



**THE HIGHLANDS
GOVERNOR KING**
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 CF - Creative E - Emotional I - Intergenerational PY - Physical PF - Purposeful SE - Sensory SO - Social SF - Spiritual</p>						<p>1 May Day</p> <p>SO 9:00 Morning News: Youtube</p> <p>SP 10:00 Daily Devotional/Hymns w/ Bob & Becky</p> <p>SO 11:00 Kentucky Derby Social</p> <p>SO 1:00 Sports Highlights</p> <p>SE 4:30 Old Time Show</p> <p>SO 6:00 Evening Activities Residents Choice</p>
<p>2</p> <p>SO 9:00 Coffee Chat</p> <p>CO 10:00 Morning News</p> <p>E 11:00 World Laughter Day: Funny Videos</p> <p>CO 2:00 Senior Living Puzzle Club</p> <p>SE 4:30 Old Time Show</p> <p>SO 6:00 Evening Activities Resident's Choice</p>	<p>3</p> <p>SO 9:00 Coffee Chat: Remembering May Day</p> <p>PY 9:30 Morning 1:1 Walks</p> <p>PY 10:00 Move & Groove Monday</p> <p>CC 11:00 Big Screen Trivia</p> <p>CC 1:30 Bingo</p> <p>PR 3:00 Mondays Men's Group: Wood Shop & More</p>	<p>4</p> <p>CC 9:00 Coffee Chat & Puzzles</p> <p>E 9:30 Songs about travelling</p> <p>PY 10:00 Morning Stretch</p> <p>SO 10:30 National Parks Tour</p> <p>SO 12:00 Men's Lunch Bunch</p> <p>E 1:00 Music with Sapphire Lane</p> <p>CC 2:30 Guess Again: Who, What, Where</p> <p>E 3:30 Tuesdays Tunes:30's, 40's & 50's</p>	<p>5 Cinco de Mayo</p> <p>CC 9:00 Cranium Crunch</p> <p>E 9:30 Wednesday Morning Singers</p> <p>PY 10:00 Workout Wednesday: Salsa Workout</p> <p>CO 10:30 Wheel of Fortune Wednesday</p> <p>CR 1:30 Cinco de Mayo Colorful Creations</p> <p>SO 3:00 Mid-Week Mock-tails: Margaritas</p>	<p>6</p> <p>PR 9:00 Coffee Chat & News</p> <p>PR 9:30 National Nurse's Day: 30 minute of Memories</p> <p>PY 10:00 Morning Floor Games: Bocce Ball</p> <p>SE 11:00 Travelling the World by boat</p> <p>CC 1:30 Speed Scrabble</p> <p>E 3:00 Anniversary of Bob Hope USO Shows</p>	<p>7</p> <p>I 9:00 Friday Funny Baby Videos</p> <p>PY 9:30 20 Minute Stretch</p> <p>CR 10:00 Mother's Day Craft</p> <p>SO 1:00 Film Fest Friday-Residents Choice</p> <p>SE 1:45 Scenic Ride</p> <p>SO 2:00 Ice Cream Social</p> <p>E 3:30 Music & Memories-VE Day</p>	<p>8</p> <p>SO 9:00 Morning News: Youtube</p> <p>CO 10:30 Senior Living Puzzle Club</p> <p>SO 1:00 Sports Highlights</p> <p>SE 4:30 Old Time Show</p> <p>SO 6:00 Evening Activities Resident's Choice</p>
<p>9 Mother's Day</p> <p>SO 9:00 Coffee Chat</p> <p>CO 10:00 Morning News</p> <p>SO 11:00 Mother's Day Brunch 11-2pm</p> <p>SO 1:00 Mothers Day Movie: Netflix</p> <p>CO 2:00 Senior Living Puzzle Club</p> <p>SE 4:30 Old Time Show</p> <p>SO 6:00 Evening Activities Resident's Choice</p>	<p>10</p> <p>SE 9:00 Coffee Chat: Paul Harvey Day- Now for the Rest of the Story</p> <p>PY 9:30 Morning 1:1 Walks</p> <p>PY 10:00 Move & Groove Monday</p> <p>CC 11:00 Big Screen Trivia</p> <p>CC 1:30 Bingo</p> <p>E 3:00 Bowdoin Music Festival-YouTube</p>	<p>11</p> <p>CC 9:00 Coffee Chat & Puzzles</p> <p>SP 9:30 Traditional Hymns</p> <p>PY 10:00 Morning Stretch</p> <p>SE 10:30 National Parks Tour</p> <p>PY 1:30 Afternoon Walks</p> <p>CC 2:30 What's wrong with this picture challenge</p> <p>PY 3:00 Intro Class:Line Dancing</p> <p>E 3:30 Tuesdays Tunes:30's, 40's & 50's</p>	<p>12</p> <p>CC 9:00 Cranium Crunch</p> <p>E 9:30 Wednesday Morning Singers</p> <p>PY 10:00 Workout Wednesday w/ Weights</p> <p>CO 10:30 Florence Nightingale Day</p> <p>E 1:30 Music w/ Marilyn</p> <p>SO 3:00 Mid-Week Mock-tails</p>	<p>13</p> <p>PR 9:00 Coffee Chat & News</p> <p>PY 10:00 Morning Floor Games: Bean Bag Challenge</p> <p>SE 11:00 Michael Perry: Maine Road Trip (Virtual)</p> <p>CC 1:30 Dominoes</p> <p>CC 3:00 Name That Tune Challenge</p>	<p>14</p> <p>I 9:00 Friday Funny Baby Videos</p> <p>PY 9:30 20 Minute Stretch</p> <p>PR 10:00 Bird Lover's Club</p> <p>E 1:00 Film Fest Friday-Tribute to The Armed Forces</p> <p>SO 2:00 Ice Cream Social</p> <p>E 3:30 Music & Memories</p>	<p>15 Armed Forces Day</p> <p>SO 9:00 Morning News: Youtube</p> <p>CO 10:30 Senior Living Puzzle Club</p> <p>SO 1:00 Sports Highlights</p> <p>SE 4:30 Old Time Show</p> <p>SO 6:00 Evening Activities Resident's Choice</p>

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<p>16</p> <p>SO 9:00 Coffee Chat CC 10:00 Morning News SO 1:00 Sports Highlights CC 2:00 Senior Living Puzzle Club SE 4:30 Old Time Show SO 6:00 Evening Activities Resident's Choice</p>	<p>17</p> <p>CC 9:00 Coffee Chat & News PY 9:30 Morning 1:1 Walks PY 10:00 Move & Groove Monday CC 11:00 Big Screen Trivia CC 1:30 Bingo SE 2:30 Toe Tapping Tunes: The Rat Pack Day PR 3:00 Mondays Men's Group: Wood Shop & More</p>	<p>18</p> <p>CC 9:00 Coffee Chat & Puzzles SP 9:30 Traditional Hymns PY 10:00 Morning Stretch SE 10:30 National Parks Tour E 1:00 Music w/ Flash Allen CC 2:30 Can you find the misspelled word E 3:30 Tuesdays Tunes:30's, 40's & 50's</p>	<p>19</p> <p>CC 9:00 Cranium Crunch E 9:30 Wednesday Morning Singers PY 10:00 Workout CC 10:30 Wednesday w/ Weights CC 10:30 Wheel of Fortune Wednesday PY 1:30 Brains Or Brawns Challenge SO 3:00 Mid-Week Mock-tails</p>	<p>20</p> <p>PR 9:00 Coffee Chat & News PY 10:00 Chair Ball Toss/Exercise CC 10:30 Big Screen Trivia E 2:00 Music w/ Dale Kneeland CC 3:30 Limericks, Rhymes & Poetry: Readings, Games and Videos</p>	<p>21</p> <p>I 9:00 Friday Funny Baby Videos PY 9:30 20 Minute Stretch CR 12:34 Creative Textile Club SO 1:00 Film Fest Friday-Residents Choice SE 1:45 Scenic Ride SO 2:00 Ice Cream Social E 3:30 Music & Memories</p>	<p>22</p> <p>SO 9:00 Morning News: Youtube CC 10:30 Senior Living Puzzle Club SO 1:00 Sports Highlights SE 4:30 Old Time Show SO 6:00 Evening Activities Resident's Choice</p>
<p>23</p> <p>SO 9:00 Coffee Chat CC 10:00 Morning News SO 1:00 Sports Highlights CC 2:00 Senior Living Puzzle Club SE 4:30 Old Time Show SO 6:00 Evening Activities Resident's Choice</p>	<p>24</p> <p>CC 9:00 Coffee Chat & News PY 9:30 Morning 1:1 Walks PY 10:00 Move & Groove Monday CC 11:00 Big Screen Trivia CC 1:30 Bingo E 3:00 Bowdoin Music Festival-YouTube</p>	<p>25</p> <p>CC 9:00 Coffee Chat & Puzzles SP 9:30 Traditional Hymns PY 10:00 Morning Stretch SO 10:30 Greatest 45 Minutes in Sports Anniversary SE 10:30 National Parks Tour E 1:00 Music with Dave Stone PR 2:30 Ralph Waldo Emerson Day E 3:30 Tuesdays Tunes:30's, 40's &</p>	<p>26</p> <p>CC 9:00 Cranium Crunch E 9:30 Wednesday Morning Singers PY 10:00 Workout CC 10:30 Wednesday w/ Weights CC 10:30 Wheel of Fortune Wednesday SO 3:00 Mid-Week Mock-tails SO 3:30 The Duke Day: John Wayne Movie</p>	<p>27</p> <p>PR 9:00 Coffee Chat & News PY 10:00 Morning Floor Games: Shuffleboard E 1:30 Music w/ Ann Sparling: National Kazoo Day CR 3:00 Fairy Garden's</p>	<p>28</p> <p>I 9:00 Friday Funny Baby Videos PY 9:30 20 Minute Stretch PR 10:00 Bird Lover's Club SO 1:00 Film Fest Friday-Residents Choice SE 1:45 Scenic Ride SO 2:00 Ice Cream Social E 3:30 Music & Memories</p>	<p>29</p> <p>SO 9:00 Morning News: Youtube CC 10:30 Senior Living Puzzle Club SO 1:00 Sports Highlights SE 4:30 Old Time Show SO 6:00 Evening Activities Resident's Choice</p>
<p>30</p> <p>SO 9:00 Coffee Chat CC 10:00 Morning News SO 1:00 Sports Highlights CC 2:00 Senior Living Puzzle Club SE 4:30 Old Time Show SO 6:00 Evening Activities Resident's Choice</p>	<p>31 Memorial Day</p> <p>CC 9:00 Coffee Chat & News SO 11:00 Memorial Day Brunch 11-2 CC 1:30 Bingo E 1:30 Jim Whitney Karaoke SE 2:30 Toe Tapping Tunes</p>					

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