



**THE HIGHLANDS**  
A GRACE MGMT COMMUNITY

# MAY 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	
1	<b>May Day</b>	2		3		4		5	<b>Cinco de Mayo</b>	6		7	
SE	1:30 Sunday Movie Matinee - T	PR	9:00 Shopping: Cooks Corner - ML	PR	9:00 Shopping: Hannaford - ML	PY	8:00 Chef's Breakfast	PY	9:00 Strength Training-M	PR	9:00 Shopping: Maine Street Brunswick- ML	PY	9:30 Ping Pong - M
SE	4:00 Afternoon Symphony - T	PY	10:00 Chair Connection - M	PY	9:00 Strength Training-M	CO	10:00 Chair Connection - M	PY	10:00 Strength Training-M	PY	10:00 Chair Connection - M	CO	10:00 Drop-In Bridge - K
SP	4:00 <b>Highlands Vesper Service - GP</b>	CR	10:00 Writers' Group - K	PY	10:00 Strength Training-M	PY	1:30 Mahjong - K	CO	1:00 Scrabble - H	CO	1:00 Bridge - H	SE	11:00 Morning Symphony - T
SE	7:00 Sunday Night Movie - T	CO	1:00 Cribbage - H	PR	10:15 Shopping: Hannaford - ML	E	2:30 Group Dog Walk-ML	CO	1:30 Mahjong - K	CR	1:30 The Highlands Singers - GP	SE	2:00 Saturday Movie Matinee - T
		CO	3:00 Backgammon - BPHL	CO	11:00 Book Look-K		6:30 Opera/Musical - T	PY	3:00 Boot Camp - F	SO	2:00 Mother's Day 5K		7:00 Saturday Night Movie - T
		SO	7:00 Open Chat-GP	CO	1:00 Mahjong - H			SE	4:00 Wii Bowling- M	PR	4:00 First Friday Happy Hour - Tent		
				SO	2:30 Tuesdays at 2:30- Sharon Wright-GP				7:00 Thursday Series - T		7:00 Documentary - T		
				PY	3:00 Sit, Stretch & Sculpt - M								
				SO	3:30 On Parle Francais - BPCR								
8	<b>Mother's Day</b>	9		10		11		12		13		14	
SE	1:30 Sunday Movie Matinee - T	PR	9:00 Shopping: Cooks Corner - ML	PR	9:00 Shopping: Hannaford - ML	PR	9:00 Shopping: Trader Joe's & Whole Foods \$# - ML	PY	9:00 Strength Training-M	PR	9:00 Shopping: Maine Street Brunswick- ML	PY	9:30 Ping Pong - M
SE	4:00 Afternoon Symphony - T	PY	10:00 Chair Connection - M	PY	9:00 Strength Training-M	PY	10:00 Chair Connection - M	PY	10:00 Strength Training-M	PY	10:00 Chair Connection - M	CO	10:00 Drop-In Bridge - K
CO	4:00 Book Chat-K	PR	10:30 Highlands Residents Assn. Board Meeting - Zoom	PY	10:00 Strength Training-M	CO	1:30 Mahjong - K	PR	10:30 Topsham Library - ML	SO	11:00 Lunch Bunch:\$ - L	SE	11:00 Morning Symphony - T
SE	7:00 Sunday Night Movie - T	CO	1:00 Cribbage - H	PR	10:15 Shopping: Hannaford - ML	CR	2:00 Flower Arranging with Amanda-GP	CO	1:00 Scrabble - H	CO	1:00 Bridge - H	SE	2:00 Saturday Movie Matinee - T
		CO	3:00 Backgammon - BPHL	PR	11:00 New Residents Tour - ML	PY	2:30 Group Dog Walk-ML	E	2:00 Caregiver Support Group - HFBR	CR	1:30 The Highlands Singers - GP		7:00 Saturday Night Movie - T
				CO	1:00 Mahjong - H	PY	3:00 Specialty Fitness Class- M	PR	2:00 <b>Welcome Committee - M</b>	PR	7:00 Documentary - T		
				SO	2:30 Tuesdays at 2:30-Mike Perry-GP	E	6:30 Opera/Musical - T	PY	3:00 Boot Camp - F				
				PY	3:00 Sit, Stretch & Sculpt - M			PY	4:00 Wii Bowling- M				
				SO	3:30 On Parle Francais - BPCR			SE	7:00 Thursday Series - T				
15		16		17		18		19		20		21	<b>Armed Forces Day</b>
SE	1:30 Sunday Movie Matinee - T	PR	9:00 Shopping: Cooks Corner - ML	PR	9:00 Shopping: Hannaford - ML	PY	10:00 Chair Connection - M	PY	9:00 Strength Training-M	PR	9:00 Shopping: Maine Street Brunswick- ML	PY	9:30 Ping Pong - M
SE	4:00 Afternoon Symphony - T	PY	10:00 Chair Connection - M	PY	9:00 Strength Training-M	PR	11:00 Efficiency Maine Presentation-GP	PY	10:00 Hiking at Head of Tide- ML	PY	10:00 Chair Connection - M	CO	10:00 Drop-In Bridge - K
SP	4:00 <b>Highlands Vesper Service - GP</b>	CR	10:00 Veterans Benefits Administration Seminar- GP	PY	10:00 Strength Training-M	CO	1:30 Mahjong - K	PY	10:00 Strength Training-M	CO	1:00 Bridge - H	SE	11:00 Morning Symphony - T
SE	7:00 Sunday Night Movie - T	PR	11:00 Writers' Group - K	PR	10:15 Shopping: Hannaford - ML	PY	2:30 Group Dog Walk-ML	CO	1:00 Scrabble - H	CR	1:30 The Highlands Singers - GP	SE	2:00 Saturday Movie Matinee - T
		CO	10:00 Activities Committee - K	CO	1:00 Mahjong - H	SO	5:00 Mystery Dinner \$# - ML	CO	1:30 Mahjong - K	PR	7:00 Documentary - T		7:00 Saturday Night Movie - T
		CO	1:00 Cribbage - H	PR	2:30 Tuesdays at 2:30-Flash Allen-Tent	E	6:30 Opera/Musical - T	PR	2:00 Food Committee Meeting - S				
		CO	3:00 Backgammon - BPHL	PY	3:00 Sit, Stretch & Sculpt - M			SO	2:30 Brew Crew-ML				
		CO	7:00 Card BINGO - H	SO	3:30 On Parle Francais - BPCR			PY	3:00 Boot Camp - F				
								SE	4:00 Wii Bowling- M				
									7:00 Thursday Series - T				

Events are Subject to Change.

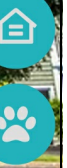


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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>22</b></p> <p><b>SE</b> 1:30 Sunday Movie Matinee - T</p> <p><b>SE</b> 4:00 Afternoon Symphony - T</p> <p><b>CO</b> 4:00 Book Chat-K</p> <p><b>SE</b> 7:00 Sunday Night Movie - T</p>	<p><b>23</b></p> <p><b>PR</b> 9:00 Shopping: Cooks Corner - ML</p> <p><b>PY</b> 10:00 Chair Connection - M</p> <p><b>CO</b> 1:00 Cribbage - H</p> <p><b>CO</b> 3:00 Backgammon - BPHL</p> <p><b>SE</b> 7:00 Open Mic Night - GP</p>	<p><b>24</b></p> <p><b>PR</b> 9:00 Shopping: Hannaford - ML</p> <p><b>PY</b> 9:00 Strength Training-M</p> <p><b>PY</b> 10:00 Strength Training-M</p> <p><b>PR</b> 10:15 Shopping: Hannaford - ML</p> <p><b>CO</b> 1:00 Mahjong - H</p> <p><b>SO</b> 2:30 Tuesdays at 2:30-Dave Stone-Tent</p> <p><b>PY</b> 3:00 Sit, Stretch &amp; Sculpt - M</p> <p><b>SO</b> 3:30 On Parle Francais - BPCR</p>	<p><b>25</b></p> <p><b>PY</b> 10:00 Chair Connection - M</p> <p><b>CO</b> 1:30 Mahjong - K</p> <p><b>PY</b> 2:30 Group Dog Walk-ML</p> <p>3:00 New Resident Reception-GP</p> <p><b>PY</b> 3:00 Specialty Fitness Class-M</p> <p><b>E</b> 6:30 Opera/Musical - T</p>	<p><b>26</b></p> <p><b>PY</b> 9:00 Strength Training-M</p> <p><b>PY</b> 10:00 Strength Training-M</p> <p><b>PR</b> 10:30 Topsham Library - ML</p> <p><b>CO</b> 1:00 Scrabble - H</p> <p><b>PR</b> 1:00 Tech Support with Victor-Library</p> <p><b>CO</b> 1:30 Mahjong - K</p> <p><b>PY</b> 3:00 Boot Camp - F</p> <p><b>PY</b> 4:00 Wii Bowling- M</p> <p><b>SE</b> 7:00 Thursday Series - T</p>	<p><b>27</b></p> <p><b>PR</b> 9:00 Shopping: Maine Street Brunswick- ML</p> <p><b>PY</b> 10:00 Chair Connection - M</p> <p><b>CO</b> 1:00 Bridge - H</p> <p><b>CR</b> 1:30 The Highlands Singers - GP</p> <p>4:00 Memorial Day Highlands Dance with Jay Staples-Tent</p> <p><b>PR</b> 7:00 Documentary - T</p>	<p><b>28</b></p> <p><b>PY</b> 9:30 Ping Pong - M</p> <p><b>CO</b> 10:00 Drop-In Bridge - K</p> <p><b>SE</b> 11:00 Morning Symphony - T</p> <p><b>SE</b> 2:00 Saturday Movie Matinee - T</p> <p><b>SE</b> 7:00 Saturday Night Movie - T</p>
<p><b>29</b></p> <p><b>SE</b> 1:30 Sunday Movie Matinee - T</p> <p><b>SE</b> 4:00 Afternoon Symphony - T</p> <p><b>SE</b> 7:00 Sunday Night Movie - T</p>	<p><b>30</b> <b>Memorial Day</b></p> <p><b>PR</b> 9:00 Shopping: Cooks Corner - ML</p> <p><b>PY</b> 10:00 Chair Connection - M</p> <p><b>CO</b> 1:00 Cribbage - H</p> <p><b>CO</b> 3:00 Backgammon - BPHL</p>	<p><b>31</b></p> <p><b>PR</b> 9:00 Shopping: Hannaford - ML</p> <p><b>PY</b> 9:00 Strength Training-M</p> <p><b>PY</b> 10:00 Strength Training-M</p> <p><b>PR</b> 10:15 Shopping: Hannaford - ML</p> <p><b>CO</b> 1:00 Mahjong - H</p> <p>2:30 Tuesdays at 2:30-Dale Kneeland-Tent</p> <p><b>PY</b> 3:00 Sit, Stretch &amp; Sculpt - M</p> <p><b>SO</b> 3:30 On Parle Francais - BPCR</p>	<p><b>CO</b> - Cognitive</p> <p><b>CR</b> - Creative</p> <p><b>E</b> - Emotional</p> <p><b>PY</b> - Physical</p> <p><b>PR</b> - Purposeful</p> <p><b>SE</b> - Sensory</p> <p><b>SO</b> - Social</p> <p><b>SP</b> - Spiritual</p>	<p>Bath Savings Office - B</p> <p>Benjamin Porter Garage - BPG</p> <p>Cadigan Lodge Lawn - CLL</p> <p>Fitness Center - FC</p> <p>Georgetown Parlor - GP</p> <p>Harpswell Lounge - H</p> <p>Holden Frost House - HFH</p> <p>Holden Frost Parlor - HFHP</p> <p>Kennebec Meeting Room - K</p> <p>Maine Lodge Lobby - ML</p> <p>Merrymeeting Bay Room - M</p> <p>Sebasco Dining Room - S</p> <p>Benjamin Porter House Lounge - BPHL</p>		

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