

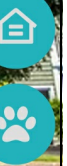


**THE HIGHLANDS**  
A GRACE MGMT COMMUNITY

# JUNE 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
<p>CO - Cognitive CR - Creative E - Emotional PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual</p>			<p>1 PY 10:00 Chair Connection - M E 10:30 Graham the Therapy Dog-FCCR PY 11:00 Morning Stretch PR 1:30 Shopping Trip - Target - FCE CR 2:30 The Cove Players Theatre-FCCR PY 4:00 Lawn Games-FCCR E 6:30 Opera/Musical - Verdi "Luisa Miller"- T</p>	<p>2 SE 9:30 Morning Symphony - FCCR PY 10:30 Morning Stretch-FCCR SE 1:30 Scenic Ride-FCE CR 3:30 Afternoon Art: Painting - FCCR SE 7:00 Thursday Series - T</p>	<p>3 PY 10:00 Chair Connection - M CO 10:30 Trivia-FCCR 1:30 Lawn Games PY 3:00 Scrabble-FCCR CR 3:30 Knitting Group - FCCR PR 7:00 Documentary-T</p>	<p>4 PY 11:00 Chair Exercise - FCCR SE 11:00 Morning Symphony - T SE 2:00 Afternoon Film- FCCR SE 2:00 Saturday Movie - T SE 7:00 Saturday Night Movie - T</p>
<p>5 PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie - T SE 4:00 Afternoon Symphony - T SP 4:00 Highlands Vesper Service - GP</p>	<p>6 PY 10:00 Chair Connection - M SO 10:30 Coffee and Donuts Morning Social - FCCR SE 1:30 Scenic Ride-FCE PY 3:00 Walking Group-FCCR CO 3:30 BINGO-FCCR SE 7:00 Resident Choice Film-FCCR</p>	<p>7 SE 9:30 Morning Symphony - FCCR CO 10:30 Crosswords-FCCR CO 11:00 Book Look-K SO 1:30 Board Games-FCCR 2:30 Karaoke with Jim Whitney-Tent SE 7:00 Evening Film- FCCR</p>	<p>8 PY 10:00 Chair Connection - M E 10:30 Graham the Therapy Dog-FCCR PY 11:00 Morning Stretch PR 1:30 Shopping Trip - Target - FCE CR 2:30 The Cove Players Theatre-FCCR SE 3:30 Entertainment with Dale Kneeland - FCCR E 6:30 Opera/Musical - Verdi "Luisa Miller"- T</p>	<p>9 SE 9:30 Morning Symphony - FCCR PY 10:30 Morning Stretch-FCCR SE 12:00 Picnic At Fort Popham 3:00 Mike McCarthy on Piano-Tent SE 3:30 I Love Lucy Watchathon SE 7:00 Thursday Series - T</p>	<p>10 PY 10:00 Chair Connection - M SO 11:00 Lunch Bunch:Tuscan Bistro\$ - L 1:30 Framing Artwork/Flowers PY 3:00 Scrabble-FCCR CR 3:30 Knitting Group - FCCR PR 7:00 Documentary-T</p>	<p>11 PY 11:00 Chair Exercise - FCCR SE 11:00 Morning Symphony - T SE 2:00 Afternoon Film- FCCR SE 2:00 Saturday Movie - T SE 7:00 Saturday Night Movie - T</p>
<p>12 PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie - T SE 4:00 Afternoon Symphony - T</p>	<p>13 PY 10:00 Chair Connection - M SO 10:30 Coffee and Donuts Morning Social - FCCR PR 10:30 Highlands Residents Assn. Board Meeting - Tent SE 1:30 Scenic Ride-FCE PY 3:00 Walking Group-FCCR CO 3:30 BINGO-FCCR SE 7:00 Resident Choice Film-FCCR</p>	<p>14 <b>Flag Day</b> SE 9:30 Morning Symphony - FCCR PR 11:00 Friendship Cove Resident Forum - FCCR SO 1:30 Board Games-FCCR SO 2:30 Sue and Blue Jazz-Tent PR 3:30 Manicures - FCCR SE 7:00 Evening Film- FCCR</p>	<p>15 PY 10:00 Chair Connection - M E 10:30 Graham the Therapy Dog-FCCR PY 11:00 Morning Stretch PR 1:30 Shopping Trip - Target - FCE CR 2:00 Scottish Folk Tales and Stories-Tent CR 2:30 The Cove Players Theatre-FCCR E 6:30 Opera/Musical - Verdi "Luisa Miller"- T</p>	<p>16 SE 9:30 Morning Symphony - FCCR PY 10:30 Morning Stretch-FCCR SE 1:30 Fielders Choice Trip-FCE 3:30 Virtual Tour of National Park-Acadia SE 7:00 Thursday Series - T</p>	<p>17 PY 10:00 Chair Connection - M CO 10:30 Dominos-FCCR 1:30 Poetry Reading PY 3:00 Scrabble-FCCR CR 3:30 Knitting Group - FCCR PR 7:00 Documentary-T</p>	<p>18 PY 11:00 Chair Exercise - FCCR SE 11:00 Morning Symphony - T SE 2:00 Afternoon Film- FCCR SE 2:00 Saturday Movie - T SE 7:00 Saturday Night Movie - T</p>

Events are Subject to Change.

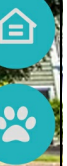


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Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
19	<b>Father's Day</b>	20	<b>Summer Begins</b>	21		22		23		24		25	
	9:51 Father's Day PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie - T SE 4:00 Afternoon Symphony - T	PY 10:00 Chair Connection - M SO 10:30 Coffee and Donuts Morning Social - FCCR SE 1:30 Scenic Ride-FCE PY 3:00 Walking Group-FCCR CO 3:30 BINGO-FCCR SE 7:00 Resident Choice Film-FCCR	SE 9:30 Morning Symphony - FCCR CO 10:30 Word Creation-FCCR SO 1:30 Board Games-FCCR Jason Tardy Juggling-Tent SE 7:00 Evening Film- FCCR	PY 10:00 Chair Connection - M E 10:30 Graham the Therapy Dog-FCCR PY 11:00 Morning Stretch PR 1:30 Shopping Trip - Target - FCE CR 2:30 The Cove Players Theatre-FCCR E 6:30 Opera/Musical - Verdi "Luisa Miller"- T	SE 9:30 Morning Symphony - FCCR PY 10:30 Morning Stretch-FCCR PR 10:30 Topsham Library - ML SE 1:30 Scenic Ride-FCE CR 3:30 Afternoon Art: Painting - FCCR SE 7:00 Thursday Series - T	PY 10:00 Chair Connection - M PY 10:30 Lawn Games-FCCR PY 1:30 Scrabble Tournament-FCCR CR 3:30 Knitting Group - FCCR PR 7:00 Documentary-T	PY 11:00 Chair Exercise - FCCR SE 11:00 Morning Symphony - T SE 2:00 Afternoon Film- FCCR SE 2:00 Saturday Movie - T SE 7:00 Saturday Night Movie - T						
26		27		28		29		30					
	PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie - T SE 4:00 Afternoon Symphony - T	PY 10:00 Chair Connection - M SO 10:30 Coffee and Donuts Morning Social - FCCR SE 1:30 Scenic Ride-FCE PY 3:00 Walking Group-FCCR CO 3:30 BINGO-FCCR SE 7:00 Open Mic Night - GP SE 7:00 Resident Choice Film-FCCR	SE 9:30 Morning Symphony - FCCR CO 10:30 Trivia-FCCR SO 1:30 Board Games-FCCR Trudy Calaghan Irish Songs-Tent PR 3:30 Manicures - FCCR SE 7:00 Evening Film- FCCR	PY 10:00 Chair Connection - M E 10:30 Graham the Therapy Dog-FCCR PY 11:00 Morning Stretch PR 1:30 Shopping Trip - Target - FCE CR 2:30 The Cove Players Theatre-FCCR E 6:30 Opera/Musical - Verdi "Luisa Miller"- T	SE 9:30 Morning Symphony - FCCR PY 10:30 Morning Stretch-FCCR SE 1:30 Scenic Ride-FCE SO 2:00 Dog Training and Agility with Robin and Jane-Tent CR 3:30 Craft Corner-FCCR SE 7:00 Thursday Series - T								

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