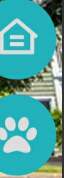




**THE HIGHLANDS**  
A GRACE MGMT COMMUNITY

# NOVEMBER 2020

30 Governors Way  
Topsham, Maine 04086  
207-725-2650  
[www.HighlandsRc.com](http://www.HighlandsRc.com)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Daylight Saving Ends <b>1:30</b> Sunday Movie Matinee - T <b>2:00</b> Needlework - GP <b>3:00</b> Afternoon Symphony - T <b>7:00</b> Sunday Night Movie - T	<b>2</b> <b>9:00</b> Shopping: Topsham Fair Mall - ML <b>10:00</b> Chair Exercise - M <b>10:00</b> Writers' Group - K <b>11:00</b> Morning Symphony - T <b>1:00</b> Cribbage - H <b>3:00</b> Rick Steves Travelogue: Dubrovnik and Balkan Side Trips - T <b>8:15</b> ESPN Monday Night Football - T	<b>3</b> Election Day <b>9:00</b> Group Fitness - F <b>9:00</b> Shopping: Hannaford - ML <b>10:00</b> Group Fitness - F <b>10:00</b> Virtual Meditation - Z <b>10:30</b> Shopping: Hannaford - ML <b>1:00</b> Mahjong - K <b>2:00</b> Irish Music w/Trudy Callaghan, guitar & vocals - GP <b>3:00</b> Virtual On Parle Francais - Z	<b>4</b> <b>11:00</b> Virtual Mid-Week Inspiration - Z <b>1:30</b> Mahjong - K <b>2:00</b> Tai Chi - F <b>3:00</b> Biographies - Icons of History: Richard Nixon & Theodore Roosevelt - T <b>6:30</b> Opera/Musical - T	<b>5</b> <b>9:00</b> Group Fitness - F <b>10:00</b> Group Fitness - F <b>11:00</b> Virtual Highlands in the Know - T & Z <b>1:00</b> Scrabble - H <b>2:00</b> Book Readings w/Bill S. - GP <b>7:00</b> Thursday Series - T	<b>6</b> <b>9:00</b> Frosty's Donuts - H <b>9:00</b> Shopping: Maine Street - ML <b>10:00</b> Chair Exercise - M <b>11:00</b> Virtual Current Events - Z <b>1:00</b> BINGO - H <b>1:00</b> Impromptu Bridge - M <b>1:45</b> Scenic Ride - ML <b>3:00</b> Secrets of the Exhibit: The Artist's Life - T <b>4:00</b> Bowdoin College "1691 Project" - T & Zoom <b>7:00</b> Documentary - T	<b>7</b> <b>9:30</b> Ping Pong - M <b>10:00</b> Relaxed Beginner Bridge - K <b>11:00</b> America's Funniest Home Videos - T <b>2:00</b> Saturday Movie Matinee - T <b>7:00</b> Saturday Night Movie - T
<b>8</b> <b>1:30</b> Sunday Movie Matinee - T <b>2:00</b> Needlework - GP <b>4:00</b> Book Chat- A Conversation About What You Are Reading - K <b>7:00</b> Sunday Night Movie - T	<b>9</b> <b>9:00</b> Shopping: Topsham Fair Mall - ML <b>10:00</b> Chair Exercise - M <b>11:00</b> Morning Symphony - T <b>11:00</b> Virtual HRAB Meeting - Z <b>1:00</b> Cribbage - H <b>3:00</b> Rick Steves Travelogue: Romania - T <b>8:15</b> ESPN Monday Night Football - T	<b>10</b> <b>9:00</b> Group Fitness - F <b>9:00</b> Shopping: Hannaford - ML <b>10:00</b> Group Fitness - F <b>10:00</b> Virtual Meditation - Z <b>10:30</b> Shopping: Hannaford - ML <b>11:00</b> Virtual Book Look w/Susan Preece - M & Z <b>1:00</b> Mahjong - K <b>2:00</b> Will Ogmundson, piano - GP <b>3:00</b> Virtual On Parle Francais - Z	<b>11</b> Veterans Day <b>10:00</b> Chair Exercise - M <b>11:00</b> Brunswick Veterans Memorial Dedication - M & Z <b>11:00</b> Virtual Mid-Week Inspiration - Z <b>1:30</b> Mahjong - K <b>2:00</b> Tai Chi - F <b>2:00</b> Veteran's Day Tribute - H & Zoom <b>3:00</b> Famous Veterans - Who AM I? w/Judy C.- GP <b>6:30</b> Opera/Musical - T	<b>12</b> <b>9:00</b> Group Fitness - F <b>10:00</b> Group Fitness - F <b>10:30</b> Bus to: Topsham Library - ML <b>11:00</b> Highlands in the Know - GP <b>1:00</b> Scrabble - H <b>2:00</b> Book Readings w/Bill S. - GP <b>2:00</b> Caregiver Support Group - K <b>7:00</b> Thursday Series - T	<b>13</b> <b>9:00</b> Frosty's Donuts - H <b>9:00</b> Shopping: Maine Street - ML <b>10:00</b> Chair Exercise - M <b>11:00</b> Virtual Current Events - Z <b>1:00</b> BINGO - H <b>1:00</b> Impromptu Bridge - M <b>1:45</b> Scenic Ride - ML <b>3:00</b> Secrets of the Exhibit: Windows to the Past - T <b>7:00</b> Documentary - T	<b>14</b> <b>9:30</b> Ping Pong - M <b>10:00</b> Relaxed Beginner Bridge - K <b>11:00</b> America's Funniest Home Videos - T <b>2:00</b> Discuss & Recall w/Judy - GP <b>2:00</b> Saturday Movie Matinee - T <b>7:00</b> Saturday Night Movie - T
<b>15</b> <b>1:30</b> Sunday Movie Matinee - T <b>2:00</b> Needlework - GP <b>3:00</b> Afternoon Symphony - T <b>7:00</b> Sunday Night Movie - T	<b>16</b> <b>9:00</b> Shopping: Topsham Fair Mall - ML <b>10:00</b> Chair Exercise - M <b>10:00</b> Writers' Group - K <b>11:00</b> Activities Committee - K <b>11:00</b> Bible Study w/Bob - M <b>11:00</b> Morning Symphony - T <b>1:00</b> Cribbage - H <b>2:00</b> Food Committee - S <b>3:00</b> Rick Steves Travelogue: Sicilian Delights - T <b>8:15</b> ESPN Monday Night Football - T	<b>17</b> <b>9:00</b> Group Fitness - F <b>9:00</b> Shopping: Hannaford - ML <b>10:00</b> Group Fitness - F <b>10:00</b> Virtual Go Green Committee - Z <b>10:00</b> Virtual Meditation - Z <b>10:30</b> Shopping: Hannaford - ML <b>1:00</b> Mahjong - K <b>3:00</b> Virtual On Parle Francais - Z	<b>18</b> <b>10:00</b> Chair Exercise - M <b>11:00</b> Virtual Mid-Week Inspiration - Z <b>1:30</b> Mahjong - K <b>2:00</b> Tai Chi - F <b>3:00</b> Biographies - Icons of History: William Jefferson Clinton & Leonardo Da Vinci - T <b>6:30</b> Opera/Musical - T	<b>19</b> <b>9:00</b> Group Fitness - F <b>10:00</b> Group Fitness - F <b>11:00</b> Morning Symphony - T <b>1:00</b> Scrabble - H <b>2:00</b> Book Readings w/Bill S. - GP <b>7:00</b> Thursday Series - T	<b>20</b> <b>9:00</b> Frosty's Donuts - H <b>9:00</b> Shopping: Maine Street - ML <b>10:00</b> Chair Exercise - M <b>11:00</b> Virtual Current Events - Z <b>1:00</b> BINGO - H <b>1:00</b> Impromptu Bridge - M <b>1:45</b> Scenic Ride - ML <b>2:00</b> Sally Davis, jazz piano & vocals - GP <b>3:00</b> Museum Secrets: Inside The ROM, Toronto - T <b>7:00</b> Documentary - T	<b>21</b> <b>9:30</b> Ping Pong - M <b>10:00</b> Relaxed Beginner Bridge - K <b>11:00</b> America's Funniest Home Videos - T <b>2:00</b> Saturday Movie Matinee - T <b>7:00</b> Saturday Night Movie - T

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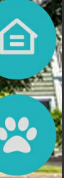


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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>22</b></p> <p><b>1:30</b> Sunday Movie Matinee - T</p> <p><b>SO</b> <b>2:00</b> Needlework - GP</p> <p><b>CC</b> <b>4:00</b> Book Chat - A Conversation About What You Are Reading - K</p> <p><b>SO</b> <b>7:00</b> Sunday Night Movie - T</p>	<p><b>23</b></p> <p><b>PR</b> <b>9:00</b> Shopping: Topsham Fair Mall - ML</p> <p><b>PY</b> <b>10:00</b> Chair Exercise - M</p> <p><b>SP</b> <b>11:00</b> Bible Study w/Bob - M</p> <p><b>SE</b> <b>11:00</b> Morning Symphony - T</p> <p><b>CC</b> <b>1:00</b> Cribbage - H</p> <p><b>SE</b> <b>3:00</b> Rick Steves Travelogue: Denmark Beyond Copenhagen - T</p> <p><b>SE</b> <b>8:15</b> ESPN Monday Night Football - T</p>	<p><b>24</b></p> <p><b>PY</b> <b>9:00</b> Group Fitness - F</p> <p><b>PR</b> <b>9:00</b> Shopping: Hannaford - ML</p> <p><b>PY</b> <b>10:00</b> Group Fitness - F</p> <p><b>SE</b> <b>10:00</b> Virtual Meditation - Z</p> <p><b>PR</b> <b>10:30</b> Shopping: Hannaford - ML</p> <p><b>CC</b> <b>1:00</b> Mahjong - K</p> <p><b>PR</b> <b>3:00</b> Virtual On Parle Francais - Z</p>	<p><b>25</b></p> <p><b>PY</b> <b>10:00</b> Chair Exercise - M</p> <p><b>SP</b> <b>11:00</b> Virtual Mid-Week Inspiration - Z</p> <p><b>CC</b> <b>1:30</b> Mahjong - K</p> <p><b>PY</b> <b>2:00</b> Tai Chi - F</p> <p><b>CC</b> <b>3:00</b> Biographies - Icons of History: Martin Luther King Jr. &amp; Michaelangelo - T</p> <p><b>SO</b> <b>6:30</b> Opera/Musical - T</p>	<p><b>26</b> <b>Thanksgiving</b></p> <p><b>SO</b> <b>11:00</b> Morning Symphony - T</p> <p><b>SO</b> <b>7:00</b> Thursday Series - T</p>	<p><b>27</b></p> <p><b>SE</b> <b>9:00</b> Frosty's Donuts - H</p> <p><b>PR</b> <b>9:00</b> Shopping: Maine Street - ML</p> <p><b>PY</b> <b>10:00</b> Chair Exercise - M</p> <p><b>PR</b> <b>11:00</b> Virtual Current Events - Z</p> <p><b>CC</b> <b>1:00</b> BINGO - H</p> <p><b>CC</b> <b>1:00</b> Impromptu Bridge - M</p> <p><b>SE</b> <b>1:45</b> Scenic Ride - ML</p> <p><b>CC</b> <b>3:00</b> Museum Secrets: Inside the Natural History Museum, London - T</p> <p><b>SO</b> <b>7:00</b> Documentary - T</p>	<p><b>28</b></p> <p><b>PY</b> <b>9:30</b> Ping Pong - M</p> <p><b>CC</b> <b>10:00</b> Relaxed Beginner Bridge - K</p> <p><b>PR</b> <b>11:00</b> America's Funniest Home Videos - T</p> <p><b>CC</b> <b>2:00</b> Discuss &amp; Recall w/Judy - GP</p> <p><b>SO</b> <b>2:00</b> Saturday Movie Matinee - T</p> <p><b>SO</b> <b>7:00</b> Saturday Night Movie - T</p>
<p><b>29</b></p> <p><b>1:30</b> Sunday Movie Matinee - T</p> <p><b>SO</b> <b>2:00</b> Needlework - GP</p> <p><b>SE</b> <b>3:00</b> Afternoon Symphony - T</p> <p><b>SO</b> <b>7:00</b> Sunday Night Movie - T</p>	<p><b>30</b></p> <p><b>PR</b> <b>9:00</b> Shopping: Topsham Fair Mall - ML</p> <p><b>PY</b> <b>10:00</b> Chair Exercise - M</p> <p><b>SP</b> <b>11:00</b> Bible Study w/Bob - M</p> <p><b>SE</b> <b>11:00</b> Morning Symphony - T</p> <p><b>CC</b> <b>1:00</b> Cribbage - H</p> <p><b>SE</b> <b>3:00</b> Rick Steves Travelogue: Basque Country- T</p> <p><b>SE</b> <b>8:15</b> ESPN Monday Night Football - T</p>	<p><b>CC</b> - Cognitive <b>CR</b> - Creative <b>E</b> - Emotional <b>PY</b> - Physical <b>PR</b> - Purposeful <b>SE</b> - Sensory <b>SO</b> - Social <b>SP</b> - Spiritual</p>	<p>Location Key: Fitness Center - F Georgetown Parlor - GP Harpwell Lounge - H Kennebec Meeting Room - K Maine Lodge Lobby - ML Merrymeeting Bay Room - M Sebasco Dining Room - S</p>	<p>Location Key Continued: Theater - T Your House - YH Zoom - Z</p>	<p>November is the month to remind us to be thankful for the many positive things happening in our lives.</p>	<p>Life Enrichment - Independent Living</p>

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