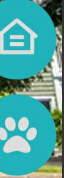




THE HIGHLANDS
A GRACE MGMT COMMUNITY

NOVEMBER 2020

30 Governors Way
Topsham, Maine 04086
207-725-2650
www.HighlandsRc.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Saving Ends	2	3 Election Day	4	5	6	7
SO 9:00 Coffee Chat PR 9:30 World New Live SP 10:00 First Congregational Church of Falmouth, MA-Live SO 1:00 Sports Highlights CC 2:00 Senior Living Puzzle Club SO 4:30 Music or Movie-Residents Choice SO 6:00 Evening Residents Choice SO 6:00 Evening Activities Residents Choice	SO 9:00 Coffee Chat PR 9:30 World New Live SP 10:00 Morning Hymns PY 10:30 Morning Stretch SE 11:00 Travelling with Rick Steves CC 11:30 Senior Living Puzzle Club SO 1:30 Bingo SO 2:45 Tea for 2 Social Hour	SO 9:00 Coffee Chat PR 9:30 World New Live SP 10:00 Morning Hymns PY 10:30 Morning Stretch SO 11:00 National Parks Tour CC 11:30 Senior Living Puzzle Club E 1:00 Irish Music w/ Trudy Callaghan PR 2:30 Election Day Poll Party: News & Results Updates PR 3:00 Family Video Chat (24 hr notice)	SO 9:00 Coffee Chat PR 9:30 World New Live SP 10:00 Morning Hymns PY 10:30 Yoga w/ Stacey SE 11:00 Travelling with Rick Steves CC 11:30 Senior Living Puzzle Club SO 1:30 Karaoke SO 2:30 Mid-Week Mock-tail Social Hour E 3:00 Anniversary of The Wizard of Oz	SO 9:00 Coffee Chat PR 9:30 World New Live SP 10:00 Morning Hymns PY 10:30 Morning Stretch SE 11:00 Travelling with Rick Steves CC 11:30 Senior Living Puzzle Club CR 2:00 Dream Catcher Craft Class SO 3:00 King of Cowboys Celebrates Roy Rogers	SO 9:00 Coffee Chat SE 10:00 Friday Funnies Video's SE 10:30 Scenic Ride (8 person limit) SO 1:00 Film Fest Friday-Residents Choice SO 1:45 College Football History-Highlighting Military Games PR 3:00 Family Video Chat (24 hr notice) PY 3:30 Yoga w/ Celia	SO 9:00 Coffee Chat CC 10:30 Senior Living Puzzle Club SO 11:00 Travelling w/ Rick Steves SO 4:30 Music or Movie-Residents Choice SO 4:30 Old Time Show-Music or Movie-Residents Choice SO 6:00 Evening Activities Residents Choice
8	9	10	11 Veterans Day	12	13	14
SO 9:00 Coffee Chat SP 10:00 First Congregational Church of Falmouth, MA-Live SO 1:00 Sports Highlights SO 1:30 Movie Matinee- Netflix CC 2:00 Senior Living Puzzle Club SO 4:30 Old Time Show SO 6:00 Evening Activities Residents Choice	SO 9:00 Coffee Chat PR 9:30 World New Live SP 10:00 Morning Hymns PY 10:30 Morning Stretch SE 11:00 Travelling with Rick Steves CC 11:30 Senior Living Puzzle Club SO 1:30 Bingo SO 2:45 Tea for 2 Social Hour CR 3:30 Nuts about Peanut Butter-Bird Feeder Craft	SO 9:00 Coffee Chat PR 9:30 World New Live SP 10:00 Morning Hymns PY 10:30 Morning Stretch SO 11:00 National Parks Tour CC 11:30 Senior Living Puzzle Club SO 1:00 Musical guest Will Ogmundson on Piano PR 3:00 Family Video Chat (24 hr notice) PR 3:30 Marine Corp Hymns & Name the Service Song/Reminisce	SO 9:00 Coffee Chat PR 9:30 World New Live SP 10:00 Morning Hymns PY 10:30 Yoga w/ Stacey SE 11:00 Travelling with Rick Steves CC 11:30 Senior Living Puzzle Club PR 1:30 Veterans Day Ceremony & Refreshments SO 2:30 Mid-Week Mock-tail Social Hour	SO 9:00 Coffee Chat PR 9:30 World New Live SP 10:00 Morning Hymns PY 10:30 Morning Stretch SE 11:00 Travelling with Rick Steves CC 11:30 Senior Living Puzzle Club CR 2:00 Rustic Box Making Craft Hour	SO 9:00 Coffee Chat SE 10:00 Friday Funnies Video's SE 10:30 Scenic Ride (8 person limit) SO 1:30 Funny Couple Friday-Great Comedy Duo's PR 3:00 Family Video Chat (24 hr notice) PY 3:30 Yoga w/ Celia	SO 9:00 Coffee Chat CC 10:30 Senior Living Puzzle Club SO 1:30 Movie Matinee- Netflix SO 4:30 Old Time Show SO 6:00 Evening Activities Residents Choice
15	16	17	18	19	20	21
SO 9:00 Coffee Chat SP 10:00 First Congregational Church of Falmouth, MA-Live SO 1:00 Sports Highlights CC 2:00 Senior Living Puzzle Club SO 4:30 Old Time Show SO 6:00 Evening Activities Residents Choice	SO 9:00 Coffee Chat PR 9:30 World New Live SP 10:00 Morning Hymns PY 10:30 Morning Stretch SE 11:00 Travelling with Rick Steves CC 11:30 Senior Living Puzzle Club SO 1:30 Bingo SO 2:45 Tea for 2 Social Hour SE 3:30 Rhythm & Blues Day	SO 9:00 Coffee Chat PR 9:30 World New Live SP 10:00 Morning Hymns PY 10:30 Morning Stretch SO 11:00 National Parks Tour CC 11:30 Senior Living Puzzle Club SE 2:00 Reuben Rye Bites Recipes & Samples PR 3:00 Family Video Chat (24 hr notice) PY 3:30 Afternoon Arm Exercise w/ Weights	SO 9:00 Coffee Chat PR 9:30 World New Live SP 10:00 Morning Hymns PY 10:30 Yoga w/ Stacey SE 11:00 Travelling with Rick Steves CC 11:30 Senior Living Puzzle Club SO 1:30 Karaoke SO 2:30 Mid-Week Mock-tail Social Hour	SO 9:00 Coffee Chat PR 9:30 World New Live SP 10:00 Morning Hymns PY 10:30 Morning Stretch SE 11:00 Travelling with Rick Steves CC 11:30 Senior Living Puzzle Club E 2:00 Musical guest Ann Sparling on the Guitar Songs w/Military Themes (Tribute)	SO 9:00 Coffee Chat SE 10:00 Friday Funnies Video's SE 10:30 Scenic Ride (8 person limit) SO 1:00 Film Fest Friday- The Smothers Brothers Day CR 2:00 Button Bracelet Craft Hour PR 3:00 Family Video Chat (24 hr notice) PY 3:30 Yoga w/ Celia	SO 9:00 Coffee Chat CC 10:30 Senior Living Puzzle Club SO 1:30 Movie Matinee- Netflix SO 4:30 Old Time Show SO 6:00 Evening Activities Residents Choice

Events are Subject to Change.

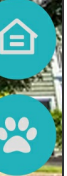


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Life Enrichment-Governor King

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 SO 9:00 Coffee Chat SP 10:00 First Congregational Church of Falmouth, MA-Live SO 1:00 Sports Highlights CC 2:00 Senior Living Puzzle Club SO 4:30 Old Time Show SO 6:00 Evening Activities Residents Choice	23 SO 9:00 Coffee Chat PR 9:30 World New Live SP 10:00 Morning Hymns PY 10:30 Morning Stretch SE 11:00 Travelling with Rick Steves CC 11:30 Senior Living Puzzle Club SO 1:30 Bingo SO 2:45 Tea for 2 Social Hour PR 3:00 That's Life Day: The Covers of Life	24 SO 9:00 Coffee Chat PR 9:30 World New Live SP 10:00 Morning Hymns PY 10:30 Morning Stretch SO 11:00 National Parks Tour CC 11:30 Senior Living Puzzle Club CC 2:00 Crime Detection Day: Unsolved Crimes PR 3:00 Family Video Chat (24 hr notice) PY 3:30 Afternoon Arm Exercise w/ Weights	25 SO 9:00 Coffee Chat PR 9:30 World New Live SP 10:00 Morning Hymns PY 10:30 Yoga w/ Stacey SE 11:00 Travelling with Rick Steves CC 11:30 World Puzzle Day Senior Living Puzzle Club SO 2:00 Give Thanks Social w/ Musical Guest Dale Kneeland SE 3:30 Mid-Week Mingle & Memories: Macy Day	26 Thanksgiving SO 9:00 Coffee Chat PR 9:30 World New Live SP 10:00 Morning Hymns PY 10:30 Morning Stretch SE 11:00 Travelling with Rick Steves CC 11:30 Senior Living Puzzle Club	27 SO 9:00 Coffee Chat SE 10:00 Friday Funnies Video's SO 1:00 Film Fest Friday- Residents Choice SE 2:30 Pet Visits w/ Estey PR 3:00 Family Video Chat (24 hr notice) PY 3:30 Yoga w/ Celia	28 SO 9:00 Coffee Chat CC 10:30 Senior Living Puzzle Club SO 1:30 Movie Matinee- Netflix SO 4:30 Old Time Show SO 6:00 Evening Activities Residents Choice
29 SO 9:00 Coffee Chat SP 10:00 First Congregational Church of Falmouth, MA-Live SO 1:00 Sports Highlights CC 2:00 Senior Living Puzzle Club SO 4:30 Old Time Show SO 6:00 Evening Activities Residents Choice	30 SO 9:00 Coffee Chat PR 9:30 World New Live SP 10:00 Morning Hymns PY 10:30 Morning Stretch SE 11:00 Travelling with Rick Steves CC 11:30 Senior Living Puzzle Club SO 1:30 Bingo SO 2:45 Tea for 2 Social Hour SE 3:30 Chocolate Mousse Day Recipe & Samples	CC - Cognitive CR - Creative E - Emotional PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual				

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