



THE HIGHLANDS  
GOVERNOR KING  
A GRACE MGMT COMMUNITY

# OCTOBER 2021

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>CC</b> - Cognitive <b>CR</b> - Creative <b>E</b> - Emotional <b>I</b> - Intergenerational <b>PY</b> - Physical <b>PR</b> - Purposeful <b>SE</b> - Sensory <b>SO</b> - Social <b>SP</b> - Spiritual</p>					<p><b>1</b></p> <p><b>I</b> 9:00 Friday Funny Baby Videos <b>CO</b> 10:00 Test Your I.Q. Trivia Challenge <b>SE</b> 10:30 Yosemite National Park Day <b>SO</b> 1:00 Film Fest Friday-Residents Choice <b>SE</b> 1:30 Scenic Ride <b>SO</b> 2:00 Ice Cream Social</p>	<p><b>2</b></p> <p><b>SO</b> 9:00 Morning News: Youtube <b>CO</b> 10:30 Senior Living Puzzle Club <b>SE</b> 4:30 Old Time Show <b>SO</b> 6:00 Evening Activities Resident's Choice</p>
<p><b>3</b></p> <p><b>SO</b> 9:00 Coffee Chat <b>CO</b> 10:00 Morning News <b>SE</b> 4:30 Old Time Show <b>SO</b> 6:00 Evening Activities Resident's Choice <b>SE</b> 8:20 NFL Pats vs Tampa</p>	<p><b>4</b></p> <p><b>PY</b> 8:00 Active Aging Week <b>PY</b> 9:30 Move &amp; Groove Monday <b>CO</b> 10:30 Big Screen Health Trivia <b>CO</b> 1:30 Bingo <b>CO</b> 3:00 Detective Day: Solve the Crime <b>SE</b> 4:00 Monday Night Sports</p>	<p><b>5</b></p> <p><b>PY</b> 8:00 Active Aging Week <b>PY</b> 9:30 Morning Stretch <b>SP</b> 10:00 Morning Prayer &amp; Hymns w/ Bob &amp; Becky <b>SO</b> 1:00 Maine Fiddler-Don Roy <b>CO</b> 2:30 Tuesday Music Trivia <b>E</b> 3:30 Dean Martin Variety Hour</p>	<p><b>6</b></p> <p><b>PY</b> 8:00 Active Aging Week <b>CO</b> 9:00 Right Brain Rules Challenge <b>E</b> 9:30 Wednesday Morning Singers <b>PY</b> 10:00 Workout w/ Weights <b>PR</b> 10:30 National Have Coffee w/ a Cop Day-CL <b>CO</b> 1:45 Book Club: Read Aloud Short Stories <b>SO</b> 3:00 Mid-Week Mock-tails &amp; Music</p>	<p><b>7</b></p> <p><b>PY</b> 8:00 Active Aging Week <b>SE</b> 9:30 Morning Classical Music <b>PY</b> 10:00 Morning Floor Games: Bocce Ball <b>SE</b> 2:00 Magic Show w/ Phil Smith-Tent <b>SE</b> 3:30 Fabulous Frappe Day! <b>SE</b> 4:00 Rock n Roll: 50's &amp; 60's Music</p>	<p><b>8</b></p> <p><b>PY</b> 8:00 Active Aging Week <b>I</b> 9:00 Friday Funny Baby Videos <b>PY</b> 9:30 20 Minute Stretch <b>SE</b> 10:00 Morning Scavenger Hunt <b>SO</b> 1:00 Film Fest Friday-Residents Choice <b>SE</b> 1:30 Scenic Ride <b>SO</b> 2:00 Ice Cream Social <b>CO</b> 3:00 Dice Games</p>	<p><b>9</b></p> <p><b>SO</b> 9:00 Morning News: Youtube <b>CO</b> 10:30 Senior Living Puzzle Club <b>SE</b> 4:30 Old Time Show <b>SO</b> 6:00 Evening Activities Resident's Choice</p>
<p><b>10</b></p> <p><b>PR</b> 8:00 National Food Bank Week <b>SO</b> 9:00 Coffee Chat <b>CO</b> 10:00 Morning News <b>SE</b> 1:00 NFL Pats vs Houston <b>SE</b> 4:30 Old Time Show <b>SO</b> 6:00 Evening Activities Resident's Choice</p>	<p><b>11</b> <b>Columbus Day</b></p> <p><b>PR</b> 8:00 National Food Bank Week <b>PY</b> 9:30 Move &amp; Groove Monday <b>CO</b> 10:30 Tea &amp; Trivia-C.L. <b>CO</b> 1:30 Bingo <b>SE</b> 2:30 Toe Tapping Tunes <b>PR</b> 3:30 Monday Night Sports</p>	<p><b>12</b></p> <p><b>PR</b> 8:00 National Food Bank Week <b>SP</b> 9:30 Morning Hymns: Uplifting Singing <b>PY</b> 10:00 Morning Stretch <b>SE</b> 10:30 Tuesday Trivia <b>SE</b> 1:00 Michael Perry Slideshow: Niagara <b>E</b> 2:30 Bob Hope Day: USO Shows <b>E</b> 3:30 Classical Concerts: YouTube</p>	<p><b>13</b></p> <p><b>PR</b> 8:00 National Food Bank Week <b>E</b> 9:30 Wednesday Morning Singers <b>PY</b> 10:00 Workout w/ Weights <b>SE</b> 10:30 Flower Arrangements w/ Amanda-CL <b>SE</b> 1:30 Music Memories <b>PR</b> 2:30 Day for failure: Never give up <b>SO</b> 3:00 Mid-Week Mock-tails &amp; Music</p>	<p><b>14</b></p> <p><b>PR</b> 8:00 National Food Bank Week <b>PY</b> 9:30 Morning Stretch <b>CR</b> 10:00 Scarecrow Decorating <b>CO</b> 1:45 Speed Scrabble <b>SE</b> 3:00 All Things Elvis: Songs, Clips, and More <b>SE</b> 4:00 A Night at the Opera</p>	<p><b>15</b></p> <p><b>PR</b> 8:00 National Food Bank Week <b>I</b> 9:00 Friday Funny Baby Videos <b>PY</b> 9:30 20 Minute Stretch <b>SO</b> 1:00 Film Fest Friday-Residents Choice <b>SE</b> 1:30 Scenic Ride <b>SO</b> 2:00 Ice Cream Social <b>SE</b> 3:00 I love Lucy 70th anniversary</p>	<p><b>16</b></p> <p><b>PR</b> 8:00 National Food Bank Week <b>SO</b> 9:00 Morning News: Youtube <b>CO</b> 10:30 Senior Living Puzzle Club <b>SE</b> 4:30 Old Time Show <b>SO</b> 6:00 Evening Activities Resident's Choice</p>

Events are Subject to Change.



THE HIGHLANDS  
GOVERNOR KING  
A GRACE MGMT COMMUNITY

# OCTOBER 2021

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17</p> <p>SO 9:00 Coffee Chat CO 10:00 Morning News SE 4:25 NFL Pats vs Dallas SE 4:30 Old Time Show SO 6:00 Evening Activities Resident's Choice</p>	<p>18</p> <p>PY 9:30 Move &amp; Groove Monday CR 10:30 National Chocolate Cupcake Day-Frosting Cupcakes CO 1:30 Bingo SE 2:30 Historical Flights in History PY 3:30 Stop, Stand &amp; Stretch PR 4:00 Monday Night Sports</p>	<p>19</p> <p>PY 9:30 Morning Stretch SP 10:00 Morning Prayer &amp; Hymns w/ Bob &amp; Becky SE 10:30 Tuesday Trivia SO 1:00 Sharon Wright on the Keyboard PY 2:30 Table Tennis E 3:30 Big Band Era: YouTube</p>	<p>20</p> <p>E 9:30 Wednesday Morning Singers PY 10:00 Workout w/ Weights CO 10:45 Who, What, When Wednesday SE 1:30 48 Years of the Sydney Opera House CO 2:30 Dominoes SO 3:00 Mid-Week Mock-tails &amp; Music</p>	<p>21</p> <p>SE 9:30 Morning Classical Music PY 10:00 Chair Ball Toss/Exercise SO 2:00 Allagash Haunting: A Radio Classic-CL CR 3:30 Rhythm and Percussion SE 4:00 Country Music Concert: You tube</p>	<p>22</p> <p>I 9:00 Friday Funny Baby Videos PY 9:30 20 Minute Stretch SO 1:00 Film Fest Friday-Residents Choice SE 1:30 Scenic Ride SO 2:00 Ice Cream Social CO 3:30 Name That Tune Challenge</p>	<p>23</p> <p>SO 9:00 Morning News: Youtube SO 10:00 Fall Festival 10 am-2 pm CO 10:30 Senior Living Puzzle Club SE 4:30 Old Time Show SO 6:00 Evening Activities Resident's Choice</p>
<p>24</p> <p>SO 9:00 Coffee Chat CO 10:00 Morning News SE 4:30 Old Time Show SO 6:00 Evening Activities Resident's Choice</p>	<p>25</p> <p>PY 9:30 Move &amp; Groove Monday SE 10:00 Travel the World PR 10:30 Make Up Monday-Beauty Tips-CL SE 1:30 Scenic Ride-Combined (Seating Limited) SE 2:30 Toe Tapping Tunes PY 3:00 Mysterious Monday: Thought Provocative Topics PR 3:30 Monday Night Sports</p>	<p>26</p> <p>SP 9:30 Morning Hymns: Uplifting Singing CR 10:00 National Pumpkin Day- Crafts SO 1:00 Sue &amp; Blue Jazz Music SE 2:30 Halloween Tales E 3:30 Classical Concerts: YouTube</p>	<p>27</p> <p>E 9:30 Wednesday Morning Singers PY 10:00 Workout w/ Weights CO 10:45 Who, What, When Wednesday CO 1:45 Board Games SO 3:00 Mid-Week Mock-tails &amp; Music</p>	<p>28</p> <p>SE 9:30 Morning Classical Music PY 10:00 Morning Floor Games: Shuffleboard SO 2:00 Music W Dale Kneeland PY 3:00 Stop, Stand &amp; Stretch CO 3:30 Statue of Liberty Anniversary: 50 Fascinating Facts SE 4:00 A Night at the Opera</p>	<p>29</p> <p>I 9:00 Friday Funny Baby Videos PY 9:30 20 Minute Stretch SO 1:00 Film Fest Friday-Residents Choice SO 1:30 Frankenstein Friday: Costume Party SO 2:00 Ice Cream Social CO 3:00 Sorry Board Game</p>	<p>30</p> <p>SO 9:00 Morning News: Youtube CO 10:30 Senior Living Puzzle Club SE 4:30 Old Time Show SO 6:00 Evening Activities Resident's Choice</p>
<p>31 <b>Halloween</b></p> <p>SO 9:00 Coffee Chat CO 10:00 Morning News SE 4:05 NFL Pats vs L.A. Chargers SE 4:30 Old Time Show SO 6:00 Evening Activities Resident's Choice</p>						

Events are Subject to Change.