



THE HIGHLANDS
GOVERNOR KING
A GRACE MGMT COMMUNITY

JULY 2021

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1</p> <p>PR 9:00 Morning Gardening & Chores</p> <p>SE 9:30 Virtual Tours- Mammoth Cave Day</p> <p>PY 10:00 Bocce Ball Challenge</p> <p>CO 1:30 Crossword Challenge</p> <p>SE 2:30 July Celebration w/ Dale Kneeland</p> <p>E 4:00 Famous Comedians</p>	<p>2</p> <p>I 9:00 Friday Funny Baby Videos</p> <p>PY 9:30 20 Minute Stretch</p> <p>SE 10:00 Morning Manicures & Polish</p> <p>SO 1:00 Film Fest Friday- Residents Choice</p> <p>SE 1:30 Scenic Ride</p> <p>SO 2:00 Ice Cream Social</p> <p>CR 3:00 4th of July Craft Class</p> <p>SE 4:00 Afternoon Patio Social</p>	<p>3</p> <p>SP 9:30 Prayers & Hymns w/ Bob & Becky</p> <p>SO 10:00 4th of July Parade</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>4 Independence Day</p> <p>SO 9:00 Coffee Chat</p> <p>CO 10:00 Morning News</p> <p>SE 12:00 Open Rehearsal w/ Anderson Steel under the Big Top</p> <p>SE 2:00 Young Artist Concert: Bowdoin Music Festival</p> <p>SE 4:30 Old Time Show</p> <p>SO 6:00 Evening Activities Resident's Choice</p>	<p>5</p> <p>PR 9:00 Morning Gardening & Chores</p> <p>PY 9:30 Morning 1:1 Walks</p> <p>PY 10:00 Move & Groove Monday</p> <p>CO 11:00 Big Screen Trivia</p> <p>CO 1:30 Bingo</p> <p>PR 3:00 Arthur Ash 1st African American to win Wimbledon</p> <p>E 4:00 Monday Music Memories</p>	<p>6</p> <p>PR 9:00 Morning Gardening & Chores</p> <p>PY 9:30 Morning Stretch</p> <p>SE 10:00 Master Class:Dover Quartet</p> <p>SE 10:30 Tuesday Trivia</p> <p>SE 1:00 Music w/ Will Ogmundson</p> <p>E 2:30 Turn the page Tuesday:Read & Write Creations</p> <p>SE 3:30 All Stars Day: Greatest in Sports</p>	<p>7</p> <p>PR 9:00 Morning Gardening & Chores</p> <p>E 9:30 Wednesday Morning Singers</p> <p>PY 10:00 Workout w/ Weights</p> <p>CO 10:30 Wednesday's World Wonders</p> <p>CO 1:30 Lucky 7 Dice & Cards</p> <p>SO 3:00 Mid-Week Mock-tails & Music Memories</p>	<p>8</p> <p>PR 9:00 Morning Gardening & Chores</p> <p>SE 9:30 Virtual Tours</p> <p>PY 10:00 Ladder Ball Challenge</p> <p>CO 1:00 Speed Scrabble</p> <p>CR 2:30 Men's Work shop</p> <p>SE 4:00 A Night at the Opera</p>	<p>9</p> <p>I 9:00 Friday Funny Baby Videos</p> <p>PY 9:30 20 Minute Stretch</p> <p>SE 10:00 Morning Manicures & Polish</p> <p>CR 10:30 James Whistler Day: Arrangement in Black</p> <p>SO 1:00 Film Fest Friday- Residents Choice</p> <p>SE 1:30 Scenic Ride</p> <p>SO 2:00 Ice Cream Social</p> <p>SE 4:00 Afternoon Patio Social</p>	<p>10</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>11</p> <p>SO 9:00 Coffee Chat</p> <p>CO 10:00 Morning News</p> <p>SE 12:00 Open Rehearsal w/ Anderson Steel under the Big Top</p> <p>SE 2:00 Music from Copland House: Bowdoin Music Festival</p> <p>SE 4:30 Old Time Show</p> <p>SO 6:00 Evening Activities Resident's Choice</p>	<p>12</p> <p>PR 9:00 Morning Gardening & Chores</p> <p>PY 9:30 Morning 1:1 Walks</p> <p>PY 10:00 Move & Groove Monday</p> <p>CO 10:45 Family Feud Challenge</p> <p>CO 1:30 Bingo</p> <p>SO 3:00 Ice Cream Social- Big Top</p> <p>SE 4:00 Oscar Hammerstein Day</p>	<p>13</p> <p>PR 9:00 Morning Gardening & Chores</p> <p>PY 9:30 Morning Stretch</p> <p>SE 10:00 Masterclass:Renee Jolles, Violin</p> <p>SE 11:00 Tuesday Trivia</p> <p>CR 1:30 Art w/ Stacey</p> <p>SE 3:00 Best of the MLB All-Stars</p>	<p>14</p> <p>PR 9:00 Morning Gardening & Chores</p> <p>E 9:30 Wednesday Morning Singers</p> <p>PY 10:00 Workout w/ Weights</p> <p>CO 10:30 Wednesday's World Wonders: Jane Goodall</p> <p>CO 1:30 Crossword Challenge</p> <p>SE 2:30 Open Rehearsal: Uncalled Fours-Big Top</p> <p>SO 3:00 Mid-Week Mock-tails & Music</p>	<p>15</p> <p>PR 9:00 Morning Gardening & Chores</p> <p>SE 9:30 Virtual Tours</p> <p>PY 10:00 Cornhole Challenge</p> <p>SE 1:30 Music w/ Ann Sparling</p> <p>CR 3:00 Remember Rembrandt Day: Art Appreciation</p> <p>SE 4:00 A Night at the Opera</p>	<p>16</p> <p>I 9:00 Friday Funny Baby Videos</p> <p>PY 9:30 20 Minute Stretch</p> <p>SE 10:00 Morning Manicures & Polish</p> <p>SO 11:30 Frankfurter Friday: Grilled Dogs</p> <p>SO 1:00 Film Fest Friday- Residents Choice</p> <p>SE 1:30 Scenic Ride</p> <p>SO 2:00 Ice Cream Social</p> <p>SE 3:00 Cahatt String Quartet- Big Top</p> <p>SE 4:00 Afternoon Patio</p>	<p>17</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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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>18</p> <p>SO 9:00 Coffee Chat CO 10:00 Morning News SE 12:00 Open Rehearsal w/ Anderson Steel under the Big Top SO 1:00 Sports Highlights SE 4:30 Old Time Show SO 6:00 Evening Activities Resident's Choice</p>	<p>19</p> <p>PR 9:00 Morning Gardening PY 9:30 Morning 1:1 Walks PY 10:00 Move & Groove Monday CO 11:00 Big Screen Crosswords CR 1:30 Men's Group: Projects Vary E 2:45 Remembering the Titanic: Virtual Tour</p>	<p>20</p> <p>PR 9:00 Morning Gardening PY 9:30 Morning Stretch SP 10:00 Traditional Hymns w/ Bob & Becky E 10:30 Apollo 2: Man on the Moon SE 1:00 Music w/ Ron Bergeron CO 2:30 Cranium Crunch SE 3:30 Summer Sport Highlights</p>	<p>21</p> <p>PR 9:00 Morning Gardening E 9:30 Wednesday Morning Singers PY 10:00 Workout w/ Weights CO 10:30 Wednesday's World Wonders CO 1:30 Senior Living Crossword Challenge SO 2:30 Root Beer Floats Under the Big Top SE 3:30 Million Dollar Golfer</p>	<p>22</p> <p>PR 9:00 Morning Gardening SE 9:30 Virtual Tours PY 10:00 Brains or Brawns Challenge PY 1:00 Afternoon 1:1 Walks CR 2:00 Jewelry Making Class SE 4:00 A Night at the Opera</p>	<p>23</p> <p>I 9:00 Friday Funny Baby Videos PY 9:30 20 Minute Stretch SE 10:00 Morning Manicures & Polish SO 1:00 Film Fest Friday-Residents Choice SE 1:30 Scenic Ride SO 2:00 Ice Cream Social E 3:30 Summer Olympics 2021 SE 4:00 Afternoon Patio Social</p>	<p>24</p> <p>SO 9:00 Morning News: Youtube CO 10:30 Senior Living Puzzle Club E 3:30 Summer Olympics 2021 SE 4:30 Old Time Show SO 6:00 Evening Activities Resident's Choice</p>
<p>25</p> <p>SO 9:00 Coffee Chat CO 10:00 Morning News SE 12:00 Open Rehearsal w/ Anderson Steel under the Big Top E 3:30 Summer Olympics 2021 SE 4:30 Old Time Show SO 6:00 Evening Activities Resident's Choice</p>	<p>26</p> <p>PR 9:00 Morning Gardening PY 9:30 Morning 1:1 Walks PY 10:00 Move & Groove Monday CO 11:00 Big Screen Trivia CO 1:30 Bingo SE 2:30 Toe Tapping Tunes E 3:30 Summer Olympics 2021 SE 4:00 Miro Quartet: Bowdoin Music Festival</p>	<p>27</p> <p>PR 9:00 Morning Gardening SP 9:30 Traditional Hymns PY 10:00 Morning Stretch E 10:30 Remembering National Korean War Veterans Armistice Day CO 1:30 Dominoes PR 2:00 Remembering Armistice Day: Traditional Dessert & Drink E 3:30 Summer Olympics</p>	<p>28</p> <p>PR 9:00 Morning Gardening E 9:30 Wednesday Morning Singers PY 10:00 Workout w/ Weights CO 10:30 Wednesday's World Wonders CR 1:30 Abstract Clay Sculpture Day SO 3:00 Mid-Week Mock-tails & Music Memories E 3:30 Summer Olympics 2021</p>	<p>29</p> <p>PR 9:00 Morning Gardening SE 9:30 Virtual Tours PY 1:00 Afternoon 1:1 Walks SE 2:30 Music w/ Dale E 3:30 Summer Olympics 2021 SE 4:00 A Night at the Opera</p>	<p>30</p> <p>I 9:00 Friday Funny Baby Videos PY 9:30 20 Minute Stretch SE 10:00 Morning Manicures & Polish SE 1:00 Elvis has entered the Building: Don Boudreau SO 2:00 Ice Cream Social E 3:00 Summer Olympics 2021 SE 4:00 Afternoon Patio Social</p>	<p>31</p> <p>SO 9:00 Morning News: Youtube SO 10:30 Quartet Concert-Big Top E 3:30 Summer Olympics 2021 SE 4:30 Old Time Show SO 6:00 Evening Activities Resident's Choice</p>

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