



THE HIGHLANDS
FRIENDSHIP COVE
 A GRACE MGMT COMMUNITY

MAY 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 PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual</p> <p>Fitness Center Entrance- FCE Zoom- Z Friendship Cove Community Room- FCCR Merrymeeting Bay Room- M Theater- T Georgetown Parlor- GP Your Home - YH</p>						<p>1 May Day</p> <p>PY 11:00 Chair Exercise - FCCR SE 2:00 Afternoon Series - "The Crown" - FCCR SE 2:00 Saturday Movie - "Rush"- T SE 7:00 Saturday Night Movie - "Rush"- T</p>
<p>2</p> <p>PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie - "The King and I"-T SE 2:00 Afternoon Series - Downton Abbey - FCCR SP 4:00 Highlands Vesper Service - GP SE 7:00 Sunday Night Movie - "The King and I"- T</p>	<p>3</p> <p>SO 10:30 Welcome to May - May Fun Facts - FCCR CR 11:00 Kentucky Derby Hat Creations - FCCR SE 1:30 Scenic Ride- FCE CC 3:15 BINGO-FCCR SO 7:00 Resident Choice Film- FCCR</p>	<p>4</p> <p>PY 10:30 Morning Exercise w/ Abbey - FCCR SO 11:00 Coffee/Tea Chat - Get To Know Your Neighbor - FCCR CC 1:45 Afternoon Game: Scrabble - FCCR SE 2:00 Tuesday @ 2: Sapphire Lane - Acoustic Duo - GP PR 3:30 Manicures w/ Abbey - FCCR SE 7:00 Evening Film- FCCR</p>	<p>5 Cinco de Mayo</p> <p>CC 11:00 Cinco de Mayo History - FCCR SP 11:00 Mid Week Inspiration w/ Bob- FCCR PR 1:30 Shopping Trip - Walmart - FCE CR 3:30 Art Group: Sip and Paint - (Mocktail Margaritas) - FCCR SO 4:30 Theme Dinner: Mexican - S E 6:30 Opera/Musical- T</p>	<p>6</p> <p>PY 10:30 Morning Exercise w/ Abbey - FCCR SP 10:30 Morning Hymns w/Becky & Marilyn - GP CR 11:00 Friendship Cove Bird Houses - FCCR E 11:00 Morning Symphony-T SE 1:30 Scenic Ride - FCE SO 3:00 Ice Cream Social - Tent SO 7:00 Thursday Series-"Outlander"- T</p>	<p>7</p> <p>CC 10:30 Word Creation - FCCR PR 11:00 Mothers Day Flower Arranging - FCCR E 11:30 Pet visit w/ Rainbow and Charm - FCCR PY 1:45 Afternoon Walk w/ Abbey and Kaitlyn - FCE CR 3:30 Knitting Group - FCCR PR 7:00 Documentary-T</p>	<p>8</p> <p>PY 11:00 Chair Exercise - FCCR SE 2:00 Afternoon Series - "The Crown" - FCCR SE 2:00 Saturday Movie - "Rush"- T SE 7:00 Saturday Night Movie - "Rush"- T</p>
<p>9 Mother's Day</p> <p>PR 12:00 Happy Mothers Day PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie - "The King and I"-T SE 2:00 Afternoon Series - Downton Abbey - FCCR SE 7:00 Sunday Night Movie - "The King and I"- T</p>	<p>10</p> <p>CC 10:30 Group Crossword Puzzles - FCCR PR 11:00 HRAB Meeting - Tent PR 1:30 Shopping Trip - Target/ Dollar Store - FCE CC 3:15 BINGO-FCCR SE 7:00 Resident Choice Film- FCCR</p>	<p>11</p> <p>PY 10:30 Morning Exercise w/ Abbey - FCCR CR 11:00 Flowers in Art Day - Flower Drawing Step by Step - FCCR PY 1:45 Afternoon Game: Wii Sports - FCCR PR 2:30 Tuesday @ 2:30: Poetry Book Launch: Looking Back by Diane Schetky - Tent PY 3:30 Ping Pong Group - FCCR SE 7:00 Evening Film- FCCR</p>	<p>12</p> <p>SO 10:30 Morning Doughnuts and Coffee - FCCR SP 11:00 Mid Week Inspiration w/ Bob- FCCR SE 1:30 Rick Steve's Travelogue - FCCR CC 3:30 Afternoon Game: Scrabble E 6:30 Opera/Musical- T</p>	<p>13</p> <p>PR 10:15 Resident Forum - FCCR PR 10:30 Topsham Library - ML SE 11:00 A Maine Road Trip w/Michael Perry - FCCR E 11:00 Morning Symphony-T SE 1:30 Scenic Ride - FCE PY 3:15 Outside Game: Bocce Ball - FCE SO 7:00 Thursday Series-"Outlander"- T</p>	<p>14</p> <p>CC 10:30 Word Creation - FCCR SO 11:00 Lunch Bunch: Peppers Landing - ML E 11:30 Pet visit w/ Rainbow and Charm - FCCR PY 2:30 Afternoon Walk w/ Abbey and Kaitlyn - FCE CR 3:30 Knitting Group - FCCR PR 7:00 Documentary-T</p>	<p>15 Armed Forces Day</p> <p>PY 11:00 Chair Exercise - FCCR SE 2:00 Afternoon Series - "The Crown" - FCCR SE 2:00 Saturday Movie - "Rush"- T SE 7:00 Saturday Night Movie - "Rush"- T</p>

Events are Subject to Change.



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<p>16</p> <p>PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie - "The King and I"-T SE 2:00 Afternoon Series - Downton Abbey - FCCR SE 7:00 Sunday Night Movie - "The King and I"- T</p>	<p>17</p> <p>SO 10:30 Coffee/Tea Chat - FCCR CC 11:00 Group Crossword Puzzles - FCCR SE 1:30 Scenic Ride- FCE CC 3:15 BINGO-FCCR SE 7:00 Resident Choice Film- FCCR</p>	<p>18</p> <p>PY 10:30 Morning Exercise w/ Abbey - FCCR CR 11:00 International Museum Day - 25 Best Museums - FCCR SE 2:30 Tuesday @ 2:30: Sing Along w/Flash Allen - Tent PR 3:30 Manicures w/ Abbey - FCCR SE 7:00 Evening Film- FCCR</p>	<p>19</p> <p>SE 10:30 I Love Lucy Full Episode - FCCR SP 11:00 Mid Week Inspiration w/ Bob- FCCR PR 1:30 Shopping Trip - Walmart - FCE CR 2:30 Highlands Residents Art Exhibit - Tent SO 3:30 Ice Cream Social - FCCR E 6:30 Opera/Musical- T</p>	<p>20</p> <p>PY 10:30 Morning Exercise w/ Abbey - FCCR SP 10:30 Morning Hymns w/Becky & Marilyn - GP CR 11:00 Art Group: Adult Coloring - FCCR E 11:00 Morning Symphony-T SE 1:30 Scenic Ride - FCE PY 3:15 Bean Bag Toss w/ Cadigan Lodge - FCE SE 7:00 Thursday Series-"Outlander"- T</p>	<p>21</p> <p>PR 10:30 Waitstaff Day - Thank You Cards - FCCR PY 11:00 Morning Walk w/ Abbey and Kaitlyn - FCCR E 11:30 Pet visit w/ Rainbow and Charm - FCCR CC 1:30 Community BINGO - Tent CR 2:45 Knitting Group - FCCR SE 3:30 Entertainment w/ Dale Kneeland - FCCR PR 7:00 Documentary-T</p>	<p>22</p> <p>PY 11:00 Chair Exercise - FCCR SE 2:00 Afternoon Series - "The Crown" - FCCR SE 2:00 Saturday Movie - "Rush"- T SE 7:00 Saturday Night Movie - "Rush"- T</p>
<p>23</p> <p>PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie - "The King and I"-T SE 2:00 Afternoon Series - Downton Abbey - FCCR SE 7:00 Sunday Night Movie - "The King and I"- T</p>	<p>24</p> <p>PR 10:30 Gardening Group - Planting In The Friendship Cove Garden - FCCR CC 11:00 Group Crossword Puzzles - FCCR SE 1:30 Scenic Ride- FCE CC 3:15 BINGO-FCCR SE 7:00 Resident Choice Film- FCCR</p>	<p>25</p> <p>PY 10:30 Morning Exercise w/ Abbey - FCCR CR 11:00 National Wine Day - Wine Glass Decorating - FCCR SE 2:30 Tuesday @ 2:30: Dave Stone, piano - Tent PY 3:30 Ping Pong Group - FCCR SE 7:00 Evening Film- FCCR</p>	<p>26</p> <p>CC 10:30 Trivia On The Big Screen TV - FCCR SP 11:00 Mid Week Inspiration w/ Bob- FCCR PR 1:30 Shopping Trip - Target/ Dollar Store - FCE PR 3:00 New Residents Reception - Tent CC 3:30 Afternoon Game: Scrabble - FCCR E 6:30 Opera/Musical- T</p>	<p>27</p> <p>PY 10:30 Morning Exercise w/ Abbey - FCCR PR 10:30 Topsham Library - ML PY 11:00 Morning Exercise - FCCR E 11:00 Morning Symphony-T SE 1:30 Scenic Ride - FCE PY 3:15 Wii Sports - FCCR SE 7:00 Thursday Series-"Outlander"- T</p>	<p>28</p> <p>CC 10:30 Word Creation - FCCR PY 11:00 Morning Walk w/ Abbey and Kaitlyn - FCCR E 11:30 Pet visit w/ Rainbow and Charm - FCCR CC 1:30 Community BINGO - Tent CR 3:30 Knitting Group - FCCR PR 7:00 Documentary-T</p>	<p>29</p> <p>PY 11:00 Chair Exercise - FCCR SE 2:00 Afternoon Series - "The Crown" - FCCR SE 2:00 Saturday Movie - "Rush"- T SE 7:00 Saturday Night Movie - "Rush"- T</p>
<p>30</p> <p>PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie - "The King and I"-T SE 2:00 Afternoon Series - Downton Abbey - FCCR SE 7:00 Sunday Night Movie - "The King and I"- T</p>	<p>31 Memorial Day</p> <p>SO 11:00 Memorial Day Brunch 11:00 - 2:00 p.m. SE 1:30 Scenic Ride- FCE SE 7:00 Resident Choice Film- FCCR</p>					

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