

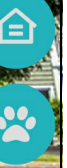


THE HIGHLANDS  
A GRACE MGMT COMMUNITY

# JANUARY 2022

Life Enrichment - Independent Living

30 Governors Way  
Topsham, Maine 04086  
352-674-3600  
[www.highlandsrc.com](http://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>Bath Savings Office - B Benjamin Porter Garage - BPG Cadigan Lodge Lawn - CLL Fitness Center - FC Georgetown Parlor - GP Harpwell Lounge - H Holden Frost House - HFH Holden Frost Parlor - HFHP Kennebec Meeting Room - K Maine Lodge Lobby - ML Merrymeeting Bay Room - M Sebasco Dining Room - S Benjamin Porter House Lounge - BPHL</p>					<p>1 <b>New Year's Day</b> PY 9:30 Ping Pong - M CO 10:00 Drop-In Bridge - K SE 11:00 Morning Symphony - T SE 2:00 Saturday Movie Matinee - T SE 7:00 Saturday Night Movie - T</p>
<p>2 SE 1:30 Sunday Movie Matinee - T CR 2:00 Needlework Group - GP SE 4:00 Afternoon Symphony - T SP 4:00 <b>Highlands Vesper Service - GP</b> SE 7:00 Sunday Night Movie - T</p>	<p>3 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 The Highlands Singers - GP CO 3:00 Backgammon - BPHL</p>	<p>4 PR 9:00 Shopping: Hannaford - ML PR 10:15 Shopping: Hannaford - ML PY 11:00 Tai Chi-F CO 1:00 Mahjong - H CO 2:30 Tuesday at 2:30 - Sue and Blue Jazz - GP PY 3:00 Sit, Stretch &amp; Sculpt - F SO 4:00 On Parle Francais - BPCR</p>	<p>5 9:00 Chef's Breakfast PY 10:00 Chair Connection - M CO 1:30 Mahjong - K PY 3:00 Specialty Fitness Class: Jumpstart - F E 6:30 Opera/Musical - T</p>	<p>6 CO 1:00 Scrabble - H CO 1:30 Mahjong - K PY 3:00 Boot Camp - F PY 4:00 Wii Bowling - M SE 7:00 Thursday Series - T</p>	<p>7 PR 9:00 Shopping: Maine Street Brunswick- ML PY 10:00 Chair Connection - M PR 10:00 TAG-Ipad Mutual Support Group-K CO 1:00 Bridge - M SO 4:00 First Friday Happy Hour - GP PR 7:00 Documentary - T</p>	<p>8 PY 9:30 Ping Pong - M CO 10:00 Drop-In Bridge - K SE 11:00 Morning Symphony - T SE 2:00 Saturday Movie Matinee - T SE 7:00 Saturday Night Movie - T</p>
<p>9 SE 1:30 Sunday Movie Matinee - T CR 2:00 Needlework Group - GP PY 3:00 Specialty Fitness Class: Yogalette- F SE 4:00 Afternoon Symphony - T SE 7:00 Sunday Night Movie - T</p>	<p>10 PR 9:00 Shopping: Cooks Corner - ML PY 10:00 Chair Connection - M PR 11:00 HRAB Meeting - M CO 1:00 Cribbage - H E 1:30 The Highlands Singers - GP CO 3:00 Backgammon - BPHL</p>	<p>11 PR 9:00 Shopping: Hannaford - ML PR 10:15 Shopping: Hannaford - ML PR 11:00 New Residents Tour - ML PY 11:00 Tai Chi-F CO 1:00 Mahjong - H CO 2:00 Tuesday at 2:30 - Julie Thompson CO 2:30 Tuesday at 2:30 - The Gathering Place - Lecture - GP PY 3:00 Sit, Stretch &amp; Sculpt - F</p>	<p>12 PR 9:00 Shopping: Trader Joe's &amp; Whole Foods \$# - ML PY 10:00 Chair Connection - M CO 1:30 Mahjong - K PY 3:00 Specialty Fitness Class: Yoga Pilates Mix - F E 6:30 Opera/Musical - T</p>	<p>13 PR 10:30 Topsham Library - ML CO 1:00 Scrabble - H CO 1:30 Mahjong - K E 2:00 Caregiver Support Group - CLDR PR 2:00 <b>Welcome Committee - M</b> PY 3:00 Boot Camp - F PY 4:00 Wii Bowling - M SE 7:00 Thursday Series - T</p>	<p>14 PR 9:00 Shopping: Maine Street Brunswick- ML PY 10:00 Chair Connection - M SO 11:00 Lunch Bunch: \$# - L CO 1:00 Bridge - M PR 7:00 Documentary - T</p>	<p>15 PY 9:30 Ping Pong - M CO 10:00 Drop-In Bridge - K SE 11:00 Morning Symphony - T SE 2:00 Saturday Movie Matinee - T SE 7:00 Saturday Night Movie - T</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16</p> <p>SE 1:30 Sunday Movie Matinee - T</p> <p>CR 2:00 Needlework Group - GP</p> <p>SE 4:00 Afternoon Symphony - T</p> <p>SP 4:00 <b>Highlands Vesper Service - GP</b></p> <p>SE 7:00 Sunday Night Movie - T</p>	<p>17 <b>Martin Luther King Day</b></p> <p>PR 9:00 Shopping: Cooks Corner - ML</p> <p>PY 10:00 Chair Connection - M</p> <p>CR 10:00 Writers' Group - K</p> <p>PR 11:00 Activities Committee - K</p> <p>CO 1:00 Cribbage - H</p> <p>E 1:30 The Highlands Singers - GP</p> <p>CO 3:00 Backgammon - BPHL</p> <p>CO 7:00 Card BINGO - H</p>	<p>18</p> <p>PR 9:00 Shopping: Hannaford - ML</p> <p>PR 10:15 Shopping: Hannaford - ML</p> <p>PY 11:00 Tai Chi-F</p> <p>CO 1:00 Mahjong - H</p> <p>CO 2:30 Tuesday at 2:30 - Peter Mezolan Outrageous Banjo - GP</p> <p>PY 3:00 Sit, Stretch &amp; Sculpt - F</p> <p>SO 4:00 On Parle Francais - BPCR</p>	<p>19</p> <p>PY 10:00 Chair Connection - M</p> <p>CO 1:30 Mahjong - K</p> <p>PY 3:00 Specialty Fitness Class: Jumpstart - F</p> <p>SO 5:00 Mystery Dinner \$# - ML</p> <p>E 6:30 Opera/Musical - T</p>	<p>20</p> <p>CO 1:00 Scrabble - H</p> <p>CO 1:30 Mahjong - K</p> <p>PR 2:00 Food Committee Meeting - S</p> <p>PY 3:00 Boot Camp - F</p> <p>PY 4:00 Wii Bowling- M</p> <p>SE 7:00 Thursday Series - T</p>	<p>21</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>PY 2:00 Snowshoeing- CLL</p> <p>PR 7:00 Documentary - T</p>	<p>22</p> <p>PY 9:30 Ping Pong - M</p> <p>CO 10:00 Drop-In 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>23</p> <p>SE 1:30 Sunday Movie Matinee - T</p> <p>CR 2:00 Needlework Group - GP</p> <p>SE 4:00 Afternoon Symphony - T</p> <p>SE 7:00 Sunday Night Movie - T</p>	<p>24</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 The Highlands Singers - GP</p> <p>CO 3:00 Backgammon - BPHL</p> <p>SE 7:00 Open Mic Night - GP</p>	<p>25</p> <p>PR 9:00 Shopping: Hannaford - ML</p> <p>PR 10:15 Shopping: Hannaford - ML</p> <p>PY 11:00 Tai Chi-F</p> <p>CO 1:00 Mahjong - H</p> <p>CO 2:30 Tuesday at 2:30 - Mike Perry Presents Yellowstone - GP</p> <p>PY 3:00 Sit, Stretch &amp; Sculpt - F</p> <p>SO 4:00 On Parle Francais - BPCR</p>	<p>26</p> <p>PY 9:00 Yo-Qi: Yoga and Qigong-F</p> <p>PY 10:00 Chair Connection - M</p> <p>CO 1:30 Mahjong - K</p> <p>PY 3:00 Specialty Fitness Class: Yoga Pilates Mix - F</p> <p>E 6:30 Opera/Musical - T</p>	<p>27</p> <p>PR 10:30 Topsham Library - ML</p> <p>CO 1:00 Scrabble - H</p> <p>CO 1:30 Mahjong - K</p> <p>PY 3:00 Boot Camp - F</p> <p>PY 4:00 Wii Bowling- M</p> <p>SE 7:00 Thursday Series - T</p>	<p>28</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>29</p> <p>PY 9:30 Ping Pong - M</p> <p>CO 10:00 Drop-In 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>30</p> <p>SE 1:30 Sunday Movie Matinee - T</p> <p>CR 2:00 Needlework Group - GP</p> <p>SE 4:00 Afternoon Symphony - T</p> <p>SE 7:00 Sunday Night Movie - T</p>	<p>31</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 The Highlands Singers - GP</p> <p>CO 3:00 Backgammon - BPHL</p>					

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