



THE HIGHLANDS
FRIENDSHIP COVE
A GRACE MGMT COMMUNITY

JULY 2021

Life Enrichment - Friendship Cove

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CO - Cognitive CR - Creative E - Emotional I - Intergenerational 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 Maine Lodge - ML Theater- T Georgetown Parlor- GP</p>				<p>1 PY 10:30 Morning Exercise w/ Abbey - FCCR CO 11:00 Morning Word Game: Boggle - FCCR PY 11:00 Tai Chi w/Jackie - Tent SE 1:30 Scenic Ride - FCE CR 3:15 Knitting Group - FCCR SE 7:00 Thursday Series - "The Queen's Gambit"- T</p>	<p>2 PY 10:00 Chair Connection - M PY 11:00 Morning Walk w/ Kaitlyn - FCE SE 2:00 Afternoon Film - "The African Queen" - FCCR PR 7:00 Documentary - "The Social Dilemma"- T</p>	<p>3 PY 9:30 4th of July Parade - Coordinated by Highlands Residents - ML PY 11:00 Chair Exercise - FCCR SE 2:00 Afternoon Film - "Gone With The Wind" Part 2 - FCCR SE 2:00 Saturday Movie - "Million Dollar Baby" - T SE 7:00 Saturday Night Movie - "Million Dollar Baby"- T</p>
<p>4 Independence Day</p> <p>PY 11:00 Chair Exercise - FCCR SE 12:00 Open Rehearsal: Anderson Steel - Tent SE 1:30 Sunday Movie - "Yankee Doodle Dandy" - T SE 2:00 Afternoon Series - Downton Abbey - FCCR I 2:00 BMF: Young Artist Performance - T SP 4:00 Highlands Vesper Service - GP SE 7:00 Sunday Night Movie - "Yankee Doodle Dandy" - T</p>	<p>5 PY 11:00 Chair Exercise - FCCR SE 2:00 Rick Steves Egypt: Yesterday and Today - FCCR SE 7:00 Resident Choice Film- FCCR SE 7:30 Bowdoin Musical Festival: Dover Quartet - T</p>	<p>6 PR 10:15 Resident Forum - FCCR CO 11:00 Group Crossword Puzzles - FCCR SE 2:30 Entertainment: Will Ogmundson, piano - Tent PR 3:30 Manicures w/ Abbey - FCCR I 7:00 BMF: Young Artist Performance - T SE 7:00 Evening Film- FCCR</p>	<p>7 CO 10:30 July Newsletter and Facts - FCCR E 11:00 Pet Visit w/ Rainbow - FCCR PR 1:30 Shopping Trip - Target/ Dollar Store - FCE PY 3:00 Lawn Game: Open Croquet - CLL SO 3:30 Strawberry Sundae Day Social On The Patio - FCCR E 6:30 Opera/Musical - Donizetti "Maria Stuarda" - T</p>	<p>8 PY 10:30 Morning Exercise w/ Abbey - FCCR PR 10:30 Topsham Library - ML PY 11:00 Tai Chi w/Jackie - Tent SE 1:30 Scenic Ride/Fielders Choice Ice Cream - FCE CO 3:30 Afternoon Game: UNO - FCCR SE 7:00 Thursday Series-"Outlander"- T</p>	<p>9 SO 11:00 BBQ - Tent PY 1:45 Afternoon Walk w/ Abbey - FCE CO 2:30 Word Creation - FCCR CR 3:30 Knitting Group - FCCR PR 7:00 Documentary-T</p>	<p>10 PY 11:00 Chair Exercise - FCCR SE 2:00 Afternoon Film - FCCR SE 2:00 Saturday Movie - T SE 7:00 Saturday Night Movie - T</p>
<p>11 PY 11:00 Chair Exercise - FCCR SE 12:00 Open Rehearsal: Anderson Steel - Tent SE 1:30 Sunday Movie - T SE 2:00 Afternoon Series - Downton Abbey - FCCR SE 7:00 Evening Movie - T</p>	<p>12 CO 10:30 Oscar Hammerstein II Day - FCCR PR 11:00 HRAB Meeting - Tent SE 1:30 Scenic Ride- FCE SO 3:00 Ice Cream Social - Tent CO 3:15 BINGO-FCCR SE 7:00 Resident Choice Film- FCCR</p>	<p>13 PY 10:30 Morning Exercise w/ Abbey - FCCR CR 11:00 Art Group - Step by Step Painting - FCCR CO 1:45 Afternoon Game: Scrabble - FCCR SE 2:30 Book Launch: Go By Boat w/Dr. Chuck Radis - Tent SO 3:30 Pecan Pie Day Social - FCCR I 7:00 BMF: Young Artist Performance - T SE 7:00 Evening Film- FCCR</p>	<p>14 CR 10:30 Art Group: Adult Coloring - FCCR E 11:00 Pet Visit w/ Rainbow - FCCR PR 1:30 Shopping Trip - Reny's - FCE SE 2:30 Open Rehearsal: Uncalled Four - Tent PY 3:00 Lawn Game: Open Croquet - CLL CO 3:30 Afternoon Game: UNO - FCCR E 6:30 Opera/Musical - T</p>	<p>15 PY 10:30 Morning Exercise w/ Abbey - FCCR CO 11:00 National Parks Trivia - FCCR PY 11:00 Tai Chi w/Jackie - Tent SE 1:30 Scenic Ride - FCE SO 3:30 Mocktail Social - Strawberry Daiquiri's On The Patio - FCCR SE 7:00 Thursday Series-"Outlander"- T</p>	<p>16 SO 11:00 Lunch Bunch: Sea Dog Restaurant - ML PY 2:00 Afternoon Walk w/ Abbey - FCE CR 2:30 Knitting Group - FCCR SE 3:00 Cassatte String Quartet - T SE 3:30 Entertainment w/ Dale Kneeland - FCCR SP 6:00 Shabbat Under the Stars - ML Gazebo PR 7:00 Documentary-T</p>	<p>17 PY 11:00 Chair Exercise - FCCR SE 2:00 Afternoon Film - FCCR SE 2:00 Saturday Movie - T SE 7:00 Saturday Night Movie - T</p>

Events are Subject to Change.



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>18</p> <p>PY 11:00 Chair Exercise - FCCR SE 12:00 Open Rehearsal: Anderson Steel - Tent SE 1:30 Sunday Movie - T SE 2:00 Afternoon Series - Downton Abbey - FCCR SP 4:00 Highlands Vesper Service - GP SE 7:00 Evening Movie - T</p>	<p>19</p> <p>E 10:30 Remembering the Titanic - FCCR CO 11:00 Morning Crossword Puzzles - FCCR SE 1:30 Scenic Ride- FCE PR 2:00 Take Care of Yourself Day Events - Tent CO 3:15 BINGO-FCCR SE 7:00 Resident Choice Film-FCCR SE 7:30 BMF: Jupiter & Ying Quartets - T</p>	<p>20</p> <p>PY 10:30 Morning Exercise w/ Abbey - FCCR CR 11:00 Art Group - Step by Step Painting - FCCR CO 1:30 Afternoon Game: Scrabble - FCCR SE 2:30 Entertainment: Ron Bergeron, vocals & guitar - Tent PR 3:30 Manicures w/ Abbey - FCCR I 7:00 BMF: Young Artist Performance - T SE 7:00 Evening Film- FCCR</p>	<p>21</p> <p>CO 10:30 History Of The Olympic Games - FCCR E 11:00 Pet Visit w/ Rainbow - FCCR PR 1:30 Shopping Trip - Target/ Dollar Store - FCE SE 2:30 Root Beer Floats - Tent PY 3:00 Lawn Game: Open Croquet - CLL CO 3:30 Afternoon Game: UNO - FCCR E 6:30 Opera/Musical - T</p>	<p>22</p> <p>PY 10:30 Morning Exercise w/ Abbey - FCCR PR 10:30 Topsham Library - ML PY 11:00 Tai Chi w/Jackie - Tent SE 1:30 Scenic Ride/ Fielders Choice Ice Cream - FCE SE 2:00 Documentary: Elvis Presley the Searcher - T CR 3:30 A Fashionable Day - Fashion Through The Decades - FCCR SE 7:00 Thursday</p>	<p>23</p> <p>I 7:00 Toyoko Olympic Games Opening Ceremony & Olympic Programming - T CO 10:30 Word Creation - FCCR PY 11:00 Morning Walk w/ Abbey and Kaitlyn - FCE CR 2:30 Peaceful Painting w/ Stacey - TENT CR 3:30 Knitting Group - FCCR PR 7:00 Documentary-T</p>	<p>24</p> <p>PY 11:00 Chair Exercise - FCCR SE 2:00 Afternoon Film - FCCR SE 2:00 Saturday Movie - T SE 7:00 Saturday Night Movie - T</p>
<p>25</p> <p>PY 11:00 Chair Exercise - FCCR SE 12:00 Open Rehearsal: Anderson Steel - Tent SE 1:30 Sunday Movie - T SE 2:00 Afternoon Series - Downton Abbey - FCCR SE 7:00 Evening Movie - T</p>	<p>26</p> <p>SO 10:30 Doughnut and Coffee Social - FCCR CO 11:00 Group Crossword Puzzles - FCCR SE 1:30 Scenic Ride- FCE PR 2:00 Fraud and Scams w/Topsham Police Department - Tent CO 3:15 BINGO-FCCR SE 7:00 Open Mic Night - GP SE 7:00 Resident Choice Film-FCCR</p>	<p>27</p> <p>PY 10:30 Morning Exercise w/ Abbey - FCCR CO 11:00 Trivia On The Big Screen - FCCR SE 2:30 Presentation: Green Crabs w/Marissa McMahan - Tent CO 3:30 Afternoon Game: Scrabble - FCCR I 7:00 BMF: Young Artist Performance - T SE 7:00 Evening Film- FCCR</p>	<p>28</p> <p>CR 10:30 Art Group: Pebble Art - FCCR E 11:00 Pet Visit w/ Rainbow - FCCR PR 1:30 Shopping Trip - Target/ Dollar Store - FCE PY 3:00 Lawn Game: Open Croquet - CLL PY 3:30 Beanbag Day - Cornhole - FCCR E 6:30 Opera/Musical - T</p>	<p>29</p> <p>PY 10:30 Morning Exercise w/ Abbey - FCCR SO 11:00 Getting To Know You Day - Show and Tell - FCCR PY 11:00 Tai Chi w/Jackie - Tent SE 1:30 Scenic Ride - FCE CO 3:15 Afternoon Game: UNO - FCCR SE 7:00 Thursday Series-"Outlander"- T</p>	<p>30</p> <p>E 10:30 Friday Positive News - FCCR CO 11:00 Word Creation - FCCR PY 1:45 Afternoon Walk w/ Abbey - FCE SE 2:30 Elvis Has Entered the Building Day featuring "Elvis" - Tent CR 3:30 Knitting Group - FCCR PR 7:00 Documentary-T</p>	<p>31</p> <p>PY 11:00 Chair Exercise - FCCR SE 2:00 Afternoon Film - FCCR SE 2:00 Saturday Movie - T SE 7:00 Saturday Night Movie - T</p>

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