



**THE HIGHLANDS**  
A GRACE MGMT COMMUNITY

# JUNE 2022

Governor King

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CC - Cognitive CR - Creative E - Emotional I - Intergenerational PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual</p>			<p>1</p> <p>CO 9:15 Morning Coffee &amp; Daily Chronicle SO 9:30 Midweek Chorus PY 10:15 Tunes Trivia PY 11:00 Bodies in Motion PY 1:15 Afternoon Walks (Weather Permitting) CR 1:30 Craft: Cotton Swab Lilacs SO 3:30 Bingo</p>	<p>2</p> <p>CO 9:15 Morning Coffee &amp; Daily Chronicle CR 9:30 Bookmark Crafting CO 10:00 Short Stories E 10:30 Therapy with Graham the Golden PY 11:00 Keep Moving! PR 2:00 Green Time SO 3:00 "Uncalled Four" Rehearsal</p>	<p>3</p> <p>CO 9:15 Morning Coffee &amp; Daily Chronicle I 9:30 Friday Funny Videos PR 10:00 Bird Club CR 10:30 Madlibs PY 11:00 Keep Moving! SE 1:30 Scenic Ride SO 1:45 Game of Choice SO 2:00 Ice Cream Social SE 2:30 Manicures &amp; Movies</p>	<p>4</p> <p>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</p>
<p>5</p> <p>CO 10:00 Morning News SE 2:00 Weekend Sports on Cable: Residents Choice SE 4:30 Old Time Show SO 6:00 Evening Activities Resident's Choice</p>	<p>6</p> <p>CO 9:15 Morning Coffee &amp; Daily Chronicle PR 10:00 Gardening Guys &amp; Gals CO 10:30 Trivia &amp; Daily Crossword PY 11:00 Keep Moving! PY 1:15 Afternoon Walks (Weather Permitting) PR 2:00 Craft: Strawberry Rock Decoys PR 3:30 Men and Machines</p>	<p>7</p> <p>CO 9:15 Morning Coffee &amp; Daily Chronicle SE 9:30 Travel Tales Tuesday SP 10:30 Hymns &amp; Prayer w/ Bob &amp; Becky PY 11:00 Keep Moving! SE 1:15 Entertainer: Sue and Blue Jazz SE 2:30 Courtyard Games SO 3:00 World Chocolate Ice Cream Day Social SO 3:30 Horse Lovers</p>	<p>8</p> <p>CO 9:15 Morning Coffee &amp; Daily Chronicle SO 9:30 Midweek Chorus CO 10:30 Wiser Now Wednesday Trivia PY 11:00 Keep Moving! PY 1:15 Afternoon Walks (Weather Permitting) CR 1:30 National Best Friends Day: Friendship Bracelet Workshop SO 3:30 Bingo</p>	<p>9</p> <p>CO 9:15 Morning Coffee &amp; Daily Chronicle CR 9:30 Bookmark Crafting CO 10:00 Short Stories E 10:30 Therapy with Graham the Golden PY 11:00 Keep Moving! PY 1:15 Afternoon Walks (Weather Permitting) PR 2:00 Green Time CR 3:00 Scrabble</p>	<p>10</p> <p>CO 9:15 Morning Coffee &amp; Daily Chronicle I 9:30 Friday Funny Videos PR 10:00 Bird Club CR 10:30 Acrostic Poems PY 11:00 Keep Moving! SE 1:30 Scenic Ride SO 1:45 Game of Choice SO 2:00 Ice Cream Social SE 2:30 Manicures &amp; Movies</p>	<p>11</p> <p>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</p>
<p>12</p> <p>CO 10:00 Morning News SE 2:00 Weekend Sports on Cable: Residents Choice SE 4:30 Old Time Show SO 6:00 Evening Activities Resident's Choice</p>	<p>13</p> <p>CO 9:15 Morning Coffee &amp; Daily Chronicle PR 10:00 Gardening Guys &amp; Gals CO 10:30 Trivia &amp; Daily Crossword PY 11:00 Keep Moving! PY 1:15 Afternoon Walks (Weather Permitting) PR 2:00 National Sewing Machine Day: Sew What? I 3:30 Men and Machines</p>	<p>14 <b>Flag Day</b></p> <p>CO 9:15 Morning Coffee &amp; Daily Chronicle SE 9:30 Travel Tales Tuesday PR 10:30 Weekly Crossword PY 11:00 Keep Moving! SO 1:30 Sing along with Jim Whitney SE 2:30 Courtyard Games SO 3:30 Horse Lovers</p>	<p>15</p> <p>CO 9:15 Morning Coffee &amp; Daily Chronicle SO 9:30 Midweek Chorus CO 10:30 Tunes Trivia PY 11:00 Keep Moving! PY 1:15 Afternoon Walks (Weather Permitting) PY 1:15 Afternoon Walks (Weather Permitting) CR 2:00 Craft: Coffee Filter Butterflies SO 3:30 Bingo</p>	<p>16</p> <p>CO 9:15 Morning Coffee &amp; Daily Chronicle CR 9:30 Bookmark Crafting CO 10:00 Short Stories E 10:30 Therapy with Graham the Golden PY 11:00 Keep Moving! PY 1:15 Afternoon Walks (Weather Permitting) SO 2:00 "Yes I Have" SO 3:00 "Uncalled Four" Rehearsal</p>	<p>17</p> <p>CO 9:15 Morning Coffee &amp; Daily Chronicle I 9:30 Friday Funny Videos PR 10:00 Bird Club CR 10:30 Madlibs PY 11:00 Keep Moving! PY 1:15 Afternoon Walks (Weather Permitting) SE 1:30 Scenic Ride SO 1:45 Game of Choice SO 2:00 Ice Cream Social SE 2:30 Manicures &amp; Movies</p>	<p>18</p> <p>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</p>

Events are Subject to Change.



**THE HIGHLANDS**  
A GRACE MGMT COMMUNITY

# JUNE 2022

Governor King

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b> <b>Father's Day</b> <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	<b>20</b> <b>Summer Begins</b> <b>CO</b> 9:15 Morning Coffee & Daily Chronicle <b>PR</b> 10:00 Gardening Gurus <b>CO</b> 10:30 Trivia & Daily Crossword <b>PY</b> 11:00 Keep Moving! <b>PY</b> 1:15 Afternoon Walks (Weather Permitting) <b>PR</b> 2:00 Craft: Pine Cone Flowers <b>PR</b> 3:30 Bingo	<b>21</b> <b>CO</b> 9:15 Morning Coffee & Daily Chronicle <b>SE</b> 9:30 Travel Tales Tuesday <b>SP</b> 10:30 Hymns & Prayer w. Bob & Becky <b>PY</b> 11:00 Keep Moving! <b>PY</b> 1:15 Afternoon Walks (Weather Permitting) <b>SO</b> 2:30 Juggling with Jason Tardy Under the Tent <b>CR</b> 3:30 Longest Day Suncatchers	<b>22</b> <b>CO</b> 9:15 Morning Coffee & Daily Chronicle <b>SO</b> 9:30 Midweek Chorus <b>CO</b> 10:30 Tunes Trivia <b>PY</b> 11:00 Keep Moving! <b>PY</b> 1:15 Afternoon Walks (Weather Permitting) <b>CR</b> 2:00 Soccer <b>SO</b> 3:30 Music w/ Dale Kneeland	<b>23</b> <b>CO</b> 9:15 Morning Coffee & Daily Chronicle <b>CR</b> 9:30 Bookmark Crafting <b>CO</b> 10:00 Short Stories <b>E</b> 10:30 Therapy with Graham the Golden <b>PY</b> 11:00 Keep Moving! <b>PY</b> 1:15 Afternoon Walks (Weather Permitting) <b>SE</b> 2:00 Cornhole Tournament <b>CR</b> 3:00 Craft: Fingerprint Snapdragons	<b>24</b> <b>CO</b> 9:15 Morning Coffee & Daily Chronicle <b>I</b> 9:30 Friday Funny Videos <b>PR</b> 10:00 Bird Club <b>CO</b> 10:30 Madlibs <b>PY</b> 11:00 Keep Moving! <b>PY</b> 1:15 Afternoon Walks (Weather Permitting) <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 & Movies	<b>25</b> <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
<b>26</b> <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	<b>27</b> <b>CO</b> 9:15 Morning Coffee & Daily Chronicle <b>PR</b> 10:00 Gardening Gurus <b>CO</b> 10:30 Trivia & Daily Crossword <b>PY</b> 11:00 Keep Moving! <b>PY</b> 1:15 Afternoon Walks (Weather Permitting) <b>PR</b> 2:00 Craft: Watermelon Fans <b>PR</b> 3:30 Men and Machines	<b>28</b> <b>CO</b> 9:15 Morning Coffee & Daily Chronicle <b>SE</b> 9:30 Travel Tales Tuesday <b>PY</b> 11:00 Keep Moving! <b>I</b> 1:00 Trudy Calghan-Irish Folk Songs <b>SE</b> 2:30 Courtyard Games <b>SO</b> 3:30 Horse Lovers	<b>29</b> <b>CO</b> 9:15 Morning Coffee & Daily Chronicle <b>SO</b> 9:30 Midweek Chorus <b>CO</b> 10:30 Tunes Trivia <b>PY</b> 11:00 Keep Moving! <b>PY</b> 1:15 Afternoon Walks (Weather Permitting) <b>CR</b> 1:30 Craft: Clothespin Grasshopper <b>SO</b> 3:30 Bingo	<b>30</b> <b>CO</b> 9:15 Morning Coffee & Daily Chronicle <b>CR</b> 9:30 Bookmark Crafting <b>CO</b> 10:00 Short Stories <b>E</b> 10:30 Therapy with Graham the Golden <b>PY</b> 11:00 Keep Moving! <b>PY</b> 1:15 Afternoon Walks (Weather Permitting) <b>SO</b> 2:00 "Yes I Have" <b>SO</b> 3:00 "Uncalled Four" Rehearsal		

Events are Subject to Change.