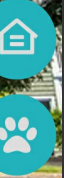




THE HIGHLANDS
A GRACE MGMT COMMUNITY

JANUARY 2021

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CC - Cognitive CR - Creative PY - Physical PR - Purposeful SE - Sensory SO - Social SP - 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>1 New Year's Day 2</p> <p>CC 3:00 Museum Secrets: Inside the Egyptian Museum - T</p> <p>SO 7:00 Documentary - T</p>	<p>CC 10:00 Relaxed Beginner Bridge - K</p> <p>PR 11:00 America's Funniest Home Videos - T</p> <p>SO 2:00 Saturday Movie Matinee - T</p> <p>SO 7:00 Saturday Night Movie - T</p>
<p>3</p> <p>SO 1:30 Sunday Movie Matinee - T</p> <p>SE 2:00 Needlework - GP</p> <p>SE 3:00 Afternoon Symphony - T</p> <p>SO 7:00 Sunday Night Movie - T</p>	<p>4</p> <p>SE 11:00 Morning Symphony - T</p> <p>CC 1:00 Cribbage - H</p> <p>SE 3:00 Rick Steves Travelogue: Salzburg & Surroundings - T</p> <p>SE 7:00 Documentary: Our Planet - High Seas (Netflix) - T</p>	<p>5</p> <p>SE 10:00 Virtual Meditation - Z & K</p> <p>CC 1:00 Mahjong - K</p> <p>SE 2:00 Virtual Tuesday @ 2: A Massachusetts Road Trip From the Cape to the Berkshires w/Michael Perry - M & Z</p> <p>PR 3:00 Virtual On Parle Francais - Z</p>	<p>6</p> <p>SP 11:00 Virtual Mid-Week Inspiration - Z & M</p> <p>CC 1:30 Mahjong - K</p> <p>CC 3:00 Secrets Of Great British Castles: Dover Castle (YouTube) - T</p> <p>SO 6:30 Opera/Musical - T</p>	<p>7</p> <p>SE 10:00 Morning Symphony - T</p> <p>CC 11:00 Virtual Winter Wisdom: Music as a Form of Community in the Time of Covid - M</p> <p>CC 1:00 Scrabble - H</p> <p>CC 1:30 Mahjong - K</p> <p>SO 2:00 Book Readings w/Bill S. - GP</p> <p>SO 7:00 Thursday Series - T</p>	<p>8</p> <p>SE 9:00 Frosty's Donuts - H</p> <p>PR 11:00 Virtual Current Events - Z</p> <p>CC 1:00 BINGO - H</p> <p>CC 1:00 Impromptu Bridge - M</p> <p>SE 1:45 Scenic Ride - ML</p> <p>CC 3:00 Museum Secrets: Inside the Metropolitan Museum, New York - T</p> <p>SO 7:00 Documentary - T</p>	<p>9</p> <p>CC 10:00 Relaxed Beginner Bridge - K</p> <p>PR 11:00 America's Funniest Home Videos - T</p> <p>CC 1:00 Intermediate Bridge - M</p> <p>CC 2:00 Discuss & Recall: School Snow Days w/Judy - GP</p> <p>SO 2:00 Saturday Movie Matinee - T</p> <p>SO 7:00 Saturday Night Movie - T</p>
<p>10</p> <p>SO 1:30 Sunday Movie Matinee - T</p> <p>SO 2:00 Needlework - GP</p> <p>CC 4:00 Book Chat- A Conversation About What You Are Reading - K</p> <p>SO 7:00 Sunday Night Movie - T</p>	<p>11</p> <p>SE 11:00 Morning Symphony - T</p> <p>PR 11:00 Virtual HRAB Meeting - Z</p> <p>CC 1:00 Cribbage - H</p> <p>SO 1:00 Entertainment: Big Band Songs of the 40s w/Jim Whitney - GP</p> <p>SE 3:00 Rick Steves Travelogue: The Netherlands & Beyond Amsterdam - T</p> <p>SE 7:00 Documentary: Our Planet - From Deserts to Grasslands (Netflix) - T</p>	<p>12</p> <p>SE 10:00 Virtual Meditation - Z & K</p> <p>CC 1:00 Mahjong - K</p> <p>SE 3:00 Virtual Concert: Clare Longendyke, pianist presents, "Clare's Piano Favorites"- CLL</p> <p>PR 3:00 Virtual On Parle Francais - Z</p>	<p>13</p> <p>SP 11:00 Virtual Mid-Week Inspiration - Z & M</p> <p>CC 1:30 Mahjong - K</p> <p>PY 2:00 ML Residents Inside Game: Cornhole - M</p> <p>CC 3:00 Secrets Of Great British Castles - Edinburgh Castle (YouTube) - T</p> <p>SO 6:30 Opera/Musical - T</p>	<p>14</p> <p>SE 10:00 Morning Symphony - T</p> <p>CC 11:00 Virtual Winter Wisdom: Universal Basic Income (UBI) in a Post Pandemic World - M</p> <p>CC 1:00 Scrabble - H</p> <p>CC 1:30 Mahjong - K</p> <p>SO 2:00 Book Readings w/Bill S. - GP</p> <p>2:00 Caregiver Support Group - K</p> <p>SO 7:00 Thursday Series - T</p>	<p>15</p> <p>SE 9:00 Frosty's Donuts - H</p> <p>PR 9:00 Podiatry Services - B</p> <p>PR 11:00 Virtual Current Events - Z</p> <p>SO 7:00 Documentary - T</p>	<p>16</p> <p>CC 10:00 Relaxed Beginner Bridge - K</p> <p>PR 11:00 America's Funniest Home Videos - T</p> <p>CC 1:00 Intermediate Bridge - M</p> <p>SO 2:00 Saturday Movie Matinee - T</p> <p>SO 7:00 Saturday Night Movie - T</p>

Events are Subject to Change.

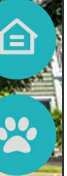


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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17</p> <p>1:30 Sunday Movie Matinee - T</p> <p>SO 2:00 Needlework - GP</p> <p>SE 3:00 Afternoon Symphony - T</p> <p>SO 7:00 Sunday Night Movie - T</p>	<p>18 Martin Luther King Day</p> <p>SE 11:00 Morning Symphony - T</p> <p>CO 1:00 Cribbage - H</p> <p>PR 2:00 Food Committee - S</p> <p>SE 3:00 Rick Steves Travelogue: Budapest: The Best of Hungary - T</p> <p>SE 7:00 Documentary: Our Planet - Jungles (Netflix) - T</p>	<p>19</p> <p>CR 10:00 Virtual Go Green Committee - Z</p> <p>SE 10:00 Virtual Meditation - Z & K</p> <p>CO 1:00 Mahjong - K</p> <p>SO 2:00 Virtual Entertainment: Sing-along w/Flash Allen - Z&M</p> <p>PR 3:00 Virtual On Parle Francais - Z</p>	<p>20 Inauguration Day</p> <p>SP 11:00 Virtual Mid-Week Inspiration - Z & M</p> <p>CO 1:00 Virtual Winter Wisdom: Remembering Topsham w/Bob Williams - T</p> <p>CO 1:30 Mahjong - K</p> <p>CO 3:00 Secrets Of Great British Castles: Caernarfon Castle (YouTube) - T</p> <p>SO 6:30 Opera/Musical - T</p>	<p>21</p> <p>SE 10:00 Morning Symphony - T</p> <p>CO 1:00 Scrabble - H</p> <p>CO 1:30 Mahjong - K</p> <p>SO 2:00 Book Readings w/Bill S. - GP</p> <p>SO 7:00 Thursday Series - T</p>	<p>22</p> <p>SE 9:00 Frosty's Donuts - H</p> <p>PR 11:00 Virtual Current Events - Z</p> <p>CO 1:00 BINGO - H</p> <p>CO 1:00 Impromptu Bridge - M</p> <p>SE 1:45 Scenic Ride - ML</p> <p>CO 3:00 Museum Secrets: Inside the State Hermitage Museum - T</p> <p>SO 7:00 Documentary - T</p>	<p>23</p> <p>CO 10:00 Relaxed Beginner Bridge - K</p> <p>PR 11:00 America's Funniest Home Videos - T</p> <p>CO 1:00 Intermediate Bridge - M</p> <p>CO 2:00 Discuss & Recall: Fads & Fashions of the 40s w/Judy - GP</p> <p>SO 2:00 Saturday Movie Matinee - T</p> <p>SO 7:00 Saturday Night Movie - T</p>
<p>24</p> <p>1:30 Sunday Movie Matinee - T</p> <p>SO 2:00 Needlework - GP</p> <p>CO 4:00 Book Chat- A Conversation About What You Are Reading - K</p> <p>SO 7:00 Sunday Night Movie - T</p>	<p>25</p> <p>SE 11:00 Morning Symphony - T</p> <p>CO 1:00 Cribbage - H</p> <p>SE 3:00 Rick Steves Travelogue: Paris Side-Trips - T</p> <p>SE 7:00 Documentary: Our Planet - Forests (Netflix) - T</p>	<p>26</p> <p>SE 10:00 Virtual Meditation - Z & K</p> <p>CO 1:00 Mahjong - K</p> <p>CO 2:00 Virtual Tuesday @ 2: The History of Acadia National Park w/Historian, David Ramsay - CLL</p> <p>PR 3:00 Virtual On Parle Francais - Z</p>	<p>27</p> <p>SP 11:00 Virtual Mid-Week Inspiration - Z & M</p> <p>CO 1:30 Mahjong - K</p> <p>PY 2:00 ML Residents Inside Game: Bowling - M</p> <p>CO 3:00 Secrets Of Great British Castles: Stirling Castle (YouTube) - T</p> <p>SO 6:30 Opera/Musical - T</p>	<p>28</p> <p>SE 10:00 Morning Symphony - T</p> <p>CO 11:00 Virtual Winter Wisdom: The Vikings Raids in Ireland: 790-1000 - M</p> <p>CO 1:00 Scrabble - H</p> <p>CO 1:30 Mahjong - K</p> <p>SO 2:00 Book Readings w/Bill S. - GP</p> <p>PR 3:00 Virtual Chef Demo w/Andy - Z&M</p> <p>SO 7:00 Thursday Series - T</p>	<p>29</p> <p>SE 9:00 Frosty's Donuts - H</p> <p>PR 11:00 Virtual Current Events - Z</p> <p>CO 1:00 BINGO - H</p> <p>CO 1:00 Impromptu Bridge - M</p> <p>SE 1:45 Scenic Ride - ML</p> <p>CO 3:00 Museum Secrets: Inside The ROM, Toronto - T</p> <p>SO 7:00 Documentary - T</p>	<p>30</p> <p>CO 10:00 Relaxed Beginner Bridge - K</p> <p>PR 11:00 America's Funniest Home Videos - T</p> <p>CO 1:00 Intermediate Bridge - M</p> <p>SO 2:00 Saturday Movie Matinee - T</p> <p>SO 7:00 Saturday Night Movie - T</p>
<p>31</p> <p>1:30 Sunday Movie Matinee - T</p> <p>SO 2:00 Needlework - GP</p> <p>SE 3:00 Afternoon Symphony - T</p> <p>SO 7:00 Sunday Night Movie - T</p>						

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