



THE HIGHLANDS
FRIENDSHIP COVE
A GRACE MGMT COMMUNITY

JANUARY 2023

30 Governors Way
Topsham, Maine 04086
207-725-2650
www.highlandsrc.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie - T SE 4:00 Afternoon Symphony - T SP 4:00 Highlands Vesper Service - GP</p>	<p>2</p> <p>SE 1:30 Bingo-FCCR SE 1:30 Rick Steve's Travel Log-FCE CC 3:30 Resident Led Uno-FCCR SE 7:00 Resident Choice Film-FCCR</p>	<p>3</p> <p>SE 9:30 Morning Symphony - FCCR CC 10:30 Rick Steve's Travelogues-FCCR PY 11:00 Chair Exercise Class-M SO 1:30 Uno-FCCR SE 3:30 Manicures-FCCR SE 7:00 Evening Film- FCCR</p>	<p>4</p> <p>PY 10:00 Chair Connection - M PY 11:00 Morning Stretch-FCCR PR 1:30 Shopping Trip - Renys - FCE SE 3:00 Rick Steve's Travel Log-FCCR</p>	<p>5</p> <p>SE 9:30 Morning Symphony - FCCR E 10:00 Graham The Therapy Dog-FCCR PY 10:30 Morning Walk-FCCR PY 11:00 Chair Exercise Class-M SE 1:30 Scenic Ride-FCE CR 3:00 Afternoon Art: Free Choice-FCCR</p>	<p>6</p> <p>PY 10:00 Chair Connection - M SE 10:30 Hetty Wainthropp TV Series-FCCR CC 1:30 Virtual Museum Tour-FCCR PY 3:00 Scrabble-FCCR CR 3:30 Knitting Group - FCCR</p>	<p>7</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</p>
<p>8</p> <p>PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie - T SE 4:00 Afternoon Symphony - T</p>	<p>9</p> <p>PY 10:00 Chair Connection - M SO 10:30 Coffee and Donuts Morning Social - FCCR SE 1:30 Scenic Ride-FCE 1:30 Yahtzee!-FCCR CC 3:30 Resident Led Uno-FCCR SE 7:00 Resident Choice Film-FCCR</p>	<p>10</p> <p>SE 9:30 Morning Symphony - FCCR CC 10:30 Rick Steve's Travelogues-FCCR PY 11:00 Chair Exercise Class-M PR 11:00 Friendship Cove Resident Forum - FCCR SO 1:30 Uno-FCCR SO 3:30 Manicures-FCCR SE 7:00 Evening Film- FCCR</p>	<p>11</p> <p>PY 10:00 Chair Connection - M 10:30 Maine Thr3Railers Model Train Demonstration-GP PY 11:00 Morning Stretch-FCCR PR 1:30 Shopping Trip - Target - FCE SE 3:00 Rick Steve's Travel Log-FCCR SE 3:30 Entertainment with Dale Kneeland - FCCR</p>	<p>12</p> <p>SE 9:30 Morning Symphony - FCCR E 10:00 Graham The Therapy Dog-FCCR PY 10:30 Morning Walk-FCCR PY 11:00 Chair Exercise Class-M SE 1:30 Scenic Ride-FCE CR 3:00 Afternoon Art: Free Choice-FCCR</p>	<p>13</p> <p>PY 10:00 Chair Connection - M SE 10:30 Hetty Wainthropp TV Series-FCCR 1:30 Group Crossword-FCCR PY 3:00 Scrabble-FCCR CR 3:30 Knitting Group - FCCR</p>	<p>14</p> <p>10:00 Book Club-FCCR PY 11:00 Chair Exercise - FCCR SE 11:00 Morning Symphony - T SE 2:00 Afternoon Film- FCCR SE 2:00 Saturday Movie - T</p>
<p>15</p> <p>PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie - T SE 4:00 Afternoon Symphony - T</p>	<p>16</p> <p>PY 10:00 Chair Connection - M SO 10:30 Coffee and Donuts Morning Social - FCCR 1:30 Bingo-FCCR SE 1:30 Scenic Ride-FCE CC 3:30 Resident Led Uno-FCCR SE 7:00 Resident Choice Film-FCCR</p>	<p>17</p> <p>SE 9:30 Morning Symphony - FCCR CC 10:30 Rick Steve's Travelogues-FCCR PY 11:00 Chair Exercise Class-M SO 1:30 Uno-FCCR 2:30 Tuesdays at 2:30-Jack Jones Presents His Travels-GP SO 3:30 Manicures-FCCR SE 7:00 Evening Film- FCCR</p>	<p>18</p> <p>PY 10:00 Chair Connection - M PY 11:00 Morning Stretch-FCCR PR 1:30 Shopping Trip - Hannaford - FCE SE 3:00 Rick Steve's Travel Log-FCCR</p>	<p>19</p> <p>SE 9:30 Morning Symphony - FCCR E 10:00 Graham The Therapy Dog-FCCR PY 10:30 Morning Walk-FCCR PY 11:00 Chair Exercise Class-M SE 1:30 Scenic Ride-FCE CR 3:00 Afternoon Art: Free Choice-FCCR</p>	<p>20</p> <p>PY 10:00 Chair Connection - M SE 10:30 Hetty Wainthropp TV Series-FCCR CC 1:30 Fancy Hot Chocolate Bar-FCCR PY 3:00 Scrabble-FCCR CR 3:30 Knitting Group - FCCR</p>	<p>21</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</p>

Events are Subject to Change.



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<p>22</p> <p>PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie - T SE 4:00 Afternoon Symphony - T</p>	<p>23</p> <p>PY 10:00 Chair Connection - M SO 10:30 Coffee and Donuts Morning Social - FCCR SE 1:30 Scenic Ride-FCE 1:30 Snow Globe Making-FCCR CC 3:30 Resident Led Uno-FCCR SE 7:00 Open Mic Night - GP SE 7:00 Resident Choice Film-FCCR</p>	<p>24</p> <p>SE 9:30 Morning Symphony - FCCR CC 10:30 Rick Steve's Travelogues-FCCR PY 11:00 Chair Exercise Class-M SO 1:30 Uno-FCCR SO 3:30 Manicures-FCCR SE 7:00 Evening Film- FCCR</p>	<p>25</p> <p>PY 10:00 Chair Connection - M PY 11:00 Morning Stretch-FCCR PR 1:30 Shopping Trip - Renys - FCE SE 3:00 Rick Steve's Travel Log-FCCR</p>	<p>26</p> <p>SE 9:30 Morning Symphony - FCCR E 10:00 Graham The Therapy Dog-FCCR PY 10:30 Morning Walk-FCCR PR 10:30 Topsham Library - ML PY 11:00 Chair Exercise Class-M SE 1:30 Scenic Ride-FCE CR 3:00 Afternoon Art: Free Choice-FCCR</p>	<p>27</p> <p>PY 10:00 Chair Connection - M SE 10:30 Hetty Wainthropp TV Series-FCCR CC 1:30 Bread Baking-FCCR PY 3:00 Scrabble-FCCR CR 3:30 Knitting Group - FCCR</p>	<p>28</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</p>
<p>29</p> <p>PY 11:00 Chair Exercise - FCCR SE 1:30 Sunday Movie - T SE 4:00 Afternoon Symphony - T</p>	<p>30</p> <p>PY 10:00 Chair Connection - M SO 10:30 Coffee and Donuts Morning Social - FCCR 1:30 Bingo-FCCR SE 1:30 Scenic Ride-FCE CC 3:30 Resident Led Uno-FCCR SE 7:00 Resident Choice Film-FCCR</p>	<p>31</p> <p>SE 9:30 Morning Symphony - FCCR CC 10:30 Rick Steve's Travelogues-FCCR PY 11:00 Chair Exercise Class-M SO 1:30 Uno-FCCR SO 3:30 Manicures-FCCR SE 7:00 Evening Film- FCCR</p>	<p>CO - Cognitive CR - Creative E - Emotional PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual</p>	<p>FCCR-Friendship Cove Community Room FCE-Fitness Center Entrance M-Merrymeeting Bay Room (Basement) GP-Georgetown Parlor ML-Maine Lodge</p>		

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