



**THE HIGHLANDS**  
A GRACE MGMT COMMUNITY

# MAY 2022

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



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<b>1 May Day</b>		<b>2</b>		<b>3</b>		<b>4</b>		<b>5 Cinco de Mayo</b>		<b>6</b>		<b>7</b>	
CO 10:00 Morning News	SE 2:00 Weekend Sports on Cable: Residents Choice	CO 9:15 Morning Coffee & Daily Chronicle	PY 10:00 Move & Groove Monday	CO 9:15 Morning Coffee & Daily Chronicle	SE 9:30 Travel Tales Tuesday	CO 9:15 Morning Coffee & Daily Chronicle	E 9:30 Wednesday Morning Singers	CO 9:15 Morning Coffee & Daily Chronicle	CO 9:45 Crosswords and Trivia	CO 9:15 Morning Coffee & Daily Chronicle	I 9:30 Friday Funny Videos	CO 10:30 Senior Living Puzzle Club	SE 2:00 Weekend Sports on Cable: Residents Choice
SE 4:30 Old Time Show	SO 6:00 Evening Activities Resident's Choice	CO 10:30 Big Screen Trivia	PY 1:15 Afternoon Walks (Weather Permitting)	PY 10:00 Tone It Up Tuesday	SP 10:30 Hymns & Prayer w/ Bob & Becky	PY 10:00 Workout w/ Weights	CO 10:30 Wiser Now Wednesday Trivia	PY 10:00 Tai Chi Thursday	E 10:30 Therapy with Graham the Golden	PR 10:00 Bird Club	SE 1:30 Scenic Ride	SE 4:30 Old Time Show	SO 6:00 Evening Activities Resident's Choice
		PR 2:00 Gardening Club	CR 2:15 May Day Basket Weaving	SO 1:15 Music with Sharon Wright	SO 2:30 Horse Lovers	SO 3:00 Mid-Week Mock-tails & Music	PY 4:00 Sports Sampler	CR 2:45 Bookmark Crafting	SE 3:00 Short Stories	SO 2:00 Ice Cream Social	SE 2:30 Manicures & Movies		
		PR 3:30 Men and Machines	PY 4:00 Sports Sampler	PY 4:00 Sports Sampler				PY 4:00 Sports Sampler		PY 4:00 Sports Sampler			
<b>8 Mother's Day</b>		<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>	
CO 10:00 Morning News	I 2:00 Movie with Mom: Monster-In-Law or Mamma Mia	CO 9:15 Morning Coffee & Daily Chronicle	PY 10:00 Move & Groove Monday	CO 9:15 Morning Coffee & Daily Chronicle	SE 9:30 Travel Tales Tuesday	CO 9:15 Morning Coffee & Daily Chronicle	E 9:30 Wednesday Morning Singers	CO 9:15 Morning Coffee & Daily Chronicle	CO 9:45 Crosswords and Trivia	CO 9:15 Morning Coffee & Daily Chronicle	I 9:30 Friday Funny Videos	CO 10:30 Senior Living Puzzle Club	SE 2:00 Weekend Sports on Cable: Residents Choice
SE 4:30 Old Time Show	SO 6:00 Evening Activities Resident's Choice	CO 10:30 Big Screen Trivia	PY 1:15 Afternoon Walks (Weather Permitting)	PY 10:00 Tone It Up Tuesday	SO 1:15 Mike Perry Presents Slideshow	PY 10:00 Workout w/ Weights	CO 10:30 Wiser Now Wednesday Trivia	PY 10:00 Tai Chi Thursday	SP 10:30 Bible Readings & Reflection	PR 10:00 Bird Club	SE 1:30 Scenic Ride	SE 4:30 Old Time Show	SO 6:00 Evening Activities Resident's Choice
		PR 2:00 Gardening Club	PR 3:30 Men and Machines	SO 2:30 Horse Lovers	SE 3:30 Classical Concerts: YouTube	CO 1:30 Can You Knot?	PY 1:15 Afternoon Walks (Weather Permitting)	E 10:30 Therapy with Graham the Golden	E 10:30 Therapy with Graham the Golden	SO 2:00 Ice Cream Social	SE 2:30 Manicures & Movies		
		PY 4:00 Sports Sampler		PY 4:00 Sports Sampler		SO 3:30 Mid-Week Mock-tails & Music	CO 1:30 Can You Knot?	CR 1:30 Wood-Shop	CR 2:45 Bookmark Crafting	PY 4:00 Sports Sampler			
						PY 4:00 Sports Sampler	SO 3:30 Mid-Week Mock-tails & Music	SE 3:00 Short Stories	PY 4:00 Sports Sampler				
<b>15</b>		<b>16</b>		<b>17</b>		<b>18</b>		<b>19</b>		<b>20</b>		<b>21 Armed Forces Day</b>	
CO 10:00 Morning News	SE 2:00 Weekend Sports on Cable: Residents Choice	CO 9:15 Morning Coffee & Daily Chronicle	PY 10:00 Move & Groove Monday	CO 9:15 Morning Coffee & Daily Chronicle	SE 9:30 Travel Tales Tuesday	CO 9:15 Morning Coffee & Daily Chronicle	E 9:30 Wednesday Morning Singers	CO 9:15 Morning Coffee & Daily Chronicle	CO 9:45 Crosswords and Trivia	CO 9:15 Morning Coffee & Daily Chronicle	I 9:30 Friday Funny Videos	CO 10:30 Senior Living Puzzle Club	SE 2:00 Weekend Sports on Cable: Residents Choice
SE 4:30 Old Time Show	SO 6:00 Evening Activities Resident's Choice	CO 10:30 Big Screen Trivia	PY 1:15 Afternoon Walks (Weather Permitting)	PY 10:00 Tone It Up Tuesday	SP 10:30 Hymns & Prayer w. Bob & Becky	PY 10:00 Workout w/ Weights	CO 10:30 Wiser Now Wednesday Trivia	PY 10:00 Tai Chi Thursday	E 10:30 Therapy with Graham the Golden	PR 10:00 Bird Club	SE 1:30 Scenic Ride	SE 4:30 Old Time Show	SO 6:00 Evening Activities Resident's Choice
		PR 2:00 Gardening Club	PR 3:30 Men and Machines	SO 1:15 Music with Flash Allen	SO 2:30 Horse Lovers	CO 1:30 Can You Knot?	PY 1:15 Afternoon Walks (Weather Permitting)	E 10:30 Therapy with Graham the Golden	CR 2:45 Bookmark Crafting	SO 2:00 Ice Cream Social	SE 2:30 Manicures & Movies		
		PY 4:00 Sports Sampler		SE 3:30 Classical Concerts: YouTube	PY 4:00 Sports Sampler	SO 3:30 Mid-Week Mock-tails & Music	CO 1:30 Can You Knot?	SE 3:00 Short Stories	PY 4:00 Sports Sampler	PY 4:00 Sports Sampler			
				PY 4:00 Sports Sampler			SO 3:30 Mid-Week Mock-tails & Music	PY 4:00 Sports Sampler					

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>22</b></p> <p><b>CO</b> 10:00 Morning News <b>SE</b> 2:00 Weekend Sports on Cable: Residents Choice <b>SE</b> 4:30 Old Time Show <b>SO</b> 6:00 Evening Activities Resident's Choice</p>	<p><b>23</b></p> <p><b>CO</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>PY</b> 10:00 Move &amp; Groove Monday <b>CO</b> 10:30 Big Screen Trivia <b>PY</b> 1:15 Afternoon Walks (Weather Permitting) <b>PR</b> 2:00 Gardening Club <b>PR</b> 3:30 Men and Machines <b>PY</b> 4:00 Sports Sampler</p>	<p><b>24</b></p> <p><b>CO</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>PY</b> 9:45 Tone It Up Tuesday <b>SE</b> 10:15 Travel Tales Tuesday <b>SO</b> 2:00 Horse Lovers <b>SO</b> 3:30 Music with Dave Stone</p>	<p><b>25</b></p> <p><b>CO</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>E</b> 9:30 Wednesday Morning Singers <b>PY</b> 10:00 Workout w/ Weights <b>CO</b> 10:30 Wiser Now <b>PY</b> 1:15 Afternoon Walks (Weather Permitting) <b>CO</b> 1:30 Can You Knot? <b>SO</b> 2:00 Music w/ Dale Kneeland <b>SO</b> 2:15 Mid-Week Mock-tails &amp; Music</p>	<p><b>26</b></p> <p><b>CO</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>CO</b> 9:45 Crosswords and Trivia <b>PY</b> 10:00 Morning Floor Games: Shuffleboard <b>PY</b> 10:00 Tai Chi Thursday <b>E</b> 10:30 Therapy with Graham the Golden <b>CR</b> 2:45 Bookmark Crafting <b>SE</b> 3:00 Short Stories <b>PY</b> 4:00 Sports Sampler</p>	<p><b>27</b></p> <p><b>CO</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>I</b> 9:30 Friday Funny Videos <b>PR</b> 10:00 Bird Club <b>SE</b> 1:30 Scenic Ride <b>SO</b> 1:45 Game of Choice <b>SO</b> 2:00 Ice Cream Social <b>SE</b> 2:30 Manicures &amp; Movies <b>SO</b> 4:00 Memorial Day Dance-Tent <b>PY</b> 4:00 Sports Sampler</p>	<p><b>28</b></p> <p><b>CO</b> 10:30 Senior Living Puzzle Club <b>SE</b> 2:00 Weekend Sports on Cable: Residents Choice <b>SE</b> 4:30 Old Time Show <b>SO</b> 6:00 Evening Activities Resident's Choice</p>
<p><b>29</b></p> <p><b>CO</b> 10:00 Morning News <b>SE</b> 2:00 Weekend Sports on Cable: Residents Choice <b>SE</b> 4:30 Old Time Show <b>SO</b> 6:00 Evening Activities Resident's Choice</p>	<p><b>30</b> <b>Memorial Day</b></p> <p><b>CO</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>PY</b> 10:00 Move &amp; Groove Monday <b>CO</b> 10:30 Big Screen Trivia <b>PY</b> 1:15 Afternoon Walks (Weather Permitting) <b>PR</b> 2:00 Gardening Club <b>PR</b> 3:30 Men and Machines <b>PY</b> 4:00 Sports Sampler</p>	<p><b>31</b></p> <p><b>CO</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>SE</b> 9:30 Travel Tales Tuesday <b>PY</b> 10:00 Tone It Up Tuesday <b>SO</b> 1:15 Music with Dale Kneeland <b>SO</b> 2:30 Horse Lovers <b>PY</b> 4:00 Sports Sampler</p>	<p><b>CC</b> - Cognitive <b>CR</b> - Creative <b>E</b> - Emotional <b>I</b> - Intergenerational <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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