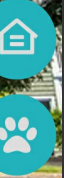




**THE HIGHLANDS**  
A GRACE MGMT COMMUNITY

# JANUARY 2021

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>CC</b> - Cognitive <b>CR</b> - Creative <b>E</b> - Emotional <b>I</b> - Intergenerational <b>PY</b> - Physical <b>PR</b> - Purposeful <b>SE</b> - Sensory <b>SO</b> - Social <b>SP</b> - Spiritual</p>	<p>Fitness Center Entrance- FCE Zoom- Z Friendship Cove Community Room- FCCR Merrymeeting Bay Room- M Theater- T Georgetown Parlor- GP</p>				<p><b>1</b> <b>New Year's Day</b> <b>2</b></p> <p><b>PY</b> <b>11:00</b> Chair Exercise - FCCR <b>SO</b> <b>7:00</b> Documentary-T</p>	<p><b>SO</b> <b>2:00</b> Afternoon Film -FCCR <b>SO</b> <b>2:00</b> Saturday Movie-"Grumpier Old Men"- T <b>SO</b> <b>7:00</b> Saturday Night Movie- T</p>
<p><b>3</b></p> <p><b>SO</b> <b>1:30</b> Sunday Movie -T <b>SO</b> <b>2:00</b> Afternoon Film - FCCR <b>SO</b> <b>7:00</b> Sunday Night Movie-T</p>	<p><b>4</b></p> <p><b>SE</b> <b>10:30</b> Billboard Day - Music from the 40's - FCCR <b>CC</b> <b>11:00</b> National Trivia Day- FCCR <b>SE</b> <b>1:45</b> Scenic Ride- FCE <b>CC</b> <b>3:15</b> BINGO-FCCR <b>SO</b> <b>7:00</b> Resident Choice Film- FCCR</p>	<p><b>5</b></p> <p><b>PY</b> <b>10:15</b> Chair Exercise- FCCR <b>CR</b> <b>11:00</b> National Bird Day- Homemade Bird Feeders - FCCR <b>CC</b> <b>1:45</b> Group Puzzles - FCCR <b>SE</b> <b>2:00</b> Virtual Tuesday @ 2: A Massachusetts Road Trip From the Cape to the Berkshires w/Michael Perry - Z&amp;M <b>SE</b> <b>3:30</b> Fads and Fashions of the 1940s- FCCR <b>SO</b> <b>7:00</b> Evening Film- FCCR</p>	<p><b>6</b></p> <p><b>I</b> <b>10:30</b> Morning Baby Videos- FCCR <b>SP</b> <b>11:00</b> Mid Week Inspiration w/ Bob- Z <b>SE</b> <b>11:00</b> Star of the Month – Joan Crawford - FCCR <b>CC</b> <b>1:45</b> Name that Tune - FCCR <b>SE</b> <b>3:30</b> Apple Tree Day- Apple Crisp Social - FCCR <b>SO</b> <b>6:30</b> Opera/Musical- T</p>	<p><b>7</b></p> <p><b>SO</b> <b>10:30</b> Floating Across the Channel Day - FCCR <b>PY</b> <b>11:00</b> Chair Exercise- FCCR <b>SE</b> <b>11:00</b> Morning Symphony-T <b>CC</b> <b>11:00</b> Virtual Winter Wisdom: Music as a Form of Community in the Time of Covid - M <b>SE</b> <b>1:45</b> Scenic Ride - FCCR <b>CC</b> <b>3:15</b> Afternoon Game: Name that Flag - FCCR <b>SO</b> <b>7:00</b> Thursday Series-"Outlander"- T</p>	<p><b>8</b></p> <p><b>E</b> <b>10:30</b> Friday Positive News - FCCR <b>SO</b> <b>11:00</b> Show and Tell Day- FCCR <b>SO</b> <b>1:45</b> Rick Steve's Travelogue - FCCR <b>CC</b> <b>3:30</b> Afternoon Game: UNO <b>SO</b> <b>7:00</b> Documentary-T</p>	<p><b>9</b></p> <p><b>SO</b> <b>2:00</b> Afternoon Film -FCCR <b>SO</b> <b>2:00</b> Saturday Movie-"Grumpier Old Men"- T <b>SO</b> <b>7:00</b> Saturday Night Movie- T</p>
<p><b>10</b></p> <p><b>SO</b> <b>1:30</b> Sunday Movie -T <b>SO</b> <b>1:30</b> Sunday Movie -T <b>SO</b> <b>2:00</b> Afternoon Film - FCCR <b>SO</b> <b>7:00</b> Sunday Night Movie-T</p>	<p><b>11</b></p> <p><b>SE</b> <b>10:30</b> "I Love Lucy" Funny Moments - FCCR <b>SE</b> <b>11:00</b> Grand Canyon Day - FCCR <b>SE</b> <b>1:45</b> Scenic Ride- FCE <b>CC</b> <b>3:15</b> BINGO-FCCR <b>SO</b> <b>7:00</b> Resident Choice Film- FCCR</p>	<p><b>12</b></p> <p><b>PY</b> <b>10:15</b> Chair Exercise- FCCR <b>SO</b> <b>11:00</b> National Parks - FCCR <b>SE</b> <b>3:00</b> Virtual Concert: Clare Longendyke, pianist presents, "Clare's Piano Favorites"- Special Invitation &amp; M <b>CC</b> <b>3:30</b> Afternoon Game: Scrabble - FCCR <b>SO</b> <b>7:00</b> Evening Film- FCCR</p>	<p><b>13</b></p> <p><b>CR</b> <b>10:30</b> Art Group: Adult Coloring - FCCR <b>SP</b> <b>11:00</b> Mid Week Inspiration w/ Bob- Z <b>CC</b> <b>1:45</b> Afternoon Game : List it - FCCR <b>CC</b> <b>3:30</b> Who Am I ? - FCCR <b>SO</b> <b>6:30</b> Opera/Musical- T</p>	<p><b>14</b></p> <p><b>PR</b> <b>10:15</b> Resident Forum - FCCR <b>PY</b> <b>11:00</b> Chair Exercise- FCCR <b>SE</b> <b>11:00</b> Morning Symphony-T <b>CC</b> <b>11:00</b> Virtual Winter Wisdom: Universal Basic Income (UBI) in a Post Pandemic World - M <b>SE</b> <b>1:45</b> Scenic Ride - FCE <b>CC</b> <b>3:30</b> Boston Tea Party Reading - FCCR <b>SO</b> <b>7:00</b> Thursday Series-"Outlander"- T</p>	<p><b>15</b></p> <p><b>SP</b> <b>10:30</b> Bible Trivia - FCCR <b>E</b> <b>11:00</b> Friday Positive News- FCCR <b>SE</b> <b>1:45</b> Story Creations - FCCR <b>SE</b> <b>3:30</b> Strawberry Ice Cream Day Social - FCCR <b>SO</b> <b>7:00</b> Documentary-T</p>	<p><b>16</b></p> <p><b>SO</b> <b>2:00</b> Afternoon Film -FCCR <b>SO</b> <b>2:00</b> Saturday Movie-"Grumpier Old Men"- T <b>SO</b> <b>7:00</b> Saturday Night Movie- T</p>

Events are Subject to Change.

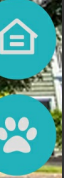


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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>17</b> <b>SO</b> 1:30 Sunday Movie -T <b>SO</b> 2:00 Afternoon Film - FCCR <b>SO</b> 7:00 Sunday Night Movie-T	<b>18</b> <b>Martin Luther King Day</b> <b>SE</b> 11:00 Martin Luther King Jr. Day- FCCR <b>SE</b> 1:45 Scenic Ride- FCE <b>CC</b> 3:15 BINGO-FCCR <b>SO</b> 7:00 Resident Choice Film-FCCR	<b>19</b> <b>PY</b> 10:15 Chair Exercise- FCCR <b>CC</b> 11:00 Exploring Countries- FCCR <b>CC</b> 1:45 Afternoon Group Puzzles- FCCR <b>SE</b> 3:30 Root Beer Float Social - FCCR <b>SO</b> 7:00 Evening Film- FCCR	<b>20</b> <b>Inauguration Day</b> <b>SO</b> 10:30 The Most Popular Candy the Year You Were Born - FCCR <b>SP</b> 11:00 Mid Week Inspiration w/ Bob- Z <b>PR</b> 11:00 Second Man on the Moon Day - FCCR <b>CR</b> 1:45 Art Group: Adult Coloring - FCCR <b>I</b> 3:30 Wii Sports- FCCR <b>SO</b> 6:30 Opera/Musical- T	<b>21</b> <b>SO</b> 10:30 Christian Dior Day - 100 Years of Fashion - FCCR <b>PY</b> 11:00 Chair Exercise- FCCR <b>SE</b> 11:00 Morning Symphony-T <b>SE</b> 1:45 Scenic Ride - FCE <b>CR</b> 3:15 Jewelry Creations - FCCR <b>SO</b> 7:00 Thursday Series-"Outlander"- T	<b>22</b> <b>SO</b> 10:30 The Most Beautiful Small Towns in America - FCCR <b>E</b> 11:00 Friday Positive News-FCCR <b>SO</b> 1:45 Rick Steve's Travelogue - FCCR <b>CR</b> 3:30 Art Group - FCCR <b>SO</b> 7:00 Documentary-T	<b>23</b> <b>SO</b> 2:00 Afternoon Film -FCCR <b>SO</b> 2:00 Saturday Movie-"Grumpier Old Men"- T <b>SO</b> 7:00 Saturday Night Movie- T
<b>24</b> <b>SO</b> 1:30 Sunday Movie -T <b>SO</b> 2:00 Afternoon Film - FCCR <b>SO</b> 7:00 Sunday Night Movie-T	<b>25</b> <b>SE</b> 10:30 Marshmallow Monday - Cocoa with Marshmallows - FCCR <b>SE</b> 11:00 Royal Wedding Anniversary - FCCR <b>SE</b> 1:45 Scenic Ride- FCE <b>CC</b> 3:15 BINGO-FCCR <b>SO</b> 7:00 Resident Choice Film-FCCR	<b>26</b> <b>PY</b> 10:15 Chair Exercise- FCCR <b>SO</b> 11:00 Rocky Mountain National Park Established - FCCR <b>SE</b> 1:45 Phantom of the Opera Premiere - FCCR <b>SE</b> 3:30 Tea and Trivia Tuesday - FCCR <b>SO</b> 7:00 Evening Film- FCCR	<b>27</b> <b>SE</b> 10:30 Wintertime Memories Day - FCCR <b>SP</b> 11:00 Mid Week Inspiration w/ Bob- Z <b>SE</b> 1:45 National Geographic Society Day - National Geographic Video - FCCR <b>SE</b> 3:30 Chocolate Cake Day - Chocolate Cake Day Social - FCCR <b>SO</b> 6:30 Opera/Musical- T	<b>28</b> <b>SO</b> 10:30 "Sweet Home Chicago" - FCCR <b>PY</b> 11:00 Chair Exercise- FCCR <b>SE</b> 11:00 Morning Symphony-T <b>CC</b> 11:00 Virtual Winter Wisdom: The Vikings Raids in Ireland: 790-1000 - M <b>SE</b> 1:45 Scenic Ride - FCE <b>CC</b> 3:15 Afternoon Game - Scrabble - FCCR <b>SO</b> 7:00 Thursday Series-"Outlander"- T	<b>29</b> <b>E</b> 10:30 Friday Positive News-FCCR <b>CC</b> 11:00 National Puzzle Day - Group Puzzles - FCCR <b>SO</b> 1:45 Rick Steve's Travelogue - FCCR <b>CC</b> 3:30 Afternoon Game : UNO <b>SO</b> 7:00 Documentary-T	<b>30</b> <b>SO</b> 2:00 Afternoon Film -FCCR <b>SO</b> 2:00 Saturday Movie-"Grumpier Old Men"- T <b>SO</b> 7:00 Saturday Night Movie- T
<b>31</b> <b>SO</b> 1:30 Sunday Movie -T <b>SO</b> 2:00 Afternoon Film - FCCR <b>SO</b> 7:00 Sunday Night Movie-T						

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