



THE HIGHLANDS  
GOVERNOR KING  
A GRACE MGMT COMMUNITY

# NOVEMBER 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</p>	<p><b>1</b></p> <p><b>SE 9:30</b> Monday Music Memories <b>PY 10:30</b> Exercise w/ Angela &amp; Maria <b>CO 1:30</b> November Senior Living Destination Travel Packet <b>SE 2:30</b> Toe Tapping Tunes <b>PR 3:30</b> Monday Night Sports</p>	<p><b>2 Election Day</b></p> <p><b>SE 9:30</b> Morning Music &amp; memories <b>SE 11:00</b> Tuesday Trivia w/ Abbey <b>SE 1:00</b> Mike Perry: New Lighthouses Slideshow <b>E 3:30</b> Classical Concerts: YouTube</p>	<p><b>3</b></p> <p><b>E 10:00</b> Wednesday Morning Singers: Karaoke-IN2L <b>PY 10:30</b> Exercise w/ Angela &amp; Maria <b>SE 11:00</b> Travel Channel: IN2L <b>CR 2:00</b> Independent Adult Zentangle Creative Colors <b>SO 3:30</b> Mid-Week Mock-tails &amp; Music</p>	<p><b>4</b></p> <p><b>SE 9:30</b> Morning Classical Music <b>CO 10:00</b> Senior Living Puzzle Group <b>CR 1:00</b> Crafts Class w/ Lars <b>SO 3:00</b> Movie Matinee <b>SE 4:00</b> A Night at the Opera</p>	<p><b>5</b></p> <p><b>I 9:00</b> Friday Funny Baby Videos <b>CO 10:00</b> Senior Living Puzzle Group <b>PY 10:30</b> Exercise w/ Angela &amp; Maria <b>SO 1:00</b> Film Fest Friday-Residents Choice <b>SE 2:00</b> National Doughnut Day</p>	<p><b>6</b></p> <p><b>SO 9:00</b> Morning News: Youtube <b>CO 10:30</b> Senior Living Puzzle Club <b>SE 4:30</b> Old Time Show <b>SO 6:00</b> Evening Activities Resident's Choice</p>
<p><b>7 Daylight Saving Ends</b></p> <p><b>SO 9:00</b> Coffee Chat <b>CO 10:00</b> Morning News <b>SE 4:30</b> Old Time Show <b>SO 6:00</b> Evening Activities Resident's Choice</p>	<p><b>8</b></p> <p><b>PY 9:30</b> Move &amp; Groove Monday <b>CO 10:30</b> Tea &amp; Trivia-CL <b>CO 1:30</b> Bingo <b>SE 2:30</b> Toe Tapping Tunes <b>CO 3:00</b> You Be The Judge: Real Stories, Real Situations <b>PR 3:30</b> Monday Night Sports</p>	<p><b>9</b></p> <p><b>PY 9:30</b> Morning Stretch <b>PR 10:00</b> Donuts w/ The Fire Chief-CL <b>SO 1:00</b> Music w/ Flash Allen <b>CO 2:30</b> Name That Tune Challenge <b>E 3:30</b> Breaking Down the Wall: Berlin Wall History</p>	<p><b>10</b></p> <p><b>E 9:30</b> Wednesday Morning Singers <b>PY 10:00</b> Workout w/ Weights <b>E 11:00</b> Marine Corp Anniversary: Tribute <b>CO 1:45</b> Book Club- Short Stories <b>SO 3:30</b> Mid-Week Mock-tails &amp; Music</p>	<p><b>11 Veterans Day</b></p> <p><b>SE 9:30</b> Morning Classical Music <b>PR 10:00</b> Morning Veterans Day Memories <b>E 1:45</b> Veterans Day Program <b>SO 3:30</b> Veterans Day Music w/ Sharon Wright-CL/Combined <b>SE 4:00</b> Greatest Airshows Ever</p>	<p><b>12</b></p> <p><b>I 9:00</b> Friday Funny Baby Videos <b>PY 9:30</b> 20 Minute Stretch <b>CR 10:00</b> Knitting &amp; Sewing Group <b>SO 1:00</b> Film Fest Friday-Residents Choice <b>SE 1:30</b> Scenic Ride <b>SO 2:00</b> Ice Cream Social</p>	<p><b>13</b></p> <p><b>SO 9:00</b> Morning News: Youtube <b>CO 10:30</b> Senior Living Puzzle Club <b>SE 4:30</b> Old Time Show <b>SO 6:00</b> Evening Activities Resident's Choice</p>
<p><b>14</b></p> <p><b>SO 9:00</b> Coffee Chat <b>CO 10:00</b> Morning News <b>SE 4:30</b> Old Time Show <b>SO 6:00</b> Evening Activities Resident's Choice</p>	<p><b>15</b></p> <p><b>PY 9:30</b> Move &amp; Groove Monday <b>PR 10:30</b> Sugar Cookies Frosting &amp; Decorating <b>CO 1:30</b> Bingo <b>SE 2:30</b> Toe Tapping Tunes <b>SO 3:00</b> Gentleman's Poker <b>PR 3:30</b> Monday Night Sports</p>	<p><b>16</b></p> <p><b>PY 9:30</b> Morning Stretch <b>PY 10:00</b> Ball Toss Exercise <b>SE 10:30</b> Tuesday Trivia <b>SO 1:00</b> Music w/ Sapphire Lane <b>PR 2:30</b> Aviation History Day <b>E 3:30</b> Classical Concerts: YouTube</p>	<p><b>17</b></p> <p><b>E 9:30</b> Wednesday Morning Singers <b>PY 10:00</b> Workout w/ Weights <b>CR 10:30</b> Wednesday's Water Colors <b>CO 2:30</b> Domino Club <b>SO 3:30</b> Mid-Week Mock-tails &amp; Music</p>	<p><b>18</b></p> <p><b>SE 9:30</b> Morning Classical Music <b>PY 10:00</b> Brains or Brawns Challenge <b>SE 1:30</b> Scenic Ride-Combo GK/CL <b>PY 3:00</b> Ping Pong <b>SE 4:00</b> A Night at the Opera</p>	<p><b>19</b></p> <p><b>I 9:00</b> Friday Funny Baby Videos <b>PY 9:30</b> 20 Minute Stretch <b>CR 10:00</b> Knitting &amp; Sewing Group <b>SO 1:00</b> Film Fest Friday-Residents Choice <b>PR 2:00</b> International Men's Day-Combo/CL <b>SO 2:15</b> Ice Cream Social</p>	<p><b>20</b></p> <p><b>SO 9:00</b> Morning News: Youtube <b>CO 10:30</b> Senior Living Puzzle Club <b>SE 4:30</b> Old Time Show <b>SO 6:00</b> Evening Activities Resident's Choice</p>

Events are Subject to Change.



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<p>21</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</p>	<p>22</p> <p><b>PY</b> 9:30 Move &amp; Groove Monday <b>CO</b> 10:30 The Price is Right Challenge-CL <b>CO</b> 1:30 Bingo <b>SE</b> 2:30 Toe Tapping Tunes <b>PR</b> 3:30 Tennis Great Day: Billie Jean King</p>	<p>23</p> <p><b>SE</b> 9:30 Morning Music Memories <b>PY</b> 10:00 Morning Stretch <b>SE</b> 10:30 Tuesday Trivia <b>CR</b> 1:30 Thanksgiving Centerpiece Crafts <b>E</b> 3:30 Classical Concerts: YouTube <b>SO</b> 3:30 Uncalled Four Quartet-Combo/CL</p>	<p>24</p> <p><b>E</b> 9:30 Wednesday Morning Singers <b>PY</b> 10:00 Workout w/ Weights <b>CR</b> 10:30 Pumpkin Pie Pudding Day <b>SO</b> 2:00 Music w/ Dale Kneeland <b>SO</b> 3:30 Mid-Week Mock-tails &amp; Music</p>	<p>25 Thanksgiving</p> <p><b>SE</b> 9:00 Macy's Thanksgiving Day Parade <b>SO</b> 12:30 NFL Thanksgiving Football: See Schedule Starts at 12:30 pm <b>SE</b> 4:00 A Night at the Opera</p>	<p>26 Black Friday</p> <p><b>I</b> 9:00 Friday Funny Baby Videos <b>CR</b> 10:00 Knitting &amp; Sewing Group <b>SO</b> 1:00 Film Fest Friday-Residents Choice <b>SO</b> 2:00 Ice Cream Social</p>	<p>27</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>28 Hanukkah Begins</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</p>	<p>29</p> <p><b>PY</b> 9:30 Move &amp; Groove Monday <b>PR</b> 10:00 Hanukkah: The Traditions &amp; Meaning <b>PR</b> 10:30 Traditional Hanukkah Desserts <b>SO</b> 2:00 Square Dance Day-CL/Combo <b>SO</b> 3:30 Board Games</p>	<p>30</p> <p><b>PY</b> 9:30 Morning Stretch <b>SE</b> 10:30 Tuesday Trivia <b>CR</b> 1:30 National Day of Giving: Craft Class <b>CO</b> 3:00 Roll Em: Dice Games <b>E</b> 3:30 Classical Concerts: YouTube</p>				

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