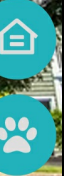




THE HIGHLANDS  
A GRACE MGMT COMMUNITY

# NOVEMBER 2022

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>CO</b> - Cognitive <b>CR</b> - Creative <b>E</b> - Emotional <b>PY</b> - Physical <b>PR</b> - Purposeful <b>SE</b> - Sensory <b>SO</b> - Social <b>SP</b> - Spiritual</p> <p>FCCR-Friendship Cove Community Room FCE-Fitness Center Entrance M-Merrymeeting Bay Room (Basement) GP-Georgetown Parlor ML-Maine Lodge</p>	<p><b>1</b></p> <p><b>SE</b> 9:30 Morning Symphony - FCCR <b>CC</b> 10:30 Rick Steve's Travelogues-FCCR <b>PY</b> 11:00 Chair Exercise Class-M <b>SO</b> 1:30 Uno-FCCR <b>SO</b> 3:30 Manicures-FCCR <b>SE</b> 7:00 Evening Film- FCCR</p>	<p><b>2</b></p> <p><b>PY</b> 10:00 Chair Connection - M <b>PY</b> 11:00 Morning Stretch-FCCR <b>PR</b> 1:30 Shopping Trip - Reny's - FCE <b>E</b> 6:30 Opera/Musical - T</p>	<p><b>3</b></p> <p><b>SE</b> 9:30 Morning Symphony - FCCR <b>E</b> 10:00 Graham The Therapy Dog-FCCR <b>PY</b> 10:30 Morning Walk-FCCR <b>PY</b> 11:00 Chair Exercise Class-M <b>SE</b> 1:30 Scenic Ride-FCE <b>SE</b> 7:00 Thursday Series - T</p>	<p><b>4</b></p> <p><b>PY</b> 10:00 Chair Connection - M <b>SE</b> 10:30 Hetty Wainthropp TV Series-FCCR <b>CC</b> 1:30 Group Crossword-FCCR <b>PY</b> 3:00 Scrabble-FCCR <b>CR</b> 3:30 Knitting Group - FCCR <b>SO</b> 4:00 First Friday Happy Hour-Tent <b>PR</b> 7:00 Documentary-T</p>	<p><b>5</b></p> <p><b>PY</b> 11:00 Chair Exercise - FCCR <b>SE</b> 11:00 Morning Symphony - T <b>SE</b> 2:00 Afternoon Film- FCCR <b>SE</b> 2:00 Saturday Movie - T <b>SE</b> 7:00 Saturday Night Movie - T</p>	
<p><b>6</b> Daylight Saving Ends</p> <p><b>PY</b> 11:00 Chair Exercise - FCCR <b>SE</b> 1:00 Music with Anderson Steel-Tent <b>SE</b> 1:30 Sunday Movie - T <b>SE</b> 4:00 Afternoon Symphony - T <b>SP</b> 4:00 Highlands Vesper Service - GP</p>	<p><b>7</b></p> <p><b>PY</b> 10:00 Chair Connection - M <b>SO</b> 10:30 Coffee and Donuts Morning Social - FCCR <b>SE</b> 1:30 Bingo-FCCR <b>SE</b> 1:30 Scenic Ride-FCE <b>CC</b> 3:30 Resident Led Uno-FCCR <b>SE</b> 7:00 Resident Choice Film-FCCR</p>	<p><b>8</b> Election Day</p> <p><b>SE</b> 9:30 Morning Symphony - FCCR <b>CC</b> 10:30 Rick Steve's Travelogues-FCCR <b>PY</b> 11:00 Chair Exercise Class-M <b>PR</b> 11:00 Friendship Cove Resident Forum - FCCR <b>SO</b> 1:30 Uno-FCCR <b>SO</b> 3:30 Manicures-FCCR <b>SE</b> 7:00 Evening Film- FCCR</p>	<p><b>9</b></p> <p><b>PY</b> 10:00 Chair Connection - M <b>PY</b> 11:00 Morning Stretch-FCCR <b>PR</b> 1:30 Shopping Trip - Target - FCE <b>SE</b> 3:30 Entertainment with Dale Kneeland - FCCR <b>E</b> 6:30 Opera/Musical - T</p>	<p><b>10</b></p> <p><b>SE</b> 9:30 Morning Symphony - FCCR <b>E</b> 10:00 Graham The Therapy Dog-FCCR <b>PY</b> 10:30 Morning Walk-FCCR <b>PY</b> 11:00 Chair Exercise Class-M <b>SE</b> 1:30 Scenic Ride-FCE <b>SE</b> 7:00 Thursday Series - T</p>	<p><b>11</b> Veterans Day</p> <p><b>PY</b> 10:00 Chair Connection - M <b>SE</b> 10:30 Hetty Wainthropp TV Series-FCCR <b>SO</b> 11:00 Lunch Bunch: The River Room \$ - L <b>CC</b> 1:30 Group Crossword-FCCR <b>PY</b> 3:00 Scrabble-FCCR <b>CR</b> 3:30 Knitting Group - FCCR <b>PR</b> 7:00 Documentary-T</p>	<p><b>12</b></p> <p>10:00 Book Club-FCCR <b>PY</b> 11:00 Chair Exercise - FCCR <b>SE</b> 11:00 Morning Symphony - T <b>SE</b> 2:00 Afternoon Film- FCCR <b>SE</b> 2:00 Saturday Movie - T <b>SE</b> 7:00 Saturday Night Movie - T</p>
<p><b>13</b></p> <p><b>PY</b> 11:00 Chair Exercise - FCCR <b>SE</b> 1:00 Music with Anderson Steel-Tent <b>SE</b> 1:30 Sunday Movie - T <b>SE</b> 4:00 Afternoon Symphony - T</p>	<p><b>14</b></p> <p>10:00 COVID Clinic <b>PY</b> 10:00 Chair Connection - M <b>SO</b> 10:30 Coffee and Donuts Morning Social - FCCR <b>PR</b> 10:30 Highlands Residents Assn. Board Meeting <b>SE</b> 1:30 Bingo-FCCR <b>SE</b> 1:30 Scenic Ride-FCE <b>CC</b> 3:30 Resident Led Uno-FCCR <b>SE</b> 7:00 Resident Choice Film-FCCR</p>	<p><b>15</b></p> <p><b>SE</b> 9:30 Morning Symphony - FCCR <b>CC</b> 10:30 Rick Steve's Travelogues-FCCR <b>PY</b> 11:00 Chair Exercise Class-M <b>SO</b> 1:30 Uno-FCCR <b>SO</b> 3:30 Manicures-FCCR <b>SE</b> 7:00 Evening Film- FCCR</p>	<p><b>16</b></p> <p><b>PY</b> 10:00 Chair Connection - M <b>PY</b> 11:00 Morning Stretch-FCCR <b>PR</b> 1:30 Shopping Trip - Hannaford - FCE <b>SE</b> 3:00 Rick Steve's Travel Log-FCCR</p>	<p><b>17</b></p> <p><b>SE</b> 9:30 Morning Symphony - FCCR <b>CR</b> 10:00 Craft Fair-GP <b>E</b> 10:00 Graham The Therapy Dog-FCCR <b>PY</b> 10:30 Morning Walk-FCCR <b>PY</b> 11:00 Chair Exercise Class-M <b>SE</b> 1:30 Scenic Ride-FCE <b>CR</b> 3:30 Afternoon Art: Painting - FCCR</p>	<p><b>18</b></p> <p><b>PY</b> 10:00 Chair Connection - M <b>SE</b> 10:30 Hetty Wainthropp TV Series-FCCR <b>CC</b> 1:30 Group Crossword-FCCR <b>PY</b> 3:00 Scrabble-FCCR <b>CR</b> 3:30 Knitting Group - FCCR</p>	<p><b>19</b></p> <p><b>PY</b> 11:00 Chair Exercise - FCCR <b>SE</b> 11:00 Morning Symphony - T <b>SE</b> 2:00 Afternoon Film- FCCR <b>SE</b> 2:00 Saturday Movie - T</p>

Events are Subject to Change.

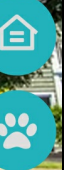


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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>20</b></p> <p><b>PY</b> 11:00 Chair Exercise - FCCR <b>SE</b> 1:00 Music with Anderson Steel-Tent <b>SE</b> 1:30 Sunday Movie - T <b>SE</b> 4:00 Afternoon Symphony - T</p>	<p><b>21</b></p> <p><b>PY</b> 10:00 Chair Connection - M <b>SO</b> 10:30 Coffee and Donuts Morning Social - FCCR 1:30 Learn To Make A Genogram-FCCR <b>SE</b> 1:30 Scenic Ride-FCE <b>CC</b> 3:30 Resident Led Uno-FCCR <b>SE</b> 7:00 Resident Choice Film-FCCR</p>	<p><b>22</b></p> <p><b>SE</b> 9:30 Morning Symphony - FCCR <b>CC</b> 10:30 Rick Steve's Travelogues-FCCR <b>PY</b> 11:00 Chair Exercise Class-M <b>SO</b> 1:30 Uno-FCCR <b>SO</b> 3:30 Manicures-FCCR <b>SE</b> 7:00 Evening Film- FCCR</p>	<p><b>23</b></p> <p><b>PY</b> 10:00 Chair Connection - M <b>PY</b> 11:00 Morning Stretch-FCCR <b>PR</b> 1:30 Shopping Trip - Reny's - FCE <b>SE</b> 3:00 Rick Steve's Travel Log-FCCR</p>	<p><b>24 Thanksgiving</b></p> <p><b>SE</b> 9:30 Morning Symphony - FCCR <b>E</b> 10:00 Graham The Therapy Dog-FCCR <b>PY</b> 10:30 Morning Walk-FCCR <b>PR</b> 10:30 Topsham Library - ML <b>PY</b> 11:00 Chair Exercise Class-M <b>SE</b> 1:30 Scenic Ride-FCE</p>	<p><b>25</b></p> <p><b>PY</b> 10:00 Chair Connection - M <b>SE</b> 10:30 Hetty Wainthropp TV Series-FCCR <b>CC</b> 1:30 Murder Mystery Game-FCCR <b>PY</b> 3:00 Scrabble-FCCR <b>CR</b> 3:30 Knitting Group - FCCR</p>	<p><b>26</b></p> <p><b>PY</b> 11:00 Chair Exercise - FCCR <b>SE</b> 11:00 Morning Symphony - T <b>SE</b> 2:00 Afternoon Film- FCCR <b>SE</b> 2:00 Saturday Movie - T</p>
<p><b>27</b></p> <p><b>PY</b> 11:00 Chair Exercise - FCCR <b>SE</b> 1:00 Music with Anderson Steel-Tent <b>SE</b> 1:30 Sunday Movie - T <b>SE</b> 4:00 Afternoon Symphony - T</p>	<p><b>28</b></p> <p><b>PY</b> 10:00 Chair Connection - M <b>SO</b> 10:30 Coffee and Donuts Morning Social - FCCR 1:30 Learn To Make A Genogram (Continued)-FCCR <b>SE</b> 1:30 Scenic Ride-FCE <b>CC</b> 3:30 Resident Led Uno-FCCR <b>SE</b> 7:00 Open Mic Night - GP <b>SE</b> 7:00 Resident Choice Film-FCCR</p>	<p><b>29</b></p> <p><b>SE</b> 9:30 Morning Symphony - FCCR <b>CC</b> 10:30 Rick Steve's Travelogues-FCCR <b>PY</b> 11:00 Chair Exercise Class-M <b>SO</b> 1:30 Uno-FCCR <b>SO</b> 3:30 Manicures-FCCR <b>SE</b> 7:00 Evening Film- FCCR</p>	<p><b>30</b></p> <p><b>PY</b> 10:00 Chair Connection - M <b>PY</b> 11:00 Morning Stretch-FCCR <b>PR</b> 1:30 Shopping Trip - Target - FCE <b>SE</b> 3:00 Rick Steve's Travel Log-FCCR</p>			

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