



THE HIGHLANDS  
INDEPENDENT LIVING  
A GRACE MGMT COMMUNITY

# OCTOBER 2021

Life Enrichment - Independent Living

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



| Sunday  | Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday   |
|---|--|---|---|--|--|--|
| <p><b>CO</b> - Cognitive<br/><b>CR</b> - Creative<br/><b>E</b> - Emotional<br/><b>PY</b> - Physical<br/><b>PR</b> - Purposeful<br/><b>SE</b> - Sensory<br/><b>SO</b> - Social<br/><b>SP</b> - Spiritual</p>   | <p>Bath Savings Office - B<br/>Benjamin Porter Garage - BPG<br/>Cadigan Lodge Lawn - CLL<br/>Fitness Center - FC<br/>Georgetown Parlor - GP<br/>Harpwell Lounge - H<br/>Holden Frost House - HFH<br/>Holden Frost Parlor - HFHP<br/>Kennebec Meeting Room - K<br/>Maine Lodge Lobby - ML<br/>Merrymeeting Bay Room - M<br/>Sebasco Dining Room - S</p> |   |   |  | <p><b>1</b><br/><b>PR</b> 9:00 Podiatry Services - B<br/><b>PR</b> 9:00 Shopping: Maine Street Brunswick- ML<br/><b>PY</b> 10:00 Chair Connection - M<br/><b>CO</b> 11:00 Current Events - M<br/><b>CO</b> 1:00 Bridge - M<br/><b>SO</b> 4:00 Community Wide End of Summer Bash with DJ Victor - Tent<br/><b>PR</b> 7:00 Documentary - T</p> | <p><b>2</b><br/><b>PY</b> 9:30 Ping Pong - M<br/><b>CO</b> 10:00 Relaxed Beginner Bridge - K<br/><b>SE</b> 11:00 Morning Symphony - T<br/><b>SE</b> 2:00 Saturday Movie Matinee - T<br/><b>SE</b> 7:00 Saturday Night Movie - T</p>  |
| <p><b>3</b><br/><b>SE</b> 1:00 Open Rehearsal: Anderson Steel - Tent<br/><b>SE</b> 1:30 Sunday Movie Matinee - T<br/><b>CR</b> 2:00 Needlework Group - GP<br/><b>SE</b> 3:00 Afternoon Symphony - T<br/><b>SP</b> 4:00 <b>Highlands Vesper Service - GP</b><br/><b>SE</b> 7:00 Sunday Night Movie - T</p> | <p><b>4</b><br/><b>PR</b> 9:00 Shopping: Cooks Corner - ML<br/><b>PY</b> 10:00 Chair Connection - M<br/><b>CR</b> 10:00 Writers' Group - K<br/><b>SP</b> 11:00 Bible Study w/Bob - M<br/><b>CO</b> 1:00 Cribbage - H<br/><b>PY</b> 2:00 Autumn Walking Group - FCE<br/><b>CO</b> 3:00 Backgammon - CLL<br/><b>E</b> 5:00 Highlands Chorale - GP</p>    | <p><b>5</b><br/><b>PR</b> 9:00 Shopping: Hannaford - ML<br/><b>PR</b> 10:15 Shopping: Hannaford - ML<br/><b>PY</b> 11:00 Bocce Tournament - Staff Vs. Residents - Next to Tent<br/><b>CO</b> 1:00 Mahjong - H<br/><b>SE</b> 2:30 Tuesday @ 2:30 Don Roy, Fiddle - Tent<br/><b>PY</b> 3:00 Sit, Stretch &amp; Sculpt - F<br/><b>SO</b> 4:00 On Parle Francais - BPCR</p> | <p><b>6</b><br/><b>PY</b> 10:00 Chair Connection - M<br/><b>SO</b> 11:00 Coffee with a Cop Day - GP<br/><b>CO</b> 1:30 Mahjong - K<br/><b>PY</b> 2:00 Croquet Tournament - CL Lawn<br/><b>PY</b> 3:00 Specialty Fitness Class: Pilates &amp; Yoga - F<br/><b>E</b> 6:30 Opera/Musical - T</p>                                 | <p><b>7</b><br/><b>PY</b> 11:00 Tai Chi w/Jackie - Tent<br/><b>CO</b> 1:00 Scrabble - H<br/><b>CO</b> 1:30 Mahjong - K<br/><b>CR</b> 2:00 Abracadabra Productions - Magic Show with Phil Smith - Tent<br/><b>PY</b> 3:00 Boot Camp - F<br/><b>SE</b> 7:00 Thursday Series - T</p>  | <p><b>8</b><br/><b>PR</b> 9:00 Shopping: Maine Street Brunswick- ML<br/><b>PY</b> 10:00 Chair Connection - M<br/><b>CO</b> 11:00 Current Events - M<br/><b>SO</b> 11:00 Lunch Bunch: \$# - FCE<br/><b>CO</b> 1:00 Bridge - M<br/><b>CO</b> 2:00 Scavenger Hunt/Pumpkin and Apple Treat Social - GP<br/><b>PR</b> 7:00 Documentary - T</p>    | <p><b>9</b><br/><b>PY</b> 9:30 Ping Pong - M<br/><b>CO</b> 10:00 Relaxed Beginner Bridge - K<br/><b>SE</b> 11:00 Morning Symphony - T<br/><b>SE</b> 2:00 Saturday Movie Matinee - T<br/><b>SE</b> 7:00 Saturday Night Movie - T</p>  |
| <p><b>10</b><br/><b>SE</b> 1:30 Sunday Movie Matinee - T<br/><b>CR</b> 2:00 Needlework Group - GP<br/><b>SE</b> 3:00 Afternoon Symphony - T<br/><b>SE</b> 7:00 Sunday Night Movie - T</p>   | <p><b>11 Columbus Day</b><br/><b>PR</b> 9:00 Shopping: Cooks Corner - ML<br/><b>PY</b> 10:00 Chair Connection - M<br/><b>PR</b> 11:00 HRAB Meeting - Tent<br/><b>CO</b> 1:00 Cribbage - H<br/><b>CO</b> 3:00 Backgammon - CLL<br/><b>E</b> 5:00 Highlands Chorale - GP</p>   | <p><b>12</b><br/><b>PR</b> 9:00 Shopping: Hannaford - ML<br/><b>PR</b> 10:15 Shopping: Hannaford - ML<br/><b>PR</b> 11:00 New Residents Tour - ML<br/><b>CO</b> 1:00 Mahjong - H<br/><b>PR</b> 2:00 Tuesday at 2 Presentation: Social Ecology with David Ramsay - GP<br/><b>PY</b> 3:00 Sit, Stretch &amp; Sculpt - F<br/><b>SO</b> 4:00 On Parle Francais - BPCR</p>   | <p><b>13</b><br/><b>PR</b> 9:00 Shopping: Trader Joe's &amp; Whole Foods \$# - ML<br/><b>PY</b> 10:00 Chair Connection - M<br/><b>CO</b> 1:30 Mahjong - K<br/><b>CR</b> 2:00 Pumpkin Flower Arranging with Amanda - GP<br/><b>PY</b> 3:00 Specialty Fitness Class: Jazz Zumba Mix - F<br/><b>E</b> 6:30 Opera/Musical - T</p> | <p><b>14</b><br/><b>PR</b> 10:30 Topsham Library - ML<br/><b>PY</b> 11:00 Tai Chi w/ Jackie - F<br/><b>CO</b> 1:00 Scrabble - H<br/><b>CO</b> 1:30 Mahjong - K<br/><b>E</b> 2:00 Caregiver Support Group - CLPD<br/><b>PR</b> 2:00 Welcome Committee - M<br/><b>PY</b> 3:00 Boot Camp - F<br/><b>SE</b> 7:00 Thursday Series - T</p> | <p><b>15</b><br/><b>PR</b> 9:00 Shopping: Maine Street Brunswick- ML<br/><b>PY</b> 10:00 Chair Connection - M<br/><b>CO</b> 11:00 Current Events - M<br/><b>CO</b> 1:00 Bridge - M<br/><b>SE</b> 2:30 Entertainment with Claude Bonang - GP<br/><b>PR</b> 7:00 Documentary - T</p>   | <p><b>16</b><br/><b>PY</b> 9:00 Walk to end Alzheimer's - ML<br/><b>PY</b> 9:30 Ping Pong - M<br/><b>CO</b> 10:00 Relaxed Beginner Bridge - K<br/><b>SE</b> 11:00 Morning Symphony - T<br/><b>SE</b> 2:00 Saturday Movie Matinee - T<br/><b>SE</b> 7:00 Saturday Night Movie - T</p> |

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|--|---|--|---|--|---|--|
| <p>17</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 <b>Highlands Vesper Service - GP</b></p> <p>SE 7:00 Sunday Night Movie - T</p> | <p>18</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 Committee - Tent</p> <p>SP 11:00 Bible Study w/Bob - M</p> <p>CO 1:00 Cribbage - H</p> <p>PR 2:00 Food Committee - H</p> <p>CO 3:00 Backgammon - CLL</p> <p>E 5:00 Highlands Chorale - GP</p> <p>CO 7:00 Card BINGO - H</p> | <p>19</p> <p>PR 9:00 Shopping: Hannaford - ML</p> <p>PR 10:15 Shopping: Hannaford - ML</p> <p>CO 1:00 Mahjong - H</p> <p>SE 2:00 Tuesday @ 2:00 - Big Band Songs with Jim Whitney - GP</p> <p>PY 3:00 Sit, Stretch &amp; Sculpt - F</p> <p>SO 4:00 On Parle Francais - BPCR</p>                        | <p>20</p> <p>PY 10:00 Chair Connection - M</p> <p>CO 1:30 Mahjong - K</p> <p>CR 2:00 Afternoon Art: Painting for Beginners &amp; Beyond w/Amanda - GP</p> <p>PY 3:00 Specialty Fitness Class: Pilates @ Yoga - F</p> <p>SO 5:00 Mystery Dinner \$# - ML</p> <p>E 6:30 Opera/Musical - T</p> | <p>21</p> <p>PY 11:00 Tai Chi w/ Jackie - F</p> <p>CO 1:00 Scrabble - H</p> <p>CO 1:30 Mahjong - K</p> <p>PR 2:00 Food Committee Meeting - S</p> <p>SE 3:00 Allagash Tales w/ Tim Caverly - GP</p> <p>PY 3:00 Boot Camp - F</p> <p>SE 7:00 Thursday Series - T</p> | <p>22</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 Bridge - M</p> <p>PR 7:00 Documentary - T</p>  | <p>23</p> <p>PY 9:30 Ping Pong - M</p> <p>PR 10:00 Highlands Fall Festival - ML</p> <p>CO 10:00 Relaxed Beginner Bridge - K</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> |
| <p>24</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>SE 7:00 Sunday Night Movie - T</p>   | <p>25</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>CO 3:00 Backgammon - CLL</p> <p>E 5:00 Highlands Chorale - GP</p> <p>SE 7:00 Open Mic Night - GP</p>   | <p>26</p> <p>PR 9:00 Shopping: Hannaford - ML</p> <p>PR 10:15 Shopping: Hannaford - ML</p> <p>CO 1:00 Mahjong - H</p> <p>SE 2:30 Tuesday @ 2:30 - Sue and Blue Jazz - GP</p> <p>PY 3:00 Sit, Stretch &amp; Sculpt - F</p> <p>SO 4:00 On Parle Francais - BPCR</p> <p>SO 4:00 On Parle Francais - K</p> | <p>27</p> <p>PY 10:00 Chair Connection - M</p> <p>CO 1:30 Mahjong - K</p> <p>PY 3:00 Specialty Fitness Class: Jazz Zumba Mix - F</p> <p>E 6:30 Opera/Musical - T</p>  | <p>28</p> <p>PR 10:30 Topsham Library - ML</p> <p>PY 11:00 Tai Chi w/ Jackie - F</p> <p>CO 1:00 Scrabble - H</p> <p>CO 1:30 Mahjong - K</p> <p>E 2:00 Caregiver Support Group - CLPD</p> <p>PY 3:00 Boot Camp - F</p> <p>SE 7:00 Thursday Series - T</p>           | <p>29</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 Bridge - M</p> <p>CR 2:00 Staff and Resident Halloween Costume Contest - GP</p> <p>PR 7:00 Documentary - T</p> | <p>30</p> <p>PY 9:30 Ping Pong - M</p> <p>CO 10:00 Relaxed Beginner Bridge - K</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>  |
| <p>31 <b>Halloween</b></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>SE 7:00 Sunday Night Movie - T</p>                                    |   |  |   |  |   |  |

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