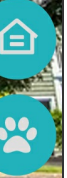




THE HIGHLANDS
A GRACE MGMT COMMUNITY

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 E - Emotional I - Intergenerational PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual</p>					<p>1 New Year's Day 2</p> <p>SO 9:00 Coffee Chat SO 10:00 Morning Music & Melodies CC 10:30 Senior Living Puzzle Club SO 1:00 Film Fest Friday-Residents Choice SO 2:00 Ice Cream Social PR 3:00 Family Video Chat (Cancelled due to Holiday) 3:30 Fab 40's Music Memories</p>	<p>SO 9:00 Coffee Chat CC 10:30 Senior Living Puzzle Club SO 1:00 Sports Highlights SO 4:30 Old Time Show SO 6:00 Evening Activities Residents Choice</p>
<p>3</p> <p>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</p>	<p>4</p> <p>SO 9:00 Coffee Chat PR 9:30 World New Live PR 10:00 Morning Choir Uplifting Music PY 10:30 Morning Stretch SE 11:00 Travelling Around The World CC 11:30 Senior Living Puzzle Club SO 1:30 Bingo SO 2:45 Tea for 2 Social Hour SO 3:30 Anniversary of Grimm Fairy Tales-1785</p>	<p>5</p> <p>SO 9:00 Coffee Chat PR 9:30 World New Live PR 10:00 Traditional Hymns PY 10:30 Morning Stretch SO 11:00 National Parks Tour CC 11:30 Senior Living Puzzle Club SE 1:30 National Bird Day-Art PR 3:00 Family Video Chat (24 hr notice) SE 3:30 Curse of the Bambino</p>	<p>6</p> <p>SO 9:00 Coffee Chat PR 9:30 World New Live SO 10:00 Morning Song Bird (Karaoke) PY 10:30 Morning Stretch SE 11:00 Travelling Around The World CC 1:30 Scrabble SO 3:30 Mid-Week Mock-tail Social Hour SO 4:00 Wheel of Fortune Wednesday</p>	<p>7</p> <p>SO 9:00 Coffee Chat PR 9:30 World New Live SE 10:15 Scenic Ride (8 person limit) I 10:30 Cute Baby Videos SO 1:00 Burns & Allen 1926 PY 2:30 Cornhole Challenge SO 3:30 Dean Martin Variety Hour</p>	<p>8</p> <p>SO 9:00 Coffee Chat CR 9:30 Morning Poetry- You Tube CR 10:00 Knitting & Crochet Club SO 1:00 Film Fest Friday-Residents Choice SO 2:00 Ice Cream Social CC 2:15 Poker/Cards PR 3:00 Family Video Chat (24 hr notice) E 3:30 Elvis Day: Birthday 1935</p>	<p>9</p> <p>SO 9:00 Coffee Chat CC 10:30 Senior Living Puzzle Club SO 1:00 Sports Highlights SO 4:30 Old Time Show SO 6:00 Evening Activities Residents Choice</p>
<p>10</p> <p>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</p>	<p>11</p> <p>SO 9:00 Coffee Chat PR 9:30 World New Live PR 10:00 Morning Choir Uplifting Music PY 10:30 Morning Stretch SE 11:00 Grand Canyon Day (1908)-National Parks CC 11:30 Senior Living Puzzle Club SO 1:30 Bingo SO 2:45 Tea for 2 Social Hour SE 3:30 American Muscle Cars & More</p>	<p>12</p> <p>SO 9:00 Coffee Chat PR 9:30 World New Live PR 10:00 Traditional Hymns PY 10:30 Morning Stretch CC 11:30 Senior Living Puzzle Club CR 1:30 Wood Working-Craft PR 3:00 Family Video Chat (24 hr notice) SO 3:30 Karaoke Sing a Long</p>	<p>13</p> <p>SO 9:00 Coffee Chat PR 9:30 World New Live SO 10:00 Morning Song Bird (Karaoke) PY 10:30 Morning Stretch SE 11:00 Travelling Around The World CC 1:30 Crossword Puzzles SO 3:30 Mid-Week Mock-tail Social Hour E 4:00 Wheel of Fortune Wednesday</p>	<p>14</p> <p>SO 9:00 Coffee Chat PR 9:30 World New Live SE 10:15 Scenic Ride (8 person limit) I 10:30 Child Prodigy Musicians-You tube PY 1:30 Shuffleboard SO 3:00 Western Movie</p>	<p>15</p> <p>SO 9:00 Coffee Chat CR 9:30 Morning Poetry- You Tube CR 10:00 Knitting & Crochet Club SO 1:00 Film Fest Friday-Residents Choice SO 2:00 Ice Cream Social CC 2:15 You Tell The Story/Creative Minds PR 3:00 Family Video Chat (24 hr notice) SO 3:30 The Man with the Golden Arm-(1955)</p>	<p>16</p> <p>SO 9:00 Coffee Chat CC 10:30 Senior Living Puzzle Club SO 1:00 Sports Highlights SO 4:30 Old Time Show SO 6:00 Evening Activities Residents Choice</p>

Events are Subject to Change.

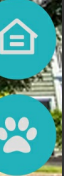


THE HIGHLANDS
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JANUARY 2021

Life Enrichment-Governor King

30 Governors Way
Topsham, Maine 04086
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17</p> <p>SO 9:00 Coffee Chat</p> <p>SP 10:00 First Congregational Church of Falmouth, MA-Live</p> <p>SO 1:00 Sports Highlights</p> <p>CC 2:00 Senior Living Puzzle Club</p> <p>SO 4:30 Old Time Show</p> <p>SO 6:00 Evening Activities Residents Choice</p>	<p>18 Martin Luther King Day</p> <p>SO 9:00 Coffee Chat</p> <p>PR 9:30 World New Live</p> <p>PR 10:00 Morning Choir Uplifting Music</p> <p>PY 10:30 Morning Stretch</p> <p>SE 11:00 Travelling Around The World</p> <p>CC 11:30 Senior Living Puzzle Club</p> <p>SO 1:30 Bingo</p> <p>SO 2:45 Tea for 2 Social Hour</p> <p>PR 3:30 Martin Luther King, Jr. Day Documentary</p>	<p>19</p> <p>SO 9:00 Coffee Chat</p> <p>PR 9:30 World New Live</p> <p>PR 10:00 Traditional Hymns</p> <p>PY 10:30 Morning Stretch</p> <p>SO 11:00 National Parks Tour</p> <p>CC 11:30 Senior Living Puzzle Club</p> <p>CR 1:30 Craft Class</p> <p>PR 3:00 Family Video Chat (24 hr notice)</p> <p>SO 3:30 Karaoke Sing a Long</p>	<p>20 Inauguration Day</p> <p>SO 9:00 Coffee Chat</p> <p>PR 9:30 World New Live</p> <p>SO 10:00 Morning Song Bird (Karaoke)</p> <p>PY 10:30 Morning Stretch</p> <p>SE 11:00 Born Free Day: Travelling to Africa</p> <p>CC 1:30 Banana Gram: Word Game</p> <p>SO 3:30 Mid-Week Mock-tail Social Hour</p> <p>E 4:00 Wheel of Fortune Wednesday</p>	<p>21</p> <p>SO 9:00 Coffee Chat</p> <p>PR 9:30 World New Live</p> <p>SE 10:15 Scenic Ride (8 person limit)</p> <p>I 10:30 Cute Baby Videos</p> <p>PY 1:30 Crazy Croquet Challenge</p> <p>SO 3:00 Movie: Suddenly (1954)</p> <p>E 4:00 Music & Memories</p>	<p>22</p> <p>SO 9:00 Coffee Chat</p> <p>CR 9:30 Morning Poetry- You Tube</p> <p>CR 10:00 Knitting & Crochet Club</p> <p>SO 1:00 Film Fest Friday- Residents Choice</p> <p>SO 2:00 Ice Cream Social</p> <p>CC 2:15 Cranium Crunch</p> <p>PR 3:00 Family Video Chat (24 hr notice)</p> <p>SO 3:30 Young at Heart-(1954)</p>	<p>23</p> <p>SO 9:00 Coffee Chat</p> <p>CC 10:30 Senior Living Puzzle Club</p> <p>SO 1:00 Sports Highlights</p> <p>SO 4:30 Old Time Show</p> <p>SO 6:00 Evening Activities Residents Choice</p>
<p>24</p> <p>SO 9:00 Coffee Chat</p> <p>SP 10:00 First Congregational Church of Falmouth, MA-Live</p> <p>SO 1:00 Sports Highlights</p> <p>CC 2:00 Senior Living Puzzle Club</p> <p>SO 4:30 Old Time Show</p> <p>SO 6:00 Evening Activities Residents Choice</p>	<p>25</p> <p>SO 9:00 Coffee Chat</p> <p>PR 9:30 World New Live</p> <p>PR 10:00 Morning Choir Uplifting Music</p> <p>PY 10:30 Morning Stretch</p> <p>SE 11:00 Travelling Around The World</p> <p>CC 11:30 Senior Living Puzzle Club</p> <p>SO 1:30 Bingo</p> <p>SO 2:45 Tea for 2 Social Hour</p> <p>CC 3:00 Opposite Day- Game</p>	<p>26</p> <p>SO 9:00 Coffee Chat</p> <p>PR 9:30 World New Live</p> <p>PR 10:00 Traditional Hymns</p> <p>PY 10:30 Morning Stretch</p> <p>SO 11:00 National Parks: Rocky Mountain National Park (1915)</p> <p>CC 11:30 Senior Living Puzzle Club</p> <p>PR 3:00 Family Video Chat (24 hr notice)</p> <p>SE 3:30 A Night at the Symphony</p>	<p>27</p> <p>SO 9:00 Coffee Chat</p> <p>PR 9:30 World New Live</p> <p>SO 10:00 Morning Song Bird (Karaoke)</p> <p>PY 10:30 Morning Stretch</p> <p>SE 11:00 Travelling Around The World</p> <p>SO 1:30 Board Games</p> <p>SO 3:30 Mid-Week Mock-tail Social Hour</p> <p>E 4:00 Wheel of Fortune Wednesday</p>	<p>28</p> <p>SO 9:00 Coffee Chat</p> <p>PR 9:30 World New Live</p> <p>SE 10:15 Scenic Ride (8 person limit)</p> <p>I 10:30 Kids say the Darndest Things</p> <p>PY 1:30 Bocce Ball Challenge</p> <p>SO 3:00 Movie: Sundown (1941)</p>	<p>29</p> <p>SO 9:00 Coffee Chat</p> <p>CC 9:30 Fab Forties Friday- Trivia</p> <p>CR 10:00 Knitting & Crochet Club</p> <p>SO 1:00 Film Fest Friday-Fab Forties</p> <p>SO 2:00 Ice Cream Social</p> <p>PR 3:00 Family Video Chat (24 hr notice)</p> <p>SO 3:30 Western Movie Night</p>	<p>30</p> <p>SO 9:00 Coffee Chat</p> <p>CC 10:30 Senior Living Puzzle Club</p> <p>SO 1:00 Sports Highlights</p> <p>SO 4:30 Old Time Show</p> <p>SO 6:00 Evening Activities Residents Choice</p>
<p>31</p> <p>SO 9:00 Coffee Chat</p> <p>SP 10:00 First Congregational Church of Falmouth, MA-Live</p> <p>SO 1:00 Sports Highlights</p> <p>CC 2:00 Senior Living Puzzle Club</p> <p>SO 4:30 Old Time Show</p> <p>SO 6:00 Evening Activities Residents Choice</p>						

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