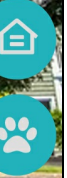




THE HIGHLANDS
A GRACE MGMT COMMUNITY

NOVEMBER 2022

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 I - Intergenerational PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual</p>		<p>1</p> <p>CO 9:15 Morning Coffee & Daily Chronicle SE 9:30 Travel Tales Tuesday SP 10:30 Hymns & Prayer w/ Bob & Becky PY 11:00 Exercise: Gentle Mobility ROM SO 1:15 Matinee- Coco SP 2:30 Day of the Dead Celebration</p>	<p>2</p> <p>CO 9:15 Morning Coffee & Daily Chronicle SO 9:30 Midweek Chorus CO 10:15 Tunes Trivia PY 11:00 Exercise: Sports Workout CO 1:30 Wiser Wednesday: Skittles Color Diffusion I 3:00 Reminisce: All Souls Day</p>	<p>3</p> <p>CO 9:15 Morning Coffee & Daily Chronicle CO 10:00 Bookclub: Frankenstein E 10:30 Therapy with Graham the Golden PY 11:00 Exercise: Dynamic Stretch CO 1:30 Count Your Coins Day I 3:00 We Broke the Coinstar Machine! How Many Coins Do We Have?</p>	<p>4</p> <p>CO 9:15 Morning Coffee & Daily Chronicle I 9:30 Friday Funny Videos I 10:00 Cowboy Philosopher Day- The Secret of Will Rogers PY 11:00 Exercise: Dance Workout SE 1:30 Scenic Ride SO 2:00 Ice Cream Social CR 3:00 Gratitude Tree Project</p>	<p>5</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>6 Daylight Saving Ends</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>7</p> <p>CO 9:15 Morning Coffee & Daily Chronicle CR 9:30 Craft: Give Thanks Charm Bracelet CO 10:30 Word Games PY 11:00 Exercise: Yopalates PY 1:15 Afternoon Walks (Weather Permitting) SO 1:30 Monday Matinee CR 3:30 Aqua Paintings</p>	<p>8 Election Day</p> <p>CO 9:15 Morning Coffee & Daily Chronicle SE 9:30 Travel Tales Tuesday CO 10:30 International Tongue Twister Day PY 11:00 Exercise: Gentle Mobility ROM SO 1:30 Matinee: Swing Vote PR 3:15 Resident Council Meeting</p>	<p>9</p> <p>CO 9:15 Morning Coffee & Daily Chronicle SO 9:30 Midweek Chorus CO 10:15 Tunes Trivia PY 11:00 Exercise: Sports Workout CR 1:30 Draw A Perfect Circle Day: Bubble Art SO 3:00 Men & Machines: Modern Marvels</p>	<p>10</p> <p>CO 9:15 Morning Coffee & Daily Chronicle PR 9:30 Baking Club: Vanilla Cupcake Day CO 10:00 Bookclub: Frankenstein E 10:30 Therapy with Graham the Golden PY 11:00 Exercise: Dynamic Stretch PR 1:30 Baking Club: Frosting Cupcakes SO 3:00 "Uncalled Four" Rehearsal</p>	<p>11 Veterans Day</p> <p>CO 9:15 Morning Coffee & Daily Chronicle I 9:30 Friday Funny Videos PR 10:00 Bird Club- Owl PY 11:00 Exercise: Dance Workout SE 1:30 Scenic Ride SO 2:00 Ice Cream Social SE 3:00 Manicures & Movies</p>	<p>12</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>13</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>14</p> <p>CO 9:15 Morning Coffee & Daily Chronicle I 9:30 Claude Monet's Birthday- Biography PY 11:00 Exercise: Yopalates PY 1:15 Afternoon Walks (Weather Permitting) SO 1:30 Monday Matinee CR 3:00 Monet's Waterlilies Workshop</p>	<p>15</p> <p>CO 9:15 Morning Coffee & Daily Chronicle SE 9:30 Travel Tales Tuesday SP 10:30 Hymns & Prayer w. Bob & Becky PY 11:00 Exercise: Gentle Mobility ROM SO 1:30 Puzzle Club CR 3:00 Workshop- I Love to Write Day</p>	<p>16</p> <p>CO 9:15 Morning Coffee & Daily Chronicle SO 9:30 Midweek Chorus CO 10:15 Tunes Trivia PY 11:00 Exercise: Sports Workout CO 1:30 International Day of Tolerance Exercise SO 3:00 Dancing with the Stars</p>	<p>17</p> <p>CO 9:15 Morning Coffee & Daily Chronicle CO 10:00 Bookclub: Frankenstein E 10:30 Therapy with Graham the Golden PY 11:00 Exercise: Dynamic Stretch CR 1:30 Craft: World Peace Day Plates PR 3:30 Puzzle Club</p>	<p>18</p> <p>CO 9:15 Morning Coffee & Daily Chronicle I 9:30 Friday Funny Videos CO 10:00 Dog Bingo PY 11:00 Exercise: Dance Workout SE 1:30 Scenic Ride SO 2:00 National Princess Day: Ice Cream Social SE 3:00 Manicures & Movies</p>	<p>19</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.



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>20</p> <p>CC 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>21</p> <p>CC 9:15 Morning Coffee & Daily Chronicle CC 9:30 Happy Birthday Tarheel State Trivia & Travelogues PY 11:00 Exercise: Yogalates PY 1:15 Afternoon Walks (Weather Permitting) SO 1:30 Monday Matinee PY 3:30 Balloon Ball</p>	<p>22</p> <p>CC 9:15 Morning Coffee & Daily Chronicle SE 9:30 Tunes Trivia & Sing-alongs PY 11:00 Exercise: Gentle Mobility ROM SO 1:30 Puzzle Club CR 3:30 Crafting: Pie Magnets</p>	<p>23</p> <p>CC 9:15 Morning Coffee & Daily Chronicle PR 9:30 Baking Club: Pumpkin Chocolate Chip Cupcakes CC 10:15 Trivia PY 11:00 Exercise: Sports Workout PR 1:15 Baking Club: Frosting Cupcakes SO 2:00 November Birthday Party SO 3:30 Music w/ Dale Kneeland</p>	<p>24 Thanksgiving</p> <p>CC 9:15 Morning Coffee & Daily Chronicle CC 10:00 Bookclub: Frankenstein PY 11:00 Exercise: Dynamic Stretch SO 1:30 Beethoven CC 3:30 Group Crossword</p>	<p>25</p> <p>CC 9:15 Morning Coffee & Daily Chronicle I 9:30 Friday Funny Videos PR 10:00 Bird Bingo PY 11:00 Exercise: Dance Workout SE 1:30 Scenic Ride SO 2:00 Ice Cream Social SE 3:00 Manicures & Movies</p>	<p>26</p> <p>CC 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>27</p> <p>CC 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>28</p> <p>CC 9:15 Morning Coffee & Daily Chronicle CC 9:30 Riddle Me This PY 11:00 Exercise: Yogalates PY 1:15 Afternoon Walks (Weather Permitting) SO 1:30 Monday Matinee PR 3:30 Men and Machines</p>	<p>29</p> <p>CC 9:15 Morning Coffee & Daily Chronicle SE 9:30 Travel Tales Tuesday PY 11:00 Exercise: Gentle Mobility ROM I 1:30 Treasures From The Attic Day-American Pickers SE 3:30 Puzzle Club</p>	<p>30</p> <p>CC 9:15 Morning Coffee & Daily Chronicle SO 9:30 Midweek Chorus CC 10:15 Tunes Trivia PY 11:00 Exercise: Sports Workout CC 1:30 Mark Twain's Birthday- Trivia and Sayings SO 3:00 Men & Machines: Modern Marvels</p>			

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