



**THE HIGHLANDS**  
INDEPENDENT LIVING  
A GRACE MGMT COMMUNITY

# MAY 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>Location Key: Bath Savings Office - B 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: Tent - Tent Theater - T Your House - YH Zoom - Z</p>						<p><b>1</b> <b>May Day</b></p> <p><b>PY</b> 9:30 Ping Pong - M <b>I</b> 11:00 America's Funniest Home Videos - T <b>SE</b> 2:00 Saturday Movie Matinee - T <b>SE</b> 7:00 Saturday Night Movie - T</p>
<p><b>2</b></p> <p><b>SE</b> 1:30 Sunday Movie Matinee - T <b>CC</b> 2:00 Sunday Afternoon Board Games - H <b>CR</b> 2:00 Needlework Group - GP <b>SE</b> 3:00 Afternoon Symphony - T <b>SP</b> 4:00 Highlands Vesper Service - GP <b>SE</b> 7:00 Sunday Night Movie - T</p>	<p><b>3</b></p> <p><b>PR</b> 9:00 Shopping: Topsham Fair Mall - ML <b>PY</b> 10:00 Chair Connection - M <b>CR</b> 10:00 Writers' Group - K <b>CC</b> 1:00 Cribbage - H <b>CC</b> 1:00 Mahjong - H <b>SE</b> 3:00 Travelogue: Mexico City Vacation Travel Video Guide - T</p>	<p><b>4</b></p> <p><b>E</b> 9:00 Meditation - Z &amp; K <b>PR</b> 9:00 Shopping: Hannaford - ML <b>PR</b> 10:15 Shopping: Hannaford - ML <b>CC</b> 11:00 Book Look w/Susan Preece - M <b>CC</b> 1:00 Mahjong - H <b>SE</b> 2:00 Tuesday @ 2: Sapphire Lane - Acoustic Duo - GP <b>SO</b> 3:00 Virtual On Parle Francais - Z</p>	<p><b>5</b> <b>Cinco de Mayo</b></p> <p><b>PY</b> 10:00 Chair Connection - M <b>SP</b> 11:00 Virtual Mid-Week Inspiration - Z &amp; M <b>PR</b> 1:00 Income Tax Preparation w/Ron Paradis, CPA - B <b>CC</b> 1:30 Mahjong - K <b>CR</b> 2:00 Afternoon Art: Pebble Art w/Sharon - M <b>PY</b> 3:00 Afternoon Walk w/Sharon - F <b>SO</b> 4:30 Theme Dinner: Mexican - S <b>E</b> 6:30 Opera/Musical - T</p>	<p><b>6</b></p> <p><b>SP</b> 10:30 Morning Hymns w/Becky &amp; Marilyn - GP <b>CC</b> 1:00 Scrabble - H <b>CC</b> 1:30 Mahjong - K <b>PR</b> 2:00 Book Readings w/Bill - GP <b>SE</b> 3:00 TED Talks: The danger of a single story (YouTube) - T <b>SE</b> 7:00 Thursday Series - T</p>	<p><b>7</b></p> <p><b>PY</b> 10:00 Chair Connection - M <b>PR</b> 10:00 Shopping: Maine Street Brunswick- ML <b>CC</b> 11:00 Virtual Current Events - Z <b>CC</b> 1:00 Social Bridge - M <b>CR</b> 2:00 Floral Arranging w/Amanda - M <b>PR</b> 7:00 Documentary - T</p>	<p><b>8</b></p> <p><b>PY</b> 9:30 Ping Pong - M <b>I</b> 11:00 America's Funniest Home Videos - T <b>CC</b> 2:00 Discuss &amp; Recall: Roadside Attractions w/Carole - GP <b>SE</b> 2:00 Saturday Movie Matinee - T <b>SE</b> 7:00 Saturday Night Movie - T</p>
<p><b>9</b> <b>Mother's Day</b></p> <p><b>SO</b> 11:00 Mother's Day Brunch - S <b>SE</b> 1:30 Sunday Movie Matinee - T <b>CR</b> 2:00 Needlework Group - GP <b>SE</b> 3:00 Afternoon Symphony - T <b>SO</b> 4:00 Book Chat- A Conversation About What You Are Reading - K <b>SE</b> 7:00 Sunday Night Movie - T</p>	<p><b>10</b></p> <p><b>PR</b> 9:00 Shopping: Topsham Fair Mall - ML <b>PY</b> 10:00 Chair Connection - M <b>PR</b> 11:00 HRAB Meeting - Tent <b>CC</b> 1:00 Cribbage - H <b>SE</b> 3:00 Travelogue: Florentine Delights and Tuscan Side-Trips - T</p>	<p><b>11</b></p> <p><b>E</b> 9:00 Meditation - Z &amp; K <b>PR</b> 9:00 Shopping: Hannaford - ML <b>PR</b> 10:15 Shopping: Hannaford - ML <b>SE</b> 11:00 Aromatherapy Hand Massage w/Sharon - GP <b>CC</b> 1:00 Mahjong - H <b>PR</b> 2:30 Tuesday @ 2:30: Poetry Book Launch: Looking Back by Diane Schetky - Tent <b>SO</b> 3:00 Virtual On Parle Francais - Z</p>	<p><b>12</b></p> <p><b>PY</b> 10:00 Chair Connection - M <b>SP</b> 11:00 Virtual Mid-Week Inspiration - Z &amp; M <b>PR</b> 1:00 Income Tax Preparation w/Ron Paradis, CPA - B <b>CC</b> 1:30 Mahjong - K <b>SO</b> 2:30 Ice Cream Sundae Social - Tent <b>E</b> 6:30 Opera/Musical - T</p>	<p><b>13</b></p> <p><b>PR</b> 9:30 Open House &amp; Brunch Buffet at Cadigan Lodge Topsham Library - ML <b>SE</b> 11:00 A Maine Road Trip w/Michael Perry - Z &amp; M <b>CC</b> 1:00 Scrabble - H <b>CC</b> 1:30 Mahjong - K <b>PR</b> 2:00 Book Readings w/Bill - GP <b>E</b> 2:00 Caregiver Support Group - Tent <b>SE</b> 7:00 Thursday Series - T</p>	<p><b>14</b></p> <p><b>PY</b> 10:00 Chair Connection - M <b>PR</b> 10:00 Shopping: Maine Street Brunswick- ML <b>SO</b> 11:00 Lunch Bunch: Peppers Landing - ML <b>CC</b> 11:00 Virtual Current Events - Z <b>E</b> 1:00 Helen Warren's Celebration of Life (2-4PM) - Tent <b>CC</b> 1:00 Social Bridge - M <b>PY</b> 3:00 Afternoon Walk w/Sharon - F <b>PR</b> 7:00 Documentary - T</p>	<p><b>15</b> <b>Armed Forces Day</b></p> <p><b>PY</b> 9:30 Ping Pong - M <b>E</b> 11:00 America's Funniest Home Videos - T <b>I</b> 11:00 America's Funniest Home Videos - T <b>SE</b> 2:00 Saturday Movie Matinee - T <b>SE</b> 7:00 Saturday Night Movie - T</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>16</b></p> <p><b>SE</b> 12:00 Open Rehearsal: Anderson Steel (12-2PM) - Tent</p> <p><b>SE</b> 1:30 Sunday Movie Matinee - T</p> <p><b>CC</b> 2:00 Sunday Afternoon Board Games - H</p> <p><b>CR</b> 2:00 Needlework Group - GP</p> <p><b>SE</b> 3:00 Afternoon Symphony - T</p> <p><b>SP</b> 4:00 Highlands Vesper Service - GP</p> <p><b>SE</b> 7:00 Sunday Night Movie - T</p>	<p><b>17</b></p> <p><b>PR</b> 9:00 Shopping: Topsham Fair Mall - ML</p> <p><b>PY</b> 10:00 Chair Connection - M</p> <p><b>CR</b> 10:00 Writers' Group - K</p> <p><b>PR</b> 11:00 Activities Committee - Tent</p> <p><b>CC</b> 1:00 Cribbage - H</p> <p><b>PR</b> 2:00 Food Committee - H</p> <p><b>SE</b> 3:00 Travelogue: Lisbon - T</p> <p><b>CC</b> 7:00 Card BINGO - H</p>	<p><b>18</b></p> <p><b>E</b> 9:00 Meditation - Z &amp; K</p> <p><b>PR</b> 9:00 Shopping: Hannaford - ML</p> <p><b>PR</b> 10:00 Virtual Go Green Committee - Z</p> <p><b>PR</b> 10:15 Shopping: Hannaford - ML</p> <p><b>CC</b> 1:00 Mahjong - H</p> <p><b>SE</b> 2:30 Tuesday @ 2:30: Sing Along w/Flash Allen - Tent</p> <p><b>SO</b> 3:00 Virtual On Parle Francais - Z</p>	<p><b>19</b></p> <p><b>PY</b> 10:00 Chair Connection - M</p> <p><b>SP</b> 11:00 Virtual Mid-Week Inspiration - Z &amp; M</p> <p><b>CC</b> 1:30 Mahjong - K</p> <p><b>CR</b> 2:30 Highlands Residents Art Exhibit - Tent</p> <p><b>SO</b> 5:00 Mystery Dinner - ML</p> <p><b>E</b> 6:30 Opera/Musical - T</p>	<p><b>20</b></p> <p><b>SP</b> 10:30 Morning Hymns w/Becky &amp; Marilyn - GP</p> <p><b>PY</b> 11:00 Tai Chi w/Jackie - Tent</p> <p><b>CC</b> 1:00 Scrabble - H</p> <p><b>CC</b> 1:30 Mahjong - K</p> <p><b>PR</b> 2:00 Book Readings w/Bill - GP</p> <p><b>SE</b> 7:00 Thursday Series - T</p>	<p><b>21</b></p> <p><b>PY</b> 10:00 Chair Connection - M</p> <p><b>PR</b> 10:00 Shopping: Maine Street Brunswick- ML</p> <p><b>CC</b> 11:00 Virtual Current Events - Z</p> <p><b>CC</b> 1:00 Social Bridge - M</p> <p><b>CC</b> 1:30 Community BINGO - Tent</p> <p><b>PY</b> 3:00 Afternoon Walk w/Sharon - F</p> <p><b>PR</b> 7:00 Documentary - T</p>	<p><b>22</b></p> <p><b>PY</b> 9:30 Ping Pong - M</p> <p><b>E</b> 11:00 America's Funniest Home Videos - T</p> <p><b>CC</b> 2:00 Discuss &amp; Recall: More Notable Mainers w/Carole - GP</p> <p><b>SE</b> 2:00 Saturday Movie Matinee - T</p> <p><b>SE</b> 7:00 Saturday Night Movie - T</p>
<p><b>23</b></p> <p><b>SE</b> 12:00 Open Rehearsal: Anderson Steel (12-2PM) - Tent</p> <p><b>SE</b> 1:30 Sunday Movie Matinee - T</p> <p><b>CR</b> 2:00 Needlework Group - GP</p> <p><b>SE</b> 3:00 Afternoon Symphony - T</p> <p><b>CC</b> 4:00 Book Chat- A Conversation About What You Are Reading - K</p> <p><b>SE</b> 7:00 Sunday Night Movie - T</p>	<p><b>24</b></p> <p><b>PR</b> 9:00 Shopping: Topsham Fair Mall - ML</p> <p><b>PY</b> 10:00 Chair Connection - M</p> <p><b>CC</b> 1:00 Cribbage - H</p> <p><b>SE</b> 3:00 Travelogue: Greek Islands: Santorini, Mykonos, and Rhodes - T</p> <p><b>SE</b> 7:00 Open Mic Night - GP</p>	<p><b>25</b></p> <p><b>E</b> 9:00 Meditation - Z &amp; K</p> <p><b>PR</b> 9:00 Shopping: Hannaford - ML</p> <p><b>PR</b> 10:15 Shopping: Hannaford - ML</p> <p><b>SE</b> 11:00 Aromatherapy Hand Massage w/Sharon - GP</p> <p><b>CC</b> 1:00 Mahjong - H</p> <p><b>SE</b> 2:30 Tuesday @ 2:30: Dave Stone, piano - Tent</p> <p><b>SO</b> 3:00 Virtual On Parle Francais - Z</p>	<p><b>26</b></p> <p><b>PY</b> 10:00 Chair Connection - M</p> <p><b>SP</b> 11:00 Virtual Mid-Week Inspiration - Z &amp; M</p> <p><b>CC</b> 1:30 Mahjong - K</p> <p><b>PR</b> 3:00 New Residents Reception - Tent</p> <p><b>E</b> 6:30 Opera/Musical - T</p>	<p><b>27</b></p> <p><b>PR</b> 10:30 Topsham Library - ML</p> <p><b>PY</b> 11:00 Tai Chi w/Jackie - Tent</p> <p><b>CC</b> 1:00 Scrabble - H</p> <p><b>CC</b> 1:30 Mahjong - K</p> <p><b>PR</b> 2:00 Book Readings w/Bill - GP</p> <p><b>E</b> 2:00 Caregiver Support Group - Tent</p> <p><b>SE</b> 7:00 Thursday Series - T</p>	<p><b>28</b></p> <p><b>PR</b> 9:00 Podiatry Services w/Dr. Hilary Pelletier - B</p> <p><b>PY</b> 10:00 Chair Connection - M</p> <p><b>PR</b> 10:00 Shopping: Maine Street Brunswick- ML</p> <p><b>CC</b> 11:00 Virtual Current Events - Z</p> <p><b>CC</b> 1:00 Social Bridge - M</p> <p><b>CC</b> 1:30 Community BINGO - Tent</p> <p><b>PY</b> 3:00 Afternoon Walk w/Sharon - F</p> <p><b>PR</b> 7:00 Documentary - T</p>	<p><b>29</b></p> <p><b>PY</b> 9:30 Ping Pong - M</p> <p><b>E</b> 11:00 America's Funniest Home Videos - T</p> <p><b>SE</b> 2:00 Saturday Movie Matinee - T</p> <p><b>SE</b> 7:00 Saturday Night Movie - T</p>
<p><b>30</b></p> <p><b>SE</b> 12:00 Open Rehearsal: Anderson Steel (12-2PM) - Tent</p> <p><b>SE</b> 1:30 Sunday Movie Matinee - T</p> <p><b>CC</b> 2:00 Sunday Afternoon Board Games - H</p> <p><b>CR</b> 2:00 Needlework Group - GP</p> <p><b>SE</b> 3:00 Afternoon Symphony - T</p> <p><b>SE</b> 7:00 Sunday Night Movie - T</p>	<p><b>31</b> <b>Memorial Day</b></p> <p><b>SO</b> 11:00 Memorial Day BBQ - S</p> <p><b>CC</b> 1:00 Cribbage - H</p> <p><b>SE</b> 2:00 Musical: South Pacific - T</p>					

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