



THE HIGHLANDS  
FRIENDSHIP COVE  
A GRACE MGMT COMMUNITY

# OCTOBER 2021

Life Enrichment - Friendship Cove

30 Governors Way  
Topsham, Maine 04086  
207-725-2650  
[www.highlandsrc.com](http://www.highlandsrc.com)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CO - Cognitive CR - Creative E - Emotional PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual</p> <p>Fitness Center Entrance- FCE Zoom- Z Friendship Cove Community Room- FCCR Friendship Cove Dining Room - FCDR Friendship Cove Patio - FCP Merrymeeting Bay Room- M Maine Lodge - ML Theater- T Georgetown Parlor- GP Cadigan Lodge Courtyard - CLCY Cadigan Lodge Dining Room - CLDR Cadigan Lodge Patio - CLP</p>					<p>1</p> <p>PY 10:00 Chair Connection - M CO 10:30 Yosemite National Park Anniversary - FCCR CO 11:00 Word Creation - FCCR PY 1:45 Fall Foliage Friday - Walking Group - FCE SO 4:00 Community Wide End of Summer Bash with DJ Victor - Tent PR 7:00 Documentary-T</p>	<p>2</p> <p>PY 11:00 Chair Exercise - FCCR SE 11:00 Morning Symphony - T SE 2:00 Afternoon Film - FCCR SE 2:00 Saturday Movie - T SE 7:00 Saturday Night Movie - T</p>
<p>3</p> <p>PY 11:00 Chair Exercise - FCCR SE 1:00 Open Rehearsal: Anderson Steel - Tent SE 1:30 Sunday Movie - T SE 3:00 Afternoon Symphony - T SP 4:00 Highlands Vesper Service - GP SE 7:00 Evening Movie - T</p>	<p>4</p> <p>PY 10:00 Chair Connection - M SO 10:30 Coffee and Donuts Morning Social - FCCR SP 11:00 Bible Study w/Bob - M SE 1:30 Scenic Ride - FCE CO 3:30 BINGO-FCCR SE 7:00 Resident Choice Film- FCCR</p>	<p>5</p> <p>SE 9:30 Morning Symphony - FCCR CO 10:30 Best National Parks in the US - FCCR PY 11:00 Bocce Ball Tournament - Next to Tent SE 2:30 Tuesday @ 2:30 Don Roy, Fiddle - Tent PR 3:30 Manicures - FCCR SE 7:00 Evening Film- FCCR</p>	<p>6</p> <p>PY 10:00 Chair Connection - M E 10:30 Pet Visit w/Rainbow - FCCR SO 11:00 Coffee with a Cop Day - GP PR 1:30 Shopping Trip - Target- FCE PY 2:00 Croquet Match - CL Lawn CO 3:30 Afternoon Game: Scrabble - FCCR E 6:30 Opera/Musical - T</p>	<p>7</p> <p>SE 9:30 Morning Symphony - FCCR CO 10:30 Morning Trivia - October IQ - FCCR SE 1:30 Scenic Ride - FCE CR 2:00 Abracadabra Productions - Magic Show with Phil Smith - Tent SE 3:30 National Frappe Day Social - FCCR SE 7:00 Thursday Series - T</p>	<p>8</p> <p>PY 10:00 Chair Connection - M CO 10:30 Would You Rather - FCCR SO 11:00 Lunch Bunch: \$# - FCE PY 2:30 Fall Foliage Friday - Walking Group - FCE CR 3:30 Knitting Group w/Abbey - FCCR PR 7:00 Documentary-T</p>	<p>9</p> <p>PY 11:00 Chair Exercise - FCCR SE 11:00 Morning Symphony - T SE 2:00 Afternoon Film - FCCR SE 2:00 Saturday Movie - T SE 7:00 Saturday Night Movie - T</p>
<p>10</p> <p>PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie - T SE 2:00 Afternoon Film - FCCR SE 3:00 Afternoon Symphony - T SE 7:00 Sunday Night Movie - T</p>	<p>11 Columbus Day</p> <p>PY 10:00 Chair Connection - M CO 10:30 Tea and Trivia - FCCR PR 11:00 HRAB Meeting - Tent SE 1:30 Scenic Ride - FCE CO 3:30 BINGO-FCCR SE 7:00 Resident Choice Film- FCCR</p>	<p>12</p> <p>SE 9:30 Morning Symphony - FCCR CO 10:30 Thats Italian Tuesday - Italy IQ - FCCR PR 11:00 Friendship Cove Resident Forum - FCCR PR 2:00 Tuesday at 2 Presentation: Social Ecology with David Ramsay - GP CO 3:30 Afternoon Game: UNO - FCCR SE 7:00 Evening Film- FCCR</p>	<p>13</p> <p>PY 10:00 Chair Connection - M CO 10:30 Morning Game: Boggle - FCCR E 11:00 Pet Visit w/Rainbow - FCCR PR 1:30 Shopping Trip - Target- FCE CR 2:00 Pumpkin Flower Arranging with Amanda - GP CR 3:30 Friendship Cove Scarecrow - FCCR E 6:30 Opera/Musical - T</p>	<p>14</p> <p>SE 9:30 Morning Symphony - FCCR PR 10:30 Topsham Library - ML CR 11:00 Exploring Countries - FCCR SE 1:30 Wilbers of Maine Chocolate Confections - FCE SE 3:30 Baking Group - FCCR SE 7:00 Thursday Series - T</p>	<p>15</p> <p>PY 10:00 Chair Connection - M SO 10:30 Coffee and Cinnamon Roll Social - FCCR PR 11:00 Boss Appreciation Day - FCCR PY 1:45 Fall Foliage Friday - Walking Group - FCE SE 2:30 Entertainment with Claude Bonang - GP PR 7:00 Documentary-T</p>	<p>16</p> <p>PY 9:00 Walk to end Alzheimer's - ML PY 11:00 Chair Exercise - FCCR SE 11:00 Morning Symphony - T 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>17</p> <p>PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie - T SE 2:00 Afternoon Film - FCCR SE 3:00 Afternoon Symphony - T SE 7:00 Evening Movie - T</p>	<p>18</p> <p>PY 10:00 Chair Connection - M CR 10:30 National Chocolate Cupcake Decorating Day - FCCR SP 11:00 Bible Study w/Bob - M SE 1:30 Scenic Ride - FCE CO 3:30 BINGO-FCCR SE 7:00 Resident Choice Film-FCCR</p>	<p>19</p> <p>SE 9:30 Morning Symphony - FCCR CO 10:30 Morning Game: List it - FCCR CR 11:00 Fall Door Decoration - FCCR SE 2:00 Tuesday @ 2:00 - Big Band Songs with Jim Whitney - GP SO 3:30 October Birthday Celebration - FCCR SE 7:00 Evening Film-FCCR</p>	<p>20</p> <p>PY 10:00 Chair Connection - M CO 10:30 Wisdom Wednesday - Highly Successful People Who Failed On Their Way To Success - FCCR E 11:00 Pet Visit w/Rainbow - FCCR PR 1:30 Shopping Trip - Target - FCE CO 3:30 Afternoon Game: Scrabble - FCCR E 6:30 Opera/Musical - T</p>	<p>21</p> <p>SE 9:30 Morning Symphony - FCCR E 10:30 Think Positive Thursday - Positive News - FCCR SE 1:30 Scenic Ride - FCE SE 3:00 Allagash Tales w/ Tim Caverly - GP SE 3:30 Baking Group - FCCR SE 7:00 Thursday Series - T</p>	<p>22</p> <p>PY 10:00 Chair Connection - M SO 10:30 Rocky Ridge Donuts and Cider - FCCR CO 11:00 Group Crossword Puzzles - FCCR PY 1:45 Fall Foliage Friday - Walking Group - FCE SE 3:30 Entertainment w/Dale Kneeland - FCCR PR 7:00 Documentary-T</p>	<p>23</p> <p>PR 10:00 Highlands Fall Festival - ML PY 11:00 Chair Exercise - FCCR SE 11:00 Morning Symphony - T SE 2:00 Afternoon Film - FCCR SE 2:00 Saturday Movie - T SE 7:00 Saturday Night Movie - T</p>
<p>24</p> <p>PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie - T SE 2:00 Afternoon Film - FCCR SE 3:00 Afternoon Symphony - T SE 7:00 Evening Movie - T</p>	<p>25</p> <p>PY 10:00 Chair Connection - M PR 10:30 Activities Meeting with Lars - FCCR CO 11:00 Word Creation - FCCR SE 1:30 Scenic Ride - FCE CO 3:30 BINGO-FCCR SE 7:00 Open Mic Night - GP SE 7:00 Resident Choice Film-FCCR</p>	<p>26</p> <p>SE 9:30 Morning Symphony - FCCR CO 10:30 Morning Trivia - FCCR CR 11:00 Jewelry Workshop: Bracelets - FCCR SE 2:30 Tuesday @ 2:30 - Sue and Blue Jazz - GP CR 3:30 Pumpkin Day - Paint a Pumpkin - FCCR SE 7:00 Evening Film-FCCR</p>	<p>27</p> <p>PY 10:00 Chair Connection - M CR 10:30 Halloween Hat Decorating - FCCR E 11:00 Pet Visit w/Rainbow - FCCR PR 1:30 Shopping Trip - Target - FCE CO 3:30 Afternoon Game: UNO - FCCR E 6:30 Opera/Musical - T</p>	<p>28</p> <p>SE 9:30 Morning Symphony - FCCR PR 10:30 Topsham Library - ML CO 11:00 Mystery Person Who Am I? - FCCR SE 1:30 Scenic Ride - FCE SE 3:30 Baking Group: Apple Crisp - FCCR SE 7:00 Thursday Series - T</p>	<p>29</p> <p>PY 10:00 Chair Connection - M CO 10:30 Elizabeth Krebs: Queen of Halloween - FCCR CO 11:00 Word Creation - Halloween Edition - FCCR CR 2:00 Resident and Staff Halloween Costume Contest - GP CR 3:30 Knitting Group w/Abbey - FCCR PR 7:00 Documentary-T</p>	<p>30</p> <p>PY 11:00 Chair Exercise - FCCR SE 11:00 Morning Symphony - T SE 2:00 Afternoon Film - FCCR SE 2:00 Saturday Movie - T SE 7:00 Saturday Night Movie - T</p>
<p>31</p> <p><b>Halloween</b></p> <p>PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie - T SE 3:00 Afternoon Symphony - T</p>						

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