



THE HIGHLANDS
INDEPENDENT LIVING
A GRACE MGMT COMMUNITY

JULY 2021

Life Enrichment - Independent Living

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>Location Key: Bath Savings Office - B Benjamin Porter Garage - BPG Cadigan Lodge Lawn - CL Lawn Cadigan Lodge Library - CL Cadigan Lodge Private Dining Room - CLPDR Fitness Center - F Georgetown Parlor - GP Harswell Lounge - H Holden Frost House - HFH Holden Frost House Parlor - HFHP Kennebec Meeting Room - K Maine Lodge Lobby - ML</p>	<p>Location Key Continued: Merrymeeting Bay Room - M Sebasco Dining Room - S Tent - Tent Theater - T Your House - YH Zoom - Z</p> <p>Please Note: \$ = Additional Cost # = Sign-up Required</p> <p>Bowdoin Music Festival Livestream - BMF</p>	<p>1 PY 11:00 Tai Chi w/Jackie - Tent CO 1:00 Scrabble - H CO 1:30 Mahjong - K SO 4:00 Maine Lodge Lobster Bake - Tent SE 7:00 Thursday Series - T</p>	<p>2 PR 9:00 Podiatry Services w/Dr. Hilary Pelletier - B PR 9:00 Shopping: Maine Street Brunswick- ML PY 10:00 Chair Connection - M CO 11:00 Current Events - M CO 1:00 Social Bridge - M SO 4:00 First Friday Happy Hour - Tent SO 6:00 Distinctive Dining \$ # - HFH PR 7:00 Documentary - T</p>	<p>3 PY 9:30 4th of July Parade - Coordinated by Highlands Residents - ML PY 9:30 Ping Pong - M SE 11:00 Morning Symphony - T SE 2:00 Saturday Movie Matinee - T SE 7:00 Saturday Night Movie - T</p>
<p>4 Independence Day</p> <p>SE 12:00 Open Rehearsal: Anderson Steel - Tent SE 1:30 Sunday Movie Matinee - T I 2:00 BMF: Young Artist Performance - T CR 2:00 Needlework Group - GP SP 4:00 Highlands Vesper Service - GP SE 7:00 Sunday Night Movie - T</p>	<p>5</p> <p>PR 9:00 Shopping: Cooks Corner - ML PY 10:00 Chair Connection - M CR 10:00 Writers' Group - K CO 1:00 Cribbage - H CO 2:30 Backgammon - CLL E 5:00 Highlands Chorale - HFH SE 7:30 Bowdoin Musical Festival: Dover Quartet - T</p>	<p>6</p> <p>PR 9:00 Shopping: Hannaford - ML PR 10:15 Shopping: Hannaford - ML SE 2:30 Entertainment: Will Ogmundson, piano - Tent SO 4:00 On Parle François - K I 7:00 BMF: Young Artist Performance - T</p>	<p>7</p> <p>PY 10:00 Chair Connection - M SE 10:30 Aromatherapy Hand Massage w/Sharon - GP CO 1:30 Mahjong - K PR 2:00 Cooperative Living at The Highlands w/Jenalee - M PY 3:00 Lawn Game: Open Croquet - CLL E 6:30 Opera/Musical - T</p>	<p>8</p> <p>PR 10:30 Topsham Library - ML PY 11:00 Tai Chi w/Jackie - Tent CO 1:00 Scrabble - H CO 1:30 Mahjong - K E 2:00 Caregiver Support Group - Tent SO 4:00 South Lobster Bake - Tent SE 7:00 Thursday Series - T</p>	<p>9</p> <p>PR 9:00 Shopping: Maine Street Brunswick- ML PY 10:00 Chair Connection - M CO 11:00 Current Events - M CO 1:00 Social Bridge - M CR 2:30 Peaceful Painting w/Stacey - Tent PY 3:00 Afternoon Walk w/Sharon - F PR 7:00 Documentary - T</p>	<p>10</p> <p>PY 9:30 Ping Pong - M SE 11:00 Morning Symphony - T CO 2:00 Discuss & Recall: Topic TBD w/Judy - GP SE 2:00 Saturday Movie Matinee - T SE 7:00 Saturday Night Movie - T</p>
<p>11</p> <p>SE 12:00 Open Rehearsal: Anderson Steel - Tent SE 1:30 Sunday Movie Matinee - T SE 2:00 BMF: Music from Copland House - T CO 2:00 Sunday Afternoon Board Games - H CR 2:00 Needlework Group - GP SO 4:00 Book Chat - K SE 7:00 Sunday Night Movie - T</p>	<p>12</p> <p>PR 9:00 Shopping: Cooks Corner - ML PY 10:00 Chair Connection - M PR 11:00 HRAB Meeting - Tent CO 1:00 Cribbage - H CO 2:30 Backgammon - CLL SO 3:00 Ice Cream Social - Tent E 5:00 Highlands Chorale - HFH SE 7:30 Bowdoin Musical Festival: Ying Quartet - T</p>	<p>13</p> <p>PR 9:00 Shopping: Hannaford - ML PR 10:15 Shopping: Hannaford - ML PR 11:00 New Residents Tour - ML SE 2:30 Book Launch: Go By Boat w/Dr. Chuck Radis - Tent SO 4:00 On Parle François - K I 7:00 BMF: Young Artist Performance - T</p>	<p>14</p> <p>PR 9:00 Shopping: Trader Joe's & Whole Foods \$ # - ML PY 10:00 Chair Connection - M SE 10:30 Aromatherapy Hand Massage w/Sharon - GP CO 1:30 Mahjong - K SE 2:30 Open Rehearsal: Uncalled Four - Tent PY 3:00 Lawn Game: Open Croquet - CLL E 6:30 Opera/Musical - T</p>	<p>15</p> <p>PY 11:00 Tai Chi w/Jackie - Tent I 1:00 Bowdoin Music Festival Livestream: Young Artist Performance - T CO 1:00 Scrabble - H CO 1:30 Mahjong - K CO 1:30 Spelling Bee - Tent SO 4:00 North Lobster Bake - Tent SE 7:00 Thursday Series - T</p>	<p>16</p> <p>PR 9:00 Shopping: Maine Street Brunswick- ML PY 10:00 Chair Connection - M CO 11:00 Current Events - M SO 11:00 Lunch Bunch: Sea Dog Restaurant - ML CO 1:00 Social Bridge - M SE 3:00 Cassatte String Quartet - T SO 6:00 Distinctive Dining \$ # - HFH SP 6:00 Shabbat Under the Stars - ML Gazebo PR 7:00 Documentary - T</p>	<p>17</p> <p>PY 9:30 Ping Pong - M SE 11:00 Morning Symphony - T SE 2:00 Saturday Movie Matinee - T SE 7:00 Saturday Night Movie - T</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>18</p> <p>SE 12:00 Open Rehearsal: Anderson Steel - Tent</p> <p>SE 1:30 Sunday Movie Matinee - T</p> <p>CR 2:00 Needlework Group - GP</p> <p>SE 3:00 Afternoon Symphony - T</p> <p>SP 4:00 Highlands Vesper Service - GP</p> <p>SE 7:00 Sunday Night Movie - T</p>	<p>19</p> <p>PR 9:00 Shopping: Cooks Corner - ML</p> <p>PY 10:00 Chair Connection - M</p> <p>CR 10:00 Writers' Group - K</p> <p>PR 11:00 Activities Cmte - Tent</p> <p>CO 1:00 Cribbage - H</p> <p>PR 2:00 Food Committee - H</p> <p>PR 2:00 Take Care of Yourself Day Events - Tent</p> <p>CO 2:30 Backgammon - CLL</p> <p>E 5:00 Chorale - HFH</p> <p>CO 7:00 Card BINGO - H</p> <p>SE 7:30 BMF: Jupiter & Ying Quartets - T</p>	<p>20</p> <p>PR 9:00 Shopping: Hannaford - ML</p> <p>PR 10:15 Shopping: Hannaford - ML</p> <p>SE 2:30 Entertainment: Ron Bergeron, vocals & guitar - Tent</p> <p>SO 4:00 On Parle François - K</p> <p>I 7:00 BMF: Young Artist Performance - T</p>	<p>21</p> <p>PY 10:00 Chair Connection - M</p> <p>SE 10:30 Aromatherapy Hand Massage w/Sharon - GP</p> <p>CO 1:30 Mahjong - K</p> <p>SE 2:30 Root Beer Floats - Tent</p> <p>PY 3:00 Lawn Game: Open Croquet - CLL</p> <p>SO 5:00 Mystery Dinner \$ # - ML</p> <p>E 6:30 Opera/Musical - T</p>	<p>22</p> <p>PR 10:30 Topsham Library - ML</p> <p>PY 11:00 Tai Chi w/Jackie - Tent</p> <p>CO 1:00 Scrabble - H</p> <p>CO 1:30 Mahjong - K</p> <p>E 2:00 Caregiver Support Group - Tent</p> <p>SE 2:00 Documentary: Elvis Presley the Searcher - T</p> <p>SO 4:00 North II Lobster Bake - Tent</p> <p>SE 7:00 Thursday Series - T</p>	<p>23</p> <p>I 7:00 Toyoko Olympic Games Opening Ceremony & Olympic Programming - T</p> <p>PR 9:00 Shopping: Maine Street Brunswick- ML</p> <p>PY 10:00 Chair Connection - M</p> <p>CO 11:00 Current Events - M</p> <p>SO 11:00 Maine Lodge Residents BBQ - Tent</p> <p>CO 1:00 Social Bridge - M</p> <p>PY 3:00 Afternoon Walk w/Sharon - F</p> <p>PR 7:00 Documentary - T</p>	<p>24</p> <p>PY 9:30 Ping Pong - M</p> <p>SE 11:00 Morning Symphony - T</p> <p>CO 2:00 Discuss & Recall: Topic TBD w/Judy - GP</p> <p>SE 2:00 Saturday Movie Matinee - T</p> <p>SE 7:00 Saturday Night Movie - T</p>
<p>25</p> <p>SE 12:00 Open Rehearsal: Anderson Steel - Tent</p> <p>SE 1:30 Sunday Movie Matinee - T</p> <p>SE 2:00 BMF: Young Artist Performance - T</p> <p>CO 2:00 Sunday Afternoon Board Games - H</p> <p>CR 2:00 Needlework Group - GP</p> <p>CO 4:00 Book Chat - K</p> <p>SE 7:00 Sunday Night Movie - T</p>	<p>26</p> <p>PR 9:00 Shopping: Cooks Corner - ML</p> <p>PY 10:00 Chair Connection - M</p> <p>CO 1:00 Cribbage - H</p> <p>PR 2:00 Fraud and Scams w/Topsham Police Department - Tent</p> <p>CO 2:30 Backgammon - CLL</p> <p>E 5:00 Highlands Chorale - HFH</p> <p>SE 7:00 Open Mic Night - GP</p> <p>SE 7:30 Bowdoin Musical Festival: Miró Quartet - T</p>	<p>27</p> <p>PR 9:00 Shopping: Hannaford - ML</p> <p>PR 10:15 Shopping: Hannaford - ML</p> <p>SE 2:30 Presentation: Green Crabs w/Marissa McMahan - Tent</p> <p>SO 4:00 On Parle François - K</p> <p>I 7:00 BMF: Young Artist Performance - T</p>	<p>28</p> <p>PY 10:00 Chair Connection - M</p> <p>SE 10:30 Aromatherapy Hand Massage w/Sharon - GP</p> <p>CO 1:30 Mahjong - K</p> <p>PY 3:00 Lawn Game: Open Croquet - CLL</p> <p>SO 3:30 New Residents Reception - Tent</p> <p>E 6:30 Opera/Musical - T</p>	<p>29</p> <p>PY 11:00 Tai Chi w/Jackie - Tent</p> <p>CO 1:00 Scrabble - H</p> <p>SO 1:30 Getting to Know You Day: "Sharing Treasures" - Tent</p> <p>CO 1:30 Mahjong - K</p> <p>SO 4:00 North III Lobster Bake - Tent</p> <p>SE 7:00 Thursday Series - T</p>	<p>30</p> <p>PR 9:00 Podiatry Services w/Dr. Hilary Pelletier - B</p> <p>PR 9:00 Shopping: Maine Street Brunswick- ML</p> <p>PY 10:00 Chair Connection - M</p> <p>CO 11:00 Current Events - M</p> <p>CO 1:00 Social Bridge - M</p> <p>SE 2:30 Elvis Has Entered the Building Day featuring "Elvis" - Tent</p> <p>SO 6:00 Distinctive Dining \$ # - HFH</p> <p>PR 7:00 Documentary - T</p>	<p>31</p> <p>PY 9:30 Ping Pong - M</p> <p>SE 10:30 Quartet Concert - Tent</p> <p>SE 11:00 Morning Symphony - T</p> <p>SE 2:00 Saturday Movie Matinee - T</p> <p>SE 7:00 Saturday Night Movie - T</p>

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