

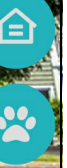


THE HIGHLANDS
A GRACE MGMT COMMUNITY

JUNE 2022

Life Enrichment - Independent Living

30 Governors Way
Topsham, Maine 04086
352-674-3600
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>Bath Savings Office - B Benjamin Porter Garage - BPG Cadigan Lodge Lawn - CLL Fitness Center - FC Georgetown Parlor - GP Harpwell Lounge - H Holden Frost House - HFH Holden Frost Parlor - HFHP Kennebec Meeting Room - K Maine Lodge Lobby - ML Merrymeeting Bay Room - M Sebasco Dining Room - S Benjamin Porter House Lounge - BPHL</p>		<p>1 SO 8:00 Chef's Breakfast PY 10:00 Chair Connection - M CO 1:30 Mahjong - K PY 3:00 Miniature Golf- Putting Green-CL E 6:30 Opera/Musical - T</p>	<p>2 PY 9:00 Strength Training-M PY 10:00 Strength Training-M 11:00 Maine State Music Theater-Tent CO 1:00 Scrabble - H CO 1:30 Mahjong - K PY 3:00 Boot Camp - F SE 7:00 Thursday Series - T</p>	<p>3 PR 9:00 Shopping: Maine Street Brunswick- ML PY 10:00 Chair Connection - M CO 1:00 Bridge - H CR 1:30 The Highlands Singers - GP SO 4:00 First Friday Happy Hour - Tent PR 7:00 Documentary - T</p>	<p>4 PY 9:30 Ping Pong - M CO 10:00 Drop-In Bridge - K SE 11:00 Morning Symphony - T SE 2:00 Saturday Movie Matinee - T SE 7:00 Saturday Night Movie - T</p>
<p>5 SE 1:30 Sunday Movie Matinee - T SE 4:00 Afternoon Symphony - T CO 4:00 Book Chat-K SP 4:00 Highlands Vesper Service - GP SE 7:00 Sunday Night Movie - T</p>	<p>6 PR 9:00 Shopping: Cooks Corner - ML PY 10:00 Chair Connection - M CR 10:00 Writers' Group - K CO 1:00 Cribbage - H CR 2:00 Art Class-Tent CO 3:00 Backgammon - BPHL PY 3:00 Bocce Ball-Bocce Court SO 7:00 Open Chat-GP</p>	<p>7 PR 9:00 Shopping: Hannaford - ML PY 9:00 Strength Training-M PY 10:00 Strength Training-M PR 10:15 Shopping: Hannaford - ML CO 11:00 Book Look-K CO 1:00 Mahjong - H SO 2:30 Tuesdays at 2:30The Last Performance of Jim Whitney-Tent SO 3:30 On Parle Francais - BPCR</p>	<p>8 PR 9:00 Shopping: Trader Joe's & Whole Foods \$# - ML PY 10:00 Chair Connection - M CO 1:30 Mahjong - K PR 1:30 Phone Photography Workshop-M CR 3:30 Wind Chime Building-Tent E 6:30 Opera/Musical - T</p>	<p>9 PY 9:00 Strength Training-M PY 10:00 Strength Training-M PR 10:30 Topsham Library - ML CO 1:00 Scrabble - H CO 1:30 Mahjong - K E 2:00 Caregiver Support Group - HFBR PY 3:00 Boot Camp - F SE 7:00 Thursday Series - T</p>	<p>10 PR 9:00 Shopping: Maine Street Brunswick- ML PY 10:00 Chair Connection - M SO 11:00 Lunch Bunch:Tuscan Bistro\$ - L CO 1:00 Bridge - H CR 1:30 The Highlands Singers - GP PR 7:00 Documentary - T</p>	<p>11 PY 9:30 Ping Pong - M CO 10:00 Drop-In Bridge - K SE 11:00 Morning Symphony - T SE 2:00 Saturday Movie Matinee - T SE 7:00 Saturday Night Movie - T</p>
<p>12 SE 1:30 Sunday Movie Matinee - T SE 4:00 Afternoon Symphony - T SE 7:00 Sunday Night Movie - T</p>	<p>13 PR 9:00 Shopping: Cooks Corner - ML PY 10:00 Chair Connection - M PR 10:30 Highlands Residents Assn. Board Meeting - Tent CO 1:00 Cribbage - H CO 3:00 Backgammon - BPHL PY 3:00 Bocce Ball-Bocce Court</p>	<p>14 Flag Day PR 9:00 Shopping: Hannaford - ML PY 9:00 Strength Training-M PY 10:00 Strength Training-M PR 10:15 Shopping: Hannaford - ML PR 11:00 New Residents Tour - ML CO 1:00 Mahjong - H 2:30 Tuesdays at 2:30-Sue and Blue-Tent SO 3:30 On Parle Francais - BPCR</p>	<p>15 PY 10:00 Chair Connection - M PY 10:00 Hiking at Hackett Trail- ML CO 1:30 Mahjong - K E 2:00 Scottish Folk Tales with Bill Hinder-Tent SO 5:00 Mystery Dinner \$# - ML E 6:30 Opera/Musical - T</p>	<p>16 PY 9:00 Strength Training-M PY 10:00 Strength Training-M CO 1:00 Scrabble - H CO 1:30 Mahjong - K PR 2:00 Food Committee Meeting - S SO 2:30 Brew Crew-ML PY 3:00 Boot Camp - F SE 7:00 Thursday Series - T</p>	<p>17 PR 9:00 Shopping: Maine Street Brunswick- ML PY 10:00 Chair Connection - M CO 1:00 Bridge - H CR 1:30 The Highlands Singers - GP PR 7:00 Documentary - T</p>	<p>18 9:00 HRAF Yard Sale-Tent PY 9:30 Ping Pong - M CO 10:00 Drop-In Bridge - K SE 11:00 Morning Symphony - T SE 2:00 Saturday Movie Matinee - T SE 7:00 Saturday Night Movie - T</p>

Events are Subject to Change.

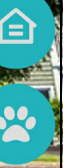


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Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
19	Father's Day	20	Summer Begins	21		22		23		24		25	
SE	1:30 Sunday Movie Matinee - T	PR	9:00 Shopping: Cooks Corner - ML	PR	9:00 Shopping: Hannaford - ML	PY	10:00 Chair Connection - M	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	SO	11:00 Food Truck Exploring with Jane-ML	SO	10:00 AARP Driving Course-MMB	PR	10:00 Chair Connection - M	CO	10:00 Drop-In Bridge - K
CO	4:00 Book Chat-K	CR	10:00 Writers' Group - K	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
SP	4:00 Highlands Vesper Service - GP	PR	11:00 Activities Committee - K	PR	10:15 Shopping: Hannaford - ML	E	3:00 Train the Trainer-Tent	PR	10:30 Topsham Library - ML	CR	1:30 The Highlands Singers - GP	SE	2:00 Saturday Movie Matinee - T
SE	7:00 Sunday Night Movie - T	CO	1:00 Cribbage - H	CO	1:00 Mahjong - H	CO	6:30 Opera/Musical - T	CO	1:00 Tech Support with Victor-Library	PR	7:00 Documentary - T	SE	7:00 Saturday Night Movie - T
		CO	3:00 Backgammon - BPHL		2:30 Juggler Jason Tardy-Tent			PY	1:30 Mahjong - K				
		PY	3:00 Bocce Ball-Bocce Court	SO	3:30 On Parle Francais - BPCR			SE	3:00 Boot Camp - F				
		CO	7:00 Card BINGO - H						7:00 Thursday Series - T				
26		27		28		29		30					
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				
SE	4:00 Afternoon Symphony - T	PY	10:00 Chair Connection - M	PY	9:00 Strength Training-M	CO	1:30 Mahjong - K	PY	10:00 Strength Training-M				
SE	7:00 Sunday Night Movie - T	CO	1:00 Cribbage - H	PY	10:00 Strength Training-M	SO	3:00 New Residents Reception-Tent	CO	1:00 Scrabble - H				
		CO	3:00 Backgammon - BPHL	PR	10:15 Shopping: Hannaford - ML	E	6:30 Opera/Musical - T	PR	1:00 Tech Help with Victor-MLL				
		PY	3:00 Bocce Ball-Bocce Court	CO	1:00 Mahjong - H			CO	1:30 Mahjong - K				
		SE	7:00 Open Mic Night - GP	SO	2:30 Irish Songs with Trudy Calaghan-Tent			SO	2:00 Dog Training and Agility Demonstration with Robin and Jane-Tent				
					3:30 On Parle Francais - BPCR			PY	3:00 Boot Camp - F				
								SE	7:00 Thursday Series - T				

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