



THE HIGHLANDS
INDEPENDENT LIVING
A GRACE MGMT COMMUNITY

NOVEMBER 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 PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual</p>	<p>1</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 E 1:30 Highlands Chorale - GP CO 3:00 Backgammon - BPHL</p>	<p>2 Election Day</p> <p>PR 9:00 Shopping: Hannaford - ML PR 10:15 Shopping: Hannaford - ML CO 1:00 Mahjong - H CO 2:00 Tuesday at 2:00 - Michael Perry's Lighthouses of Maine - GP PR 2:00 Voting - Bus to Mt. Ararat High School - L PY 3:00 Sit, Stretch & Sculpt - F SO 4:00 On Parle Francais - BPCR</p>	<p>3</p> <p>PY 10:00 Chair Connection - M PY 10:00 Yoga with Dennis Kimmage - F CO 1:30 Mahjong - K E 6:30 Opera/Musical - T</p>	<p>4</p> <p>PR 9:00 Podiatry Services - B PR 10:00 Using Zoom with the TAG Committee - M CO 1:00 Scrabble - H CO 1:30 Mahjong - K PR 2:00 Welcome Committee Meeting - M PY 3:00 Boot Camp - F SE 7:00 Thursday Series - T</p>	<p>5</p> <p>PR 9:00 Shopping: Maine Street Brunswick- ML PY 10:00 Chair Connection - M CO 1:00 Bridge - M PR 7:00 Documentary - T</p>	<p>6</p> <p>PY 9:30 Ping Pong - M CO 10:00 Relaxed Beginner Bridge - K SE 11:00 Morning Symphony - T SE 2:00 Saturday Movie Matinee - T SE 7:00 Saturday Night Movie - T</p>
<p>7 Daylight Saving Ends</p> <p>SE 1:30 Sunday Movie Matinee - T CR 2:00 Needlework Group - GP SE 3:00 Afternoon Symphony - T SP 4:00 Highlands Vesper Service - GP SE 7:00 Sunday Night Movie - T</p>	<p>8</p> <p>PR 9:00 Shopping: Cooks Corner - ML PY 10:00 Chair Connection - M PR 11:00 HRAB Meeting - GP CO 1:00 Cribbage - H E 1:30 Highlands Chorale - GP CO 3:00 Backgammon - BPHL</p>	<p>9</p> <p>PR 9:00 Shopping: Hannaford - ML PR 10:15 Shopping: Hannaford - ML SO 11:00 Coffee with the Fire Chief-GP PR 11:00 New Residents Tour - ML CO 1:00 Mahjong - H CO 2:00 Tuesdays @ 2:00-Flash Allen- GP PY 3:00 Sit, Stretch & Sculpt - F SO 4:00 On Parle Francais - BPCR</p>	<p>10</p> <p>PR 9:00 Shopping: Trader Joe's & Whole Foods \$# - ML PY 10:00 Chair Connection - M PY 10:00 Yoga with Dennis Kimmage - F CO 1:30 Mahjong - K PY 3:00 Specialty Fitness Class: Jazz Zumba Mix - F E 6:30 Opera/Musical - T</p>	<p>11 Veterans Day</p> <p>SO 8:00 Veteran's Day Breakfast-ML PR 10:30 Topsham Library - ML CO 1:00 Scrabble - H CO 1:30 Mahjong - K E 2:00 Caregiver Support Group - CLDR PY 3:00 Boot Camp - F SE 7:00 Thursday Series - T</p>	<p>12</p> <p>PR 9:00 Shopping: Maine Street Brunswick- ML PY 10:00 Chair Connection - M SO 11:00 Lunch Bunch:Bath Brewing Company \$# - L CO 1:00 Bridge - M PR 7:00 Documentary - T</p>	<p>13</p> <p>PY 9:30 Ping Pong - M CO 10:00 Relaxed Beginner Bridge - K 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>14</p> <p>SE 1:30 Sunday Movie Matinee - T CR 2:00 Needlework Group - GP SE 3:00 Afternoon Symphony - T SE 7:00 Sunday Night Movie - T</p>	<p>15</p> <p>PR 9:00 Shopping: Cooks Corner - ML PY 10:00 Chair Connection - M CR 10:00 Writers' Group - K PR 11:00 Activities Committee - K CO 1:00 Cribbage - H E 1:30 Highlands Chorale - GP CO 3:00 Backgammon - BPHL CO 7:00 Card BINGO - H</p>	<p>16</p> <p>PR 9:00 Shopping: Hannaford - ML PR 10:15 Shopping: Hannaford - ML CO 1:00 Mahjong - H CO 2:00 Tuesdays @ 2:00-Saphire Lane- GP PY 3:00 Sit, Stretch & Sculpt - F SO 4:00 On Parle Francais - BPCR</p>	<p>17</p> <p>PY 10:00 Chair Connection - M PY 10:00 Yoga with Dennis Kimmage - F CO 1:30 Mahjong - K SO 5:00 Mystery Dinner \$# - ML E 6:30 Opera/Musical - T</p>	<p>18</p> <p>CO 1:00 Scrabble - H CO 1:30 Mahjong - K PR 2:00 Food Committee - H PR 2:00 Food Committee Meeting - S PY 3:00 Boot Camp - F SE 7:00 Thursday Series - T</p>	<p>19</p> <p>PR 9:00 Shopping: Maine Street Brunswick- ML PY 10:00 Chair Connection - M CO 1:00 Bridge - M PR 7:00 Documentary - T</p>	<p>20</p> <p>PY 9:30 Ping Pong - M CO 10:00 Relaxed Beginner Bridge - K SE 11:00 Morning Symphony - T SE 2:00 Saturday Movie Matinee - 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>21</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>22</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>E 1:30 Highlands Chorale - GP</p> <p>SO 2:00 Community Wide Puzzle, Book, and Game Swap Meet-M</p> <p>CO 3:00 Backgammon - BPHL</p> <p>SE 7:00 Open Mic Night - GP</p>	<p>23</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>CO 2:00 Tuesdays @ 2:00- Uncalled Four- GP</p> <p>PY 3:00 Sit, Stretch & Sculpt - F</p> <p>SO 4:00 On Parle Francais - BPCR</p>	<p>24</p> <p>PY 10:00 Chair Connection - M</p> <p>PY 10:00 Yoga with Dennis Kimmage - F</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>25 Thanksgiving</p> <p>PR 10:30 Topsham Library - ML</p> <p>CO 1:00 Scrabble - H</p> <p>CO 1:30 Mahjong - K</p> <p>E 2:00 Caregiver Support Group - CLDR</p> <p>PY 3:00 Boot Camp - F</p> <p>SE 7:00 Thursday Series - T</p>	<p>26 Black Friday</p> <p>PR 9:00 Shopping: Maine Street Brunswick- ML</p> <p>PY 10:00 Chair Connection - M</p> <p>CO 1:00 Bridge - M</p> <p>PR 7:00 Documentary - T</p>	<p>27</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>28 Hanukkah Begins</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>29</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>E 1:30 Highlands Chorale - GP</p> <p>CO 3:00 Backgammon - BPHL</p>	<p>30</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>CO 2:00 Tuesday at 2:00 - Mike McCarthy on the Piano - GP</p> <p>PY 3:00 Sit, Stretch & Sculpt - F</p> <p>SO 4:00 On Parle Francais - BPCR</p>	<p>Bath Savings Office - B</p> <p>Benjamin Porter Garage - BPG</p> <p>Cadigan Lodge Lawn - CLL</p> <p>Fitness Center - FC</p> <p>Georgetown Parlor - GP</p> <p>Harpswell Lounge - H</p> <p>Holden Frost House - HFH</p> <p>Holden Frost Parlor - HFHP</p> <p>Kennebec Meeting Room - K</p> <p>Maine Lodge Lobby - ML</p> <p>Merrymeeting Bay Room - M</p> <p>Sebasco Dining Room - S</p> <p>Benjamin Porter House Lounge - BPHL</p>			

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