



THE HIGHLANDS
FRIENDSHIP COVE
A GRACE MGMT COMMUNITY

NOVEMBER 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 PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual</p>	<p>1</p> <p>PY 10:00 Chair Connection - M SO 10:30 Coffee and Donuts Morning Social - FCCR SO 1:00 Checkers 1:30 Scenic Ride-FCE CO 3:30 BINGO-FCCR SE 7:00 Resident Choice Film-FCCR</p>	<p>2 Election Day</p> <p>SE 9:30 Morning Symphony - FCCR CO 10:30 Wingspan Board Game-FCCR SO 2:00 Michael Perry: Lighthouses of Maine-GP PR 3:30 Manicures - FCCR SE 7:00 Evening Film- FCCR</p>	<p>3</p> <p>PY 10:00 Chair Connection - M CO 11:00 Word Scramble-FCCR PR 1:30 Shopping Trip - Dollar Tree - FCE CO 3:30 Afternoon Game: Scrabble - FCCR E 6:30 Opera/Musical - Verdi "Luisa Miller"- T</p>	<p>4</p> <p>SE 9:30 Morning Symphony - FCCR SO 10:30 Phase 10-FCCR CO 1:30 Armchair Travel: Germany-FCCR SE 1:30 Scenic Ride-FCE CR 3:30 Afternoon Art: Painting - FCCR SE 7:00 Thursday Series - T</p>	<p>5</p> <p>PY 10:00 Chair Connection - M CO 10:30 Donut Trivia-FCCR PR 1:00 Baking Group: Homemade Donuts-FCCR PY 1:45 Walking Group-FCCR CR 3:30 Knitting Group w/Abbey - FCCR PR 7:00 Documentary-T</p>	<p>6</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 - "This Beautiful Fantastic" -T</p>
<p>7 Daylight Saving Ends</p> <p>PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie -"Double Indemnity" - T SO 2:00 Afternoon Films-FCCR SE 3:00 Afternoon Symphony - T SP 4:00 Highlands Vesper Service - GP</p>	<p>8</p> <p>PY 10:00 Chair Connection - M SO 10:30 Coffee and Donuts Morning Social - FCCR PR 11:00 HRAB Meeting - GP CR 1:00 Woodworking-FCCR 1:30 Scenic Ride-FCE CO 3:30 BINGO-FCCR SE 7:00 Resident Choice Film-FCCR</p>	<p>9</p> <p>SE 9:30 Morning Symphony - FCCR SO 11:00 Coffee with the Fire Chief-GP PR 11:00 Friendship Cove Resident Forum - FCCR SO 2:00 Flash Allen-GP SE 7:00 Evening Film- FCCR</p>	<p>10</p> <p>PY 10:00 Chair Connection - M E 11:00 Pet Visit with Queequeg-FCCR PR 1:30 Shopping Trip - Target - FCE CO 3:30 Afternoon Game: Scrabble - FCCR E 6:30 Opera/Musical - Verdi "Luisa Miller"- T</p>	<p>11 Veterans Day</p> <p>SE 9:30 Morning Symphony - FCCR PR 10:30 Topsham Library - ML SE 1:30 Scenic Ride-FCE CO 1:30 Veteran's Day History-FCCR CO 3:00 Mahjong SE 7:00 Thursday Series - T</p>	<p>12</p> <p>PY 10:00 Chair Connection - M SO 11:00 Lunch Bunch:Bath Brewing Company \$# - L PY 1:45 Walking Group-FCE SO 3:00 Mocktail Day Social-FCCR CR 3:30 Knitting Group w/Abbey - FCCR PR 7:00 Documentary-T</p>	<p>13</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 - "This Beautiful Fantastic" -T</p>
<p>14</p> <p>PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie -"Double Indemnity" - T SE 3:00 Afternoon Symphony - T</p>	<p>15</p> <p>PY 10:00 Chair Connection - M SO 10:30 Coffee and Donuts Morning Social - FCCR PY 1:30 Robin Hood Day: Archery-FCCR SE 1:30 Scenic Ride-FCE CO 3:30 BINGO-FCCR SE 7:00 Resident Choice Film-FCCR</p>	<p>16</p> <p>SE 9:30 Morning Symphony - FCCR PY 10:30 Badminton-FCCR SO 2:00 Sapphire Lane-GP PR 3:30 Manicures - FCCR SE 7:00 Evening Film- FCCR</p>	<p>17</p> <p>PY 10:00 Chair Connection - M CO 11:00 Word Scramble-FCCR PR 1:30 Shopping Trip - Dollar Tree - FCE CO 3:30 Afternoon Game: Scrabble - FCCR E 6:30 Opera/Musical - Verdi "Luisa Miller"- T</p>	<p>18</p> <p>SE 9:30 Morning Symphony - FCCR CO 10:30 Mickey Mouse's Birthday: Disney Trivia CO 1:30 Boggle-FCCR SE 1:30 Scenic Ride-FCE CO 3:00 Community Word Search-FCCR SE 7:00 Thursday Series - T</p>	<p>19</p> <p>PY 10:00 Chair Connection - M CO 11:00 Word Games-FCCR SO 1:30 Afternoon Games: Monopoly Day-FCCR SE 3:30 Entertainment w/Dale Kneeland - FCCR CR 3:30 Knitting Group w/Abbey - FCCR PR 7:00 Documentary-T</p>	<p>20</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 - "This Beautiful Fantastic" -T</p>

Events are Subject to Change.



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<p>21</p> <p>PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie - "Double Indemnity" - T SE 3:00 Afternoon Symphony - T</p>	<p>22</p> <p>PY 10:00 Chair Connection - M SO 10:30 Coffee and Donuts Morning Social - FCCR SE 1:30 Scenic Ride-FCE SO 2:00 Community Wide Puzzle, Book, and Game Swap Meet-M CO 3:30 BINGO-FCCR SE 7:00 Open Mic Night - GP SE 7:00 Resident Choice Film-FCCR</p>	<p>23</p> <p>SE 9:30 Morning Symphony - FCCR SE 10:30 Name That Tune-FCCR CO 1:30 Price is Right-FCCR CO 3:30 Jeopardy - FCCR SE 7:00 Evening Film- FCCR</p>	<p>24</p> <p>PY 10:00 Chair Connection - M CO 11:00 Scrabble - FCCR PR 1:30 Shopping Trip - Target - FCE CR 3:00 Craft Corner- Cornucopias-FCCR E 6:30 Opera/Musical - Verdi "Luisa Miller"- T</p>	<p>25 Thanksgiving</p> <p>SO 9:00 Marcy's Day Parade- FCCR SE 9:30 Morning Symphony - FCCR PR 10:30 Topsham Library - ML SO 1:00 Afternoon Sports- Football - FCCR SE 1:30 Scenic Ride-FCE SE 7:00 Thursday Series - T</p>	<p>26 Black Friday</p> <p>PY 10:00 Chair Connection - M CR 11:00 Mini Terrariums-FCCR PR 1:00 Baking Group-Turkey and Cranberry Wontons-FCCR CR 3:30 Knitting Group w/Abbey - FCCR PR 7:00 Documentary-T</p>	<p>27</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 - "This Beautiful Fantastic" -T</p>
<p>28 Hanukkah Begins</p> <p>PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie - "Double Indemnity" - T SE 3:00 Afternoon Symphony - T</p>	<p>29</p> <p>PY 10:00 Chair Connection - M SO 10:30 Coffee and Donuts Morning Social - FCCR SE 1:30 Scenic Ride-FCE SO 2:00 Square Dance-CLDR CO 3:30 BINGO-FCCR SE 7:00 Resident Choice Film-FCCR</p>	<p>30</p> <p>SE 9:30 Morning Symphony - FCCR SO 10:30 Checkers Tournament- FCCR PR 1:00 Day of Giving-Baking Dog Treats for Humane Society-FCCR PR 3:30 Manicures - FCCR SE 7:00 Evening Film- FCCR</p>				

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