



THE HIGHLANDS
A GRACE MGMT COMMUNITY

JANUARY 2022

30 Governors Way
Topsham, Maine 04086
352-674-3600
www.highlandsrc.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CC - Cognitive CR - Creative E - Emotional I - Intergenerational PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual</p>						<p>1 New Year's Day</p> <p>SO 9:00 Morning News: Youtube SE 10:00 Men's Club w/ Nate CO 10:30 Senior Living Puzzle Club PR 1:00 1/2 Hour Rest, Relax and Reset SE 4:30 Old Time Show SO 6:00 Evening Activities Resident's Choice</p>
<p>2</p> <p>SO 9:00 Coffee Chat CO 10:00 Morning News PR 1:00 1/2 Hour Rest, Relax and Reset SE 4:30 Old Time Show SO 6:00 Evening Activities Resident's Choice</p>	<p>3</p> <p>E 9:30 Monday Morning Memories PY 10:00 Move & Groove Monday CO 10:30 Monthly Knowledge: January I. Q. PR 1:00 1/2 Hour Rest, Relax and Reset CO 1:45 Bingo SE 3:00 Alaska Day: Travelling Alaska PR 3:30 Men & Mayhem: Sports, Cars &</p>	<p>4</p> <p>SE 9:30 Travel Tales Tuesday SP 10:00 Hymns & Prayer w/ Bob & Becky PY 10:30 Tone It Up Tuesday PR 1:00 1/2 Hour Rest, Relax and Reset CR 1:45 Women Writers Day: Readings & Discussion E 3:30 Classical Concerts: YouTube</p>	<p>5</p> <p>E 9:30 Wednesday Morning Singers PY 10:00 Workout w/ Weights CO 10:30 Wisser Now PR 1:00 1/2 Hour Rest, Relax and Reset CO 1:45 Book Club: Short Stories SO 3:30 Mid-Week Mock-tails & Music</p>	<p>6</p> <p>SE 9:30 Morning Classical Music PY 10:00 Tai Chi Thursday CO 10:30 Wheel of Fortune Day PR 1:00 1/2 Hour Rest, Relax and Reset PY 1:45 Ping Pong Challenge SE 3:30 Jump, Jive & Wail Music</p>	<p>7</p> <p>I 9:30 Friday Funny Baby Videos PY 10:00 20 Minute Stretch CR 10:30 Knitting & Sewing Group PR 1:00 1/2 Hour Rest, Relax and Reset SE 1:30 Scenic Ride SO 2:00 Ice Cream Social PR 3:00 Nail Painting Social</p>	<p>8</p> <p>SO 9:00 Morning News: Youtube CO 10:30 Senior Living Puzzle Club PR 1:00 1/2 Hour Rest, Relax and Reset SE 4:30 Old Time Show SO 6:00 Evening Activities Resident's Choice</p>
<p>9</p> <p>CO 10:00 Morning News PR 1:00 1/2 Hour Rest, Relax and Reset SE 4:30 Old Time Show SO 6:00 Evening Activities Resident's Choice</p>	<p>10</p> <p>E 9:30 Monday Morning Memories PY 10:00 Move & Groove Monday CO 10:30 Big Screen Trivia PR 1:00 1/2 Hour Rest, Relax and Reset E 1:45 Farewell to the Saturday Evening Post Thru the Years SE 3:00 Name That Tune Challenge PR 3:30 Monday Night Sports: George</p>	<p>11</p> <p>SE 9:30 Travel Tales Tuesday SP 10:00 Morning Hymns PY 10:30 Tone It Up Tuesday SO 1:00 Folk Music w/ Julie Thompson PR 2:00 1/2 Hour Rest, Relax and Reset CR 2:30 Easy Adult Art Color E 3:30 Country Music Concerts: YouTube</p>	<p>12</p> <p>E 9:30 Wednesday Morning Singers PY 10:00 Workout w/ Weights CO 10:30 Wisser Now PR 1:00 1/2 Hour Rest, Relax and Reset SO 2:00 National Hot Tea Day: Tea & Treats CO 2:30 Dominoes SO 3:30 Mid-Week Mock-tails & Music</p>	<p>13</p> <p>SE 9:30 Morning Classical Music PY 10:00 Tai Chi Thursday PR 10:30 Frosting Sugar Cookies & Coffee Social PR 1:00 1/2 Hour Rest, Relax and Reset CR 1:45 National Sticker Day/Sticker Crafts SE 3:30 Folk Music from the 60's</p>	<p>14</p> <p>I 9:30 Friday Funny Baby Videos PY 10:00 20 Minute Stretch CR 10:30 Knitting & Sewing Group PR 1:00 1/2 Hour Rest, Relax and Reset SE 1:30 Scenic Ride SO 2:00 Ice Cream Social PR 3:00 Andy Rooney Day</p>	<p>15</p> <p>SO 9:00 Morning News: Youtube CO 10:30 Senior Living Puzzle Club PR 1:00 1/2 Hour Rest, Relax and Reset SE 4:30 Old Time Show SO 6:00 Evening Activities Resident's Choice</p>

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<p>16</p> <p>CO 10:00 Morning News PR 1:00 1/2 Hour Rest, Relax and Reset SE 4:30 Old Time Show SO 6:00 Evening Activities Resident's Choice</p>	<p>17 Martin Luther King Day</p> <p>E 9:30 Monday Morning Memories PY 10:00 Move & Groove Monday E 10:30 MLK Jr. Day: We Remember PR 1:00 1/2 Hour Rest, Relax and Reset CO 1:45 Bingo CR 3:00 Amazing Kids Inventor Day PR 3:30 Men & Mayhem: Sports, Cars & More</p>	<p>18</p> <p>SE 9:30 Travel Tales Tuesday: Hawaiian Island Day SP 10:00 Hymns & Prayer w. Bob & Becky PY 10:30 Tone It Up Tuesday SO 1:00 Outrageous Banjo Performance PR 2:00 1/2 Hour Rest, Relax and Reset CR 2:30 Easy Adult Art Color E 3:30 Classical Concerts: YouTube</p>	<p>19</p> <p>E 9:30 Wednesday Morning Singers PY 10:00 Workout w/ Weights CO 10:30 Wisser Now Wednesday Trivia PR 1:00 1/2 Hour Rest, Relax and Reset CO 1:45 Yatzee SE 3:00 Happy Birthday Dolly Pardon SO 3:30 Mid-Week Mock-tails & Music</p>	<p>20</p> <p>SE 9:30 Morning Classical Music PY 10:00 Tai Chi Thursday SE 10:30 National Roller coaster Day-1884 PR 1:00 1/2 Hour Rest, Relax and Reset CR 1:45 Wood Crafts SE 3:30 Jump, Jive & Wail Music</p>	<p>21</p> <p>I 9:30 Friday Funny Baby Videos PY 10:00 20 Minute Stretch CR 10:30 Knitting & Sewing Group PR 1:00 1/2 Hour Rest, Relax and Reset SE 1:30 Scenic Ride SO 2:00 Ice Cream Social PR 3:00 Nail Painting Social</p>	<p>22</p> <p>SO 9:00 Morning News: Youtube CO 10:30 Senior Living Puzzle Club PR 1:00 1/2 Hour Rest, Relax and Reset SE 4:30 Old Time Show SO 6:00 Evening Activities Resident's Choice</p>
<p>23</p> <p>CO 10:00 Morning News PR 1:00 1/2 Hour Rest, Relax and Reset SE 4:30 Old Time Show SO 6:00 Evening Activities Resident's Choice</p>	<p>24</p> <p>E 9:30 Monday Morning Memories PY 10:00 Move & Groove Monday CO 10:30 Big Screen Trivia PR 1:00 1/2 Hour Rest, Relax and Reset CO 1:45 Bingo SE 3:00 California Gold Rush Day: Documentary PR 3:30 Men & Mayhem: Sports, Cars & More</p>	<p>25</p> <p>SE 9:30 Travel Tales Tuesday SP 10:00 Morning Hymns PY 10:30 Tone It Up Tuesday CO 1:00 Yellowstone Slide show w/Michael Perry PR 2:00 1/2 Hour Rest, Relax and Reset CO 2:30 Opposite Day Word Game CR 2:30 Easy Adult Art Color E 3:30 Country Music Concerts: YouTube</p>	<p>26</p> <p>E 9:30 Wednesday Morning Singers PY 10:00 Workout w/ Weights CO 10:30 Wisser Now Wednesday Trivia PR 1:00 1/2 Hour Rest, Relax and Reset SO 2:00 Music w/ Dale Kneeland/Life Celebration Party SO 3:30 Mid-Week Mock-tails & Music</p>	<p>27</p> <p>SE 9:30 Morning Classical Music : Mozart's Birthday PY 10:00 Tai Chi Thursday PR 10:30 Frosting Cupcakes & Coffee Social PR 1:00 1/2 Hour Rest, Relax and Reset PY 1:45 Ping Pong Challenge PR 3:30 National Geographic Society Day</p>	<p>28</p> <p>I 9:30 Friday Funny Baby Videos PY 10:00 20 Minute Stretch CR 10:30 Knitting & Sewing Group PR 1:00 1/2 Hour Rest, Relax and Reset SE 1:30 Scenic Ride SO 2:00 Ice Cream Social</p>	<p>29</p> <p>SO 9:00 Morning News: Youtube CO 10:30 Senior Living Puzzle Club PR 1:00 1/2 Hour Rest, Relax and Reset SE 4:30 Old Time Show SO 6:00 Evening Activities Resident's Choice</p>
<p>30</p> <p>CO 10:00 Morning News PR 1:00 1/2 Hour Rest, Relax and Reset SE 4:30 Old Time Show SO 6:00 Evening Activities Resident's Choice</p>	<p>31</p> <p>E 9:30 Monday Morning Memories PY 10:00 Move & Groove Monday CO 10:30 Big Screen Trivia PR 1:00 1/2 Hour Rest, Relax and Reset CO 1:45 Black Jack/Poker SE 3:00 Toe Tapping Tunes PR 3:30 Men & Mayhem: Sports, Cars & More</p>					

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