

SEPTEMBER 2022



Life Enrichment - Friendship Cove

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 SE 9:30 Morning Symphony - FCCR PY 10:30 Morning Walk-FCCR SE 1:30 Scenic Ride-FCE 2:30 Letters and Life Stories Presentation-GP 3:30 Rick Steve's Travel Log-FCCR SE 7:00 Thursday Series - T</p>	<p>2 PY 10:00 Chair Connection - M 1:30 Group Crossword-FCCR PY 3:00 Scrabble-FCCR CR 3:30 Knitting Group - FCCR PR 7:00 Documentary-T</p>	<p>3 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>4 PY 11:00 Chair Exercise - FCCR SE 1:00 Music with Anderson Steel-Tent SE 1:30 Sunday Movie - T SE 4:00 Afternoon Symphony - T SP 4:00 Highlands Vesper Service - GP</p>	<p>5 Labor Day</p> <p>SO 10:30 Coffee and Donuts Morning Social - FCCR CO 1:30 BINGO-FCCR SE 1:30 Scenic Ride-FCE 3:30 Resident Led Uno-FCCR SE 7:00 Resident Choice Film-FCCR</p>	<p>6 SE 9:30 Morning Symphony - FCCR CO 10:30 Rick Steve's Travelogues-FCCR SO 1:30 Uno-FCCR SE 2:30 Tuesday at 2:30-Don and Cindy Roy Fiddlers-Tent PR 3:30 Manicures - FCCR SE 7:00 Evening Film-FCCR</p>	<p>7 PY 10:00 Chair Connection - M E 10:30 Graham the Therapy Dog-FCCR PY 11:00 Morning Stretch-FCCR PR 1:30 Shopping Trip - Target - FCE CR 3:00 The Cove Players Theatre-FCCR E 6:30 Opera/Musical - T</p>	<p>8 SE 9:30 Morning Symphony - FCCR PY 10:30 Morning Walk-FCCR SE 1:30 Animal Shelter Visit-FCE 3:30 Apple Cider Taste Testing-FCCR SE 7:00 Thursday Series - T</p>	<p>9 PY 10:00 Chair Connection - M SO 11:00 Lunch Bunch: Locally Sauced \$ - L 1:30 Resident Led UNO-FCCR PY 3:00 Scrabble-FCCR CR 3:30 Knitting Group - FCCR PR 7:00 Documentary-T</p>	<p>10 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>11 Grandparent's Day</p> <p>PY 11:00 Chair Exercise - FCCR SE 1:00 Music with Anderson Steel-Tent SE 1:30 Sunday Movie - T SE 4:00 Afternoon Symphony - T</p>	<p>12 PY 10:00 Chair Connection - M SO 10:30 Coffee and Donuts Morning Social - FCCR PR 10:30 Highlands Residents Assn. Board Meeting - Tent CO 1:30 BINGO-FCCR SE 1:30 Scenic Ride-FCE 3:30 Resident Led Uno-FCCR SE 7:00 Resident Choice Film-FCCR</p>	<p>13 SE 9:30 Morning Symphony - FCCR CO 10:30 Rick Steve's Travelogues-FCCR PR 11:00 Friendship Cove Resident Forum - FCCR SO 1:30 Uno-FCCR SO 2:30 Tuesdays at 2:30-Dave Stone on the Piano-Tent SE 7:00 Evening Film-FCCR</p>	<p>14 PY 10:00 Chair Connection - M E 10:30 Graham the Therapy Dog-FCCR PY 11:00 Morning Stretch-FCCR PR 1:30 Shopping Trip - Renys - FCE CR 3:00 The Cove Players Theatre-FCCR SE 3:30 Entertainment with Dale Kneeland - FCCR E 6:30 Opera/Musical - T</p>	<p>15 SE 9:30 Morning Symphony - FCCR PY 10:30 Morning Walk-FCCR SE 1:30 Picnic-Head of Tide Park-FCE CR 3:30 Afternoon Art: Shell Drawing - FCCR SE 7:00 Thursday Series - T</p>	<p>16 PY 10:00 Chair Connection - M 1:30 Autumn Poetry-FCCR PY 3:00 Scrabble-FCCR CR 3:30 Knitting Group - FCCR PR 7:00 Documentary-T</p>	<p>17 Citizenship Day</p> <p>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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18 PY 11:00 Chair Exercise - FCCR SE 1:00 Music with Anderson Steel-Tent SE 1:30 Sunday Movie - T SE 4:00 Afternoon Symphony - T	19 PY 10:00 Chair Connection - M SO 10:30 Coffee and Donuts Morning Social - FCCR CO 1:30 BINGO-FCCR SE 1:30 Scenic Ride-FCE 3:30 Resident Led Uno-FCCR SE 7:00 Resident Choice Film-FCCR	20 SE 9:30 Morning Symphony - FCCR CO 10:30 Rick Steve's Travelogues-FCCR SO 1:30 Uno-FCCR SO 2:30 Tuesdays at 2:30-Pan Fried Steel Drum Band-Tent PR 3:30 Manicures - FCCR SE 7:00 Evening Film- FCCR	21 PY 10:00 Chair Connection - M E 10:30 Graham the Therapy Dog-FCCR PY 11:00 Morning Stretch-FCCR PR 1:30 Shopping Trip - Target - FCE CR 3:00 The Cove Players Theatre-FCCR E 6:30 Opera/Musical - T	22 Fall Begins SE 9:30 Morning Symphony - FCCR PY 10:30 Morning Walk-FCCR PR 10:30 Topsham Library - ML SE 1:30 Scenic Ride-FCE 3:30 Autumn Wreath Making-FCCR SE 7:00 Thursday Series - T	23 Native American Day PY 10:00 Chair Connection - M 1:30 Autumn Desserts-Baked Cinnamon Apples-FCCR PY 3:00 Scrabble-FCCR CR 3:30 Knitting Group - FCCR PR 7:00 Documentary-T	24 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
25 Rosh Hashanah Begins PY 11:00 Chair Exercise - FCCR SE 1:00 Music with Anderson Steel-Tent SE 1:30 Sunday Movie - T SE 4:00 Afternoon Symphony - T	26 PY 10:00 Chair Connection - M SO 10:30 Coffee and Donuts Morning Social - FCCR CO 1:30 BINGO-FCCR SE 1:30 Scenic Ride-FCE 3:30 Resident Led Uno-FCCR SE 7:00 Open Mic Night - GP SE 7:00 Resident Choice Film-FCCR	27 SE 9:30 Morning Symphony - FCCR 10:00 Brunswick Farmers Market-FCE CO 10:30 Rick Steve's Travelogues-FCCR SO 1:30 Uno-FCCR SE 2:30 Tuesdays at 2:30-Ann Sparling-Tent SE 7:00 Evening Film- FCCR	28 PY 10:00 Chair Connection - M E 10:30 Graham the Therapy Dog-FCCR PY 11:00 Morning Stretch-FCCR PR 1:30 Shopping Trip - Renys - FCE CR 3:00 The Cove Players Theatre-FCCR E 6:30 Opera/Musical - T	29 SE 9:30 Morning Symphony - FCCR PY 10:30 Morning Walk-FCCR SE 1:00 Rocky Ridge Orchard Trip-FCE 3:30 Coffee and Biscotti Social-FCCR SE 7:00 Thursday Series - T	30 PY 10:00 Chair Connection - M 1:30 Murder Mystery Detective Game PY 3:00 Scrabble-FCCR CR 3:30 Knitting Group - FCCR PR 7:00 Documentary-T	

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