10:00  Chair Exercise [M]</p> <p>11:00  Current Events Forum [M]</p> <p>1:00  BINGO [H]</p> <p>1:00  Bridge [M]</p> <p>1:45  Scenic Ride [ML]</p> <p>3:00  Secrets of the Exhibit - Season 1 Ep. 4: Dinosaurs [T]</p> <p>7:00  Documentary [T]</p>	<p>9:30  Ping Pong [M] <b>24</b></p> <p>10:00  Relaxed Beginner Bridge [K]</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>1:30  Sunday Movie Matinee [T] <b>25</b></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>9:00  Shopping Trip: Topsham Fair Mall [ML] <b>26</b></p> <p>10:00  Chair Exercise [M]</p> <p>11:00  Morning Symphony: [T]</p> <p>1:00  Cribbage [H]</p> <p>3:00  Travel Europe with Rick Steves: Helsinki and Tallinn: Baltic Sisters [T]</p> <p>8:15  Monday Night Football on ESPN [T]</p>	<p>9:00  Group Fitness with Equipment [F] <b>27</b></p> <p>9:00  Shopping Trip: Hannaford [ML]</p> <p>10:00  Group Fitness with Equipment [F]</p> <p>10:00  Virtual Meditation Class [Zoom]</p> <p>1:00  Mahjong [K]</p> <p>2:00  Tuesday at 2 - Flash Allen, piano and vocals [GP]</p> <p>3:00  On Parle Francais [K]</p> <p>3:30  Historic Hauntings - Ireland [T]</p>	<p>10:00  Chair Exercise [M] <b>28</b></p> <p>11:00  Virtual Mid-Week Inspiration w/Bob Beringer [Zoom]</p> <p>1:30  Mahjong [K]</p> <p>2:00  Tai Chi [F]</p> <p>3:00  Biographies - Icons of History: Ep.7: John F. Kennedy &amp; Ep. 8: Ronald Reagan [T]</p> <p>6:30  Opera/Musical [T]</p>	<p>9:00  Group Fitness with Equipment [F] <b>29</b></p> <p>10:00  Group Fitness with Equipment [F]</p> <p>11:00  Morning Symphony: [T]</p> <p>11:00  Virtual Highlands in the Know: Elder Abuse, what is it? w/Sheriff Joel Merry and Jane Margesson, AARP [Zoom]</p> <p>1:00  Art Studio Group [K]</p> <p>1:00  Scrabble [H]</p> <p>2:00  Book Readings w/Bill Sayres [GP]</p> <p>7:00  Thursday Series [T]</p>	<p>9:00  Bus to: Maine Lodge - Shopping on Maine Street, Brunswick [ML] <b>30</b></p> <p>10:00  Chair Exercise [M]</p> <p>11:00  Current Events Forum [M]</p> <p>1:00  BINGO [H]</p> <p>1:00  Bridge [M]</p> <p>1:45  Scenic Ride [ML]</p> <p>3:00  Secrets of the Exhibit - Season 1 Ep. 5: A Shelter from the Apocalypse [T]</p> <p>7:00  Documentary [T]</p>	<p><i>Halloween</i> <b>31</b></p> <p>9:30  Ping Pong [M]</p> <p>11:00  America's Funniest Home Videos [T]</p> <p>2:00  Discuss and Recall: Hallowed Halloween [GP]</p> <p>2:00  Saturday Movie Matinee [T]</p> <p>7:00  Saturday Night Movie [T]</p>