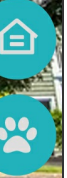




**THE HIGHLANDS**  
A GRACE MGMT COMMUNITY

# 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
1 <b>Daylight Saving Ends</b>	2	3 <b>Election Day</b>	4	5	6	7
<b>PY</b> 11:00 Chair Exercise- FCCR <b>SO</b> 2:00 Afternoon Movie- FCCR	<b>PY</b> 10:00 Chair Exercise- M <b>SO</b> 11:00 Welcome to November- FCCR <b>SE</b> 1:45 Scenic Ride- FCE <b>CO</b> 3:15 BINGO- FCCR <b>SO</b> 7:00 Resident Choice Film- FCCR	<b>SE</b> 10:30 Little Women- FCCR <b>PY</b> 11:00 Morning Exercise-FCCR <b>CO</b> 1:45 Speed Scrabble-FCCR <b>SE</b> 3:00 Wizard of Oz-FCCR <b>SO</b> 7:00 Evening Film- FCCR	<b>PY</b> 10:00 Yoga w/ Stacey- FCCR <b>SO</b> 10:30 Short Story: New York- FCCR <b>SP</b> 11:00 Bible Trivia-FCCR <b>SP</b> 11:00 Mid Week Inspiration- Z <b>PR</b> 1:45 Shopping- Target - FCE <b>CO</b> 3:30 Game- 20 Questions- FCCR	<b>PY</b> 10:30 Chair Exercise-FCCR <b>SE</b> 11:00 Nat King Cole-FCCR <b>SE</b> 1:45 Scenic Ride- FCE <b>CO</b> 3:15 Group Puzzles- FCCR <b>SO</b> 7:00 "Outlander" Season 3/Episode 9-FCCR	<b>SE</b> 11:00 Visiting Mexico-FCCR <b>SE</b> 11:30 Pet Visits- FCCR <b>CO</b> 1:45 Trivia- FCCR <b>SO</b> 3:30 Series-Historic Haunting's- FCCR <b>SO</b> 7:00 "Night on Earth: Sleepless Cities"-FCCR	<b>PY</b> 11:00 Chair Exercises-FCCR <b>SO</b> 2:00 The Wizard of Oz-FCCR
8	9	10	11 <b>Veterans Day</b>	12	13	14
<b>PY</b> 11:00 Chair Exercise-FCCR <b>SO</b> 2:00 Afternoon Movie-FCCR <b>SO</b> 2:00 Little Women- FCCR	<b>PR</b> 10:00 Healthy Facts-FCCR <b>SO</b> 10:30 Rick Steves-FCCR <b>PR</b> 11:00 Virtual HRAB Meeting-Z <b>SE</b> 1:45 Scenic Ride- FCE <b>CO</b> 3:15 BINGO-FCCR <b>SO</b> 7:00 Resident Choice Film- FCCR	<b>PY</b> 10:15 Morning Exercise-FCCR <b>SO</b> 11:00 Brooklyn Bridge- FCCR <b>CR</b> 1:45 Adult Coloring-FCCR <b>SE</b> 3:30 Vanilla Cupcake Day- FCCR <b>SO</b> 7:00 Evening Film-FCCR	<b>PY</b> 10:00 Yoga w/ Stacey-FCCR <b>CO</b> 10:30 Famous Veterans- FCCR <b>SP</b> 11:00 Mid Week Inspiration-Z <b>PR</b> 11:00 Remembering Courage- FCCR <b>PR</b> 1:45 Shopping- Target-FCE <b>CO</b> 3:30 Veterans Day Puzzles- FCCR	<b>PR</b> 10:15 Resident Forum-FCCR <b>PY</b> 11:00 Chair Exercise-FCCR <b>SE</b> 1:45 Scenic Ride-FCE <b>SO</b> 3:15 Mocktail Happy Hour- FCCR <b>SO</b> 7:00 Series-Outlander-FCCR	<b>E</b> 11:00 Positive News-FCCR <b>SE</b> 11:30 Pet Visits- FCCR <b>SE</b> 1:45 Rick Steve's-FCCR <b>SE</b> 2:45 Songs about Gratitude- FCCR <b>SO</b> 3:30 Series-Historic Haunting's- FCCR <b>SO</b> 7:00 Documentary-FCCR	<b>CO</b> 10:00 UNO- FCCR <b>CO</b> 10:30 Group Puzzles-FCCR <b>PY</b> 11:00 Chair Exercises- FCCR <b>SO</b> 2:00 Afternoon Movie- FCCR
15	16	17	18	19	20	21
<b>PY</b> 11:00 Chair Exercise-FCCR <b>SO</b> 2:00 Afternoon Movie-FCCR	<b>SO</b> 11:00 Aviation History- FCCR <b>SE</b> 1:45 Scenic Ride- FCE <b>CO</b> 3:15 BINGO-FCCR <b>SO</b> 7:00 Resident Choice Film- FCCR	<b>PY</b> 10:15 Morning Exercise-FCCR <b>SE</b> 11:00 National Parks-FCCR <b>PR</b> 1:45 Family Video Chat-FCCR <b>SE</b> 3:30 Sing Along w/ Marilyn- FCCR <b>SO</b> 7:00 Evening Film-FCCR	<b>PY</b> 10:00 Yoga w/ Stacey- FCCR <b>SP</b> 10:30 Daily Devotional- FCCR <b>SP</b> 11:00 Mid Week Inspiration-Z <b>CO</b> 11:00 Morning Trivia-FCCR <b>PR</b> 1:45 Shopping- Target-FCE <b>CR</b> 3:30 Door Decor- FCCR	<b>SE</b> 10:15 Gettysburg Address- FCCR <b>PY</b> 11:00 Chair Exercise-FCCR <b>SE</b> 1:45 Scenic Ride- FCE <b>CO</b> 3:15 Apples to Apples-FCCR <b>SO</b> 7:00 Series-Outlander-FCCR	<b>E</b> 10:30 Morning Comedy-FCCR <b>E</b> 11:00 Positive News-FCCR <b>SE</b> 11:30 Pet Visits- FCCR <b>SE</b> 1:45 Rick Steve's- FCCR <b>CO</b> 3:30 Speed Scrabble- FCCR <b>SO</b> 7:00 Documentary-FCCR	<b>PY</b> 11:00 Chair Exercises-FCCR <b>SO</b> 2:00 Afternoon Movie-FCCR
22	23	24	25	26 <b>Thanksgiving</b>	27	28
<b>PY</b> 11:00 Chair Exercise- FCCR <b>SO</b> 2:00 Afternoon Movie-FCCR	<b>SO</b> 11:00 Inspiring People-FCCR <b>SE</b> 1:45 Scenic Ride- FCCR <b>CO</b> 3:15 BINGO-FCCR <b>SO</b> 7:00 Resident Choice Film- FCCR	<b>PY</b> 10:15 Morning Exercise- FCCR <b>SE</b> 11:00 Favorite Thanksgiving Traditions-FCCR <b>SO</b> 1:45 Short Story-FCCR <b>SE</b> 3:30 Pumpkin Pie Cups-FCCR <b>SO</b> 7:00 Evening Film-FCCR	<b>PY</b> 10:00 Yoga w/ Stacey-FCCR <b>SE</b> 10:30 Thanksgiving Reflections- FCCR <b>SE</b> 11:00 Macy's Parade-FCCR <b>SP</b> 11:00 Mid Week Inspiration-Z <b>PR</b> 1:45 Shopping-Target-FCE <b>SE</b> 3:30 Sing Along w/ Dale- FCCR	<b>PY</b> 12:00 Happy Thanksgiving! <b>PY</b> 11:00 Chair Exercise-FCCR <b>SO</b> 2:00 Series-Outlander-FCCR	<b>PY</b> 11:00 Chair Exercise-FCCR <b>SO</b> 2:00 Afternoon Movie- FCCR <b>SO</b> 7:00 Documentary-FCCR	<b>PY</b> 11:00 Chair Exercise- FCCR <b>SO</b> 2:00 Afternoon Movie- FCCR
29	30					
<b>PY</b> 11:00 Chair Exercise-FCCR <b>SO</b> 2:00 Afternoon Movie-FCCR	<b>CO</b> 11:00 Underwater Treasures- FCCR <b>SE</b> 1:45 Scenic Ride- FCE <b>CO</b> 3:15 BINGO-FCCR <b>SO</b> 7:00 Resident Choice Film- FCCR	<b>CO</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	Friendship Cove Community Room- FCCR Fitness Center Entrance-FCE Zoom-Z	Hello November! Thank you for reminding us that we have so much to be grateful for.	Life Enrichment- Friendship Cove	

Events are Subject to Change.