



THE HIGHLANDS
A GRACE MGMT COMMUNITY

JANUARY 2022

Life Enrichment - Friendship Cove

30 Governors Way
Topsham, Maine 04086
352-674-3600
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 New Year's Day</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 - T</p>
<p>2</p> <p>PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie - T SE 4:00 Afternoon Symphony - T SP 4:00 Highlands Vesper Service - GP</p>	<p>3</p> <p>PY 10:00 Chair Connection - M SO 10:30 Coffee and Donuts Morning Social-Hobby Month - FCCR SE 1:30 Scenic Ride-FCE CO 3:30 BINGO-FCCR SE 7:00 Resident Choice Film-FCCR</p>	<p>4</p> <p>SE 9:30 Morning Symphony - FCCR CO 10:00 National Trivia Day-FCCR SO 1:30 Mad Libs-FCCR SO 3:30 Manicures-FCCR SE 7:00 Evening Film- FCCR</p>	<p>5</p> <p>PY 10:00 Chair Connection - M 10:30 Group Crossword Puzzle-FCCR PR 1:30 Shopping Trip - Target - FCE CO 3:30 Scrabble-FCCR E 6:30 Opera/Musical - Verdi "Luisa Miller"- T</p>	<p>6</p> <p>SE 9:30 Morning Symphony - FCCR SO 10:30 Uno-FCCR SE 1:30 Scenic Ride-FCE CR 3:30 Afternoon Art: Painting - FCCR SE 7:00 Thursday Series - T</p>	<p>7</p> <p>PY 10:00 Chair Connection - M SO 10:30 List It-FCCR CO 1:30 Armchair Travel: Norway-FCCR CR 3:30 Knitting Group - FCCR PR 7:00 Documentary-T</p>	<p>8</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 - T</p>
<p>9</p> <p>PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie - T SE 4:00 Afternoon Symphony - T</p>	<p>10</p> <p>PY 10:00 Chair Connection - M SO 10:30 Coffee and Donuts Morning Social - FCCR PR 11:00 HRAB Meeting - M SE 1:30 Scenic Ride-FCE CO 3:30 BINGO-FCCR SE 7:00 Resident Choice Film-FCCR</p>	<p>11</p> <p>SE 9:30 Morning Symphony - FCCR CO 10:00 Word Creation-FCCR PR 11:00 Friendship Cove Resident Forum - FCCR 2:30 Tuesdays at 2:30-Julie Thompson-GP PR 3:30 Manicures - FCCR SE 7:00 Evening Film- FCCR</p>	<p>12</p> <p>PY 10:00 Chair Connection - M PR 10:30 Baking Group: Pretzels-FCCR PR 1:30 Shopping Trip - Target - FCE SE 3:30 Entertainment with Dale Kneeland - FCCR E 6:30 Opera/Musical - Verdi "Luisa Miller"- T</p>	<p>13</p> <p>SE 9:30 Morning Symphony - FCCR PR 10:30 Topsham Library - ML SE 1:30 Scenic Ride-FCE SO 3:00 Hobby Month-FCCR SE 7:00 Thursday Series - T</p>	<p>14</p> <p>PY 10:00 Chair Connection - M SO 10:30 Game Time: Taboo-FCCR SO 11:00 Lunch Bunch: \$# - L CR 3:30 Knitting Group - FCCR PR 7:00 Documentary-T</p>	<p>15</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 - T</p>

Events are Subject to Change.



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<p>16</p> <p>PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie - T SE 4:00 Afternoon Symphony - T</p>	<p>17 Martin Luther King Day</p> <p>9:51 MLK Day PY 10:00 Chair Connection - M SO 10:30 Coffee and Donuts Morning Social - FCCR SE 1:30 Scenic Ride-FCE CO 3:30 BINGO-FCCR SE 7:00 Resident Choice Film-FCCR</p>	<p>18</p> <p>SE 9:30 Morning Symphony - FCCR SO 10:00 Game Time: Phase 10-FCCR CR 1:30 Afternoon Art: Sketching-FCCR SO 2:30 Tuesdays at 2:39: Outrageous Banjo-GP SE 7:00 Evening Film- FCCR</p>	<p>19</p> <p>PY 10:00 Chair Connection - M SO 10:30 Game Time: Apples to Apples-FCCR PR 1:30 Shopping Trip - Target - FCE PY 3:30 Wii Bowling-FCCR E 6:30 Opera/Musical - Verdi "Luisa Miller"- T</p>	<p>20</p> <p>SE 9:30 Morning Symphony - FCCR CO 10:30 Cheese Lovers Day Trivia-FCCR SE 1:30 Scenic Ride-FCE PR 3:00 Hobby Month SE 7:00 Thursday Series - T</p>	<p>21</p> <p>PY 10:00 Chair Connection - M SE 11:00 Aromatherapy-FCCR CO 1:30 What's In The Bag?- FCCR CR 3:30 Knitting Group - FCCR PR 7:00 Documentary-T</p>	<p>22</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 - T</p>
<p>23</p> <p>PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie - T SE 4:00 Afternoon Symphony - T</p>	<p>24</p> <p>PY 10:00 Chair Connection - M SO 10:30 Coffee and Donuts Morning Social - FCCR SE 1:30 Scenic Ride-FCE CO 3:30 BINGO-FCCR SE 7:00 Open Mic Night - GP SE 7:00 Resident Choice Film-FCCR</p>	<p>25</p> <p>SE 9:30 Morning Symphony - FCCR CO 10:30 Scrabble-FCCR CR 1:30 Baking Group: Scones-FCCR PR 3:30 Manicures - FCCR SE 7:00 Evening Film- FCCR</p>	<p>26</p> <p>PY 10:00 Chair Connection - M CO 10:30 Word Creation-FCCR PR 1:30 Shopping Trip - Target - FCE SO 3:30 Game Time: Worst Case Scenario E 6:30 Opera/Musical - Verdi "Luisa Miller"- T</p>	<p>27</p> <p>SE 9:30 Morning Symphony - FCCR PR 10:30 Topsham Library - ML SE 1:30 Scenic Ride-FCE CR 3:30 Hobby Month: Afternoon Art: Painting - FCCR SE 7:00 Thursday Series - T</p>	<p>28</p> <p>PY 10:00 Chair Connection - M CO 10:30 Mystery Island-FCCR E 1:30 Pet Visit with Queequeg-FCCR CR 3:30 Knitting Group - FCCR PR 7:00 Documentary-T</p>	<p>29</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 - T</p>
<p>30</p> <p>PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie - T SE 4:00 Afternoon Symphony - T</p>	<p>31</p> <p>PY 10:00 Chair Connection - M SO 10:30 Coffee and Donuts Morning Social - FCCR SE 1:30 Scenic Ride-FCE CO 3:30 BINGO-FCCR SE 7:00 Resident Choice Film-FCCR</p>					

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