



**THE HIGHLANDS**  
A GRACE MGMT COMMUNITY

# MAY 2022

Life Enrichment - Friendship Cove

30 Governors Way  
Topsham, Maine 04086  
352-674-3600  
[www.highlandsrc.com](http://www.highlandsrc.com)



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1	<b>May Day</b>	2		3		4		5	<b>Cinco de Mayo</b>	6		7	
PY	11:00 Chair Exercise - FCCR	PY	10:00 Chair Connection - M	SE	9:30 Morning Symphony - FCCR	PY	10:00 Chair Connection - M	SE	9:30 Morning Symphony - FCCR	PY	10:00 Chair Connection - M	PY	11:00 Chair Exercise - FCCR
SE	1:30 Sunday Movie - T	SO	10:30 Coffee and Donuts	CO	10:30 Crosswords-FCCR	PY	10:00 Morning Stretch-FCCR	SE	10:30 Morning Stretch-FCCR	CR	10:30 Group Upcycled into Art Project-FCCR	SE	11:00 Morning Symphony - T
SE	4:00 Afternoon Symphony - T		10:30 Kentucky Derby Social-FCCR	CO	11:00 Book Look-K	CR	10:30 The Cove Players Theatre-FCCR	PY	1:30 Scenic Ride-FCE	CR	1:30 Afternoon Art-FCCR	SE	2:00 Afternoon Film- FCCR
SP	4:00 <b>Highlands Vesper Service - GP</b>	SE	1:30 Scenic Ride-FCE		2:30 Tuesdays at 2:30-Sharon Wright-GP	PR	1:30 Shopping Trip - Target-FCE	SE	3:00 Cinco De Mayo Quiz and Craft-FCCR	PY	2:00 Mother's Day 5k-Tent	SE	2:00 Saturday Movie - T
		PY	3:00 Walking Group-FCCR	PR	3:30 Manicures - FCCR	PY	3:30 Lawn Games-FCCR	CR	7:00 Thursday Series - T	PY	3:00 Scrabble-FCCR	SE	7:00 Saturday Night Movie - T
		CO	3:30 BINGO-FCCR	SE	7:00 Evening Film- FCCR	E	6:30 Opera/Musical - Verdi "Luisa Miller"- T			CR	3:30 Knitting Group - FCCR		
		SE	7:00 Resident Choice Film-FCCR							PR	7:00 Documentary-T		
8	<b>Mother's Day</b>	9		10		11		12		13		14	
	9:51 Mother's Day	PY	10:00 Chair Connection - M	SE	9:30 Morning Symphony - FCCR	PY	10:00 Chair Connection - M	SE	9:30 Morning Symphony - FCCR	PY	10:00 Chair Connection - M	PY	11:00 Chair Exercise - FCCR
PY	11:00 Chair Exercise - FCCR	SO	10:30 Coffee and Donuts	PR	11:00 Friendship Cove Resident Forum - FCCR	PY	10:00 Morning Stretch-FCCR	PY	10:30 Morning Stretch-FCCR	SO	11:00 Lunch Bunch:\$ - L	SE	11:00 Morning Symphony - T
SE	1:30 Sunday Movie - T	PR	10:30 Highlands Residents Assn. Board Meeting - Zoom	SO	1:30 Board Games-FCCR	CR	10:30 Graham the Therapy Dog-FCCR	PR	10:30 Topsham Library - ML	CO	1:30 Group Crossword-FCCR	SO	11:15 Maine Maritime Museum Outing-ML
SE	4:00 Afternoon Symphony - T	SE	1:30 Scenic Ride-FCE	SO	2:30 Tuesdays at 2:30-Mike Perry Presents-GP	PY	11:00 Morning Stretch-FCCR	SE	1:30 Scenic Ride-FCE	PY	3:00 Scrabble-FCCR	SE	2:00 Afternoon Film- FCCR
		PY	3:00 Walking Group-FCCR	PR	3:30 Manicures-FCCR	PR	1:30 Shopping Trip - Target-FCE	CR	3:30 Afternoon Art: Painting - FCCR	CR	3:30 Knitting Group - FCCR	SE	2:00 Saturday Movie - T
		CO	3:30 BINGO-FCCR	SE	7:00 Evening Film- FCCR	SE	3:30 Entertainment with Dale Kneeland - FCCR	SE	7:00 Thursday Series - T	PR	7:00 Documentary-T	SE	7:00 Saturday Night Movie - T
		SE	7:00 Resident Choice Film-FCCR			E	6:30 Opera/Musical - Verdi "Luisa Miller"- T						
15		16		17		18		19		20		21	<b>Armed Forces Day</b>
PY	11:00 Chair Exercise - FCCR	PY	10:00 Chair Connection - M	SE	9:30 Morning Symphony - FCCR	PY	10:00 Chair Connection - M	SE	9:30 Morning Symphony - FCCR	PY	10:00 Chair Connection - M	PY	11:00 Chair Exercise - FCCR
SE	1:30 Sunday Movie - T	PR	10:00 Veterans Benefits Administration Seminar-GP		10:30 Dominos-FCCR	E	10:30 Graham the Therapy Dog-FCCR	SE	10:30 Morning Stretch-FCCR	CO	10:30 Trivia-FCCR	SE	11:00 Morning Symphony - T
SE	4:00 Afternoon Symphony - T	SO	10:30 Coffee and Donuts	SO	1:30 Board Games-FCCR	CR	10:30 The Cove Players Theatre-FCCR	PY	1:30 Scenic Ride-FCE	CO	1:30 Death Rolls-Mystery Dice Game-FCCR	SE	2:00 Afternoon Film- FCCR
			10:30 Morning Social - FCCR	SO	2:30 Tuesdays at 2:30-Flash Allan-Tent	PY	11:00 Morning Stretch	SE	3:30 Ice Cream Social-FCCR	PY	3:00 Scrabble-FCCR	SE	2:00 Saturday Movie - T
		SE	1:30 Scenic Ride-FCE	PR	3:30 Manicures - FCCR	PR	1:30 Shopping Trip - Target-FCE	SE	7:00 Thursday Series - T	CR	3:30 Knitting Group - FCCR	SE	7:00 Saturday Night Movie - T
		PY	3:00 Walking Group-FCCR	SE	7:00 Evening Film- FCCR	PY	3:30 Croquet-FCCR			PR	7:00 Documentary-T		
		CO	3:30 BINGO-FCCR			E	6:30 Opera/Musical - Verdi "Luisa Miller"- T						
		SE	7:00 Resident Choice Film-FCCR										

Events are Subject to Change.



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>22</b></p> <p><b>PY</b> 11:00 Chair Exercise - FCCR <b>SE</b> 1:30 Sunday Movie - T <b>SE</b> 4:00 Afternoon Symphony - T</p>	<p><b>23</b></p> <p><b>PY</b> 10:00 Chair Connection - M <b>SO</b> 10:30 Coffee and Donuts Morning Social - FCCR <b>SE</b> 1:30 Scenic Ride-FCE <b>PY</b> 3:00 Walking Group-FCCR <b>CO</b> 3:30 BINGO-FCCR <b>SE</b> 7:00 Open Mic Night - GP <b>SE</b> 7:00 Resident Choice Film-FCCR</p>	<p><b>24</b></p> <p><b>SE</b> 9:30 Morning Symphony - FCCR <b>SO</b> 10:30 Uno-FCCR <b>SO</b> 1:30 Board Games-FCCR <b>SO</b> 2:30 Tuesdays at 2:30-Dave Stone-Tent <b>SE</b> 7:00 Evening Film- FCCR</p>	<p><b>25</b></p> <p>9:51 World Wine Day- Wine Tour? <b>PY</b> 10:00 Chair Connection - M <b>E</b> 10:30 Graham the Therapy Dog-FCCR <b>CR</b> 10:30 The Cove Players Theatre-FCCR <b>PY</b> 11:00 Morning Stretch <b>PR</b> 1:30 Shopping Trip - Target - FCE <b>SO</b> 3:30 I Love Lucy Watch Party and Social-FCCR <b>E</b> 6:30 Opera/Musical - Verdi "Luisa Miller"- T</p>	<p><b>26</b></p> <p><b>SE</b> 9:30 Morning Symphony - FCCR <b>PY</b> 10:30 Morning Stretch-FCCR <b>PR</b> 10:30 Topsham Library - ML <b>SE</b> 1:30 Scenic Ride-FCE <b>CR</b> 3:30 Paint by Numbers-FCCR <b>SE</b> 7:00 Thursday Series - T</p>	<p><b>27</b></p> <p><b>PY</b> 10:00 Chair Connection - M <b>E</b> 10:30 Zen Garden-FCCR <b>CO</b> 1:30 Trivia-FCCR <b>PY</b> 3:00 Scrabble-FCCR <b>CR</b> 3:30 Knitting Group - FCCR <b>SO</b> 4:00 Memorial Day Dance with Jay Staples-Tent <b>PR</b> 7:00 Documentary-T</p>	<p><b>28</b></p> <p><b>PY</b> 11:00 Chair Exercise - FCCR <b>SE</b> 11:00 Morning Symphony - T <b>SE</b> 2:00 Afternoon Film- FCCR <b>SE</b> 2:00 Saturday Movie - T <b>SE</b> 7:00 Saturday Night Movie - T</p>
<p><b>29</b></p> <p><b>PY</b> 11:00 Chair Exercise - FCCR <b>SE</b> 1:30 Sunday Movie - T <b>SE</b> 4:00 Afternoon Symphony - T</p>	<p><b>30</b> <b>Memorial Day</b></p> <p><b>PY</b> 10:00 Chair Connection - M <b>SO</b> 10:30 Coffee and Donuts Morning Social - FCCR <b>SE</b> 1:30 Scenic Ride-FCE <b>PY</b> 3:00 Resident Led Walking Group-FCCR <b>CO</b> 3:30 Scrabble-FCCR <b>SE</b> 7:00 Resident Choice Film-FCCR</p>	<p><b>31</b></p> <p><b>SE</b> 9:30 Morning Symphony - FCCR <b>SO</b> 10:30 Phase 10-FCCR <b>SO</b> 1:30 Board Games-FCCR <b>SO</b> 2:30 Tuesdays at 2:30-Dale Kneeland-Tent <b>PR</b> 3:30 Manicures - FCCR <b>SE</b> 7:00 Evening Film- FCCR</p>	<p><b>CO</b> - Cognitive <b>CR</b> - Creative <b>E</b> - Emotional <b>PY</b> - Physical <b>PR</b> - Purposeful <b>SE</b> - Sensory <b>SO</b> - Social <b>SP</b> - Spiritual</p>			

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