



**THE HIGHLANDS**  
GOVERNOR KING  
A GRACE MGMT COMMUNITY

# JANUARY 2023

30 Governors Way  
Topsham, Maine 04086  
207-725-2650  
[www.highlandsrc.com](http://www.highlandsrc.com)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p><b>CC</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</p>	<p><b>2</b></p> <p><b>CC</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>CC</b> 10:00 Georgia On My Mind- GPB Documentary <b>PY</b> 11:00 Exercise: Yopalates <b>PY</b> 1:15 Afternoon Walks (Weather Permitting) <b>SO</b> 1:30 Monday Matinee <b>PR</b> 3:30 Men and Machines</p>	<p><b>3</b></p> <p><b>CC</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>PR</b> 9:45 Telling Time Workshop <b>SP</b> 10:30 Hymns &amp; Prayer w/ Bob &amp; Becky <b>PY</b> 11:00 Exercise: Gentle Mobility ROM <b>E</b> 1:15 Music with Jay Staples <b>SO</b> 1:30 Puzzle Club <b>CC</b> 2:30 A History of Telling Time in 12 Clocks Documentary</p>	<p><b>4</b></p> <p><b>CC</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>SO</b> 9:30 Midweek Chorus <b>CC</b> 10:15 Tunes Trivia <b>PY</b> 11:00 Exercise: Sports Workout <b>PR</b> 1:30 Baking Club: Cookies <b>SO</b> 3:00 Men &amp; Machines: Modern Marvels</p>	<p><b>5</b></p> <p><b>CC</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>CC</b> 9:45 Bookclub: Harry Potter &amp; the Sorceror's Stone <b>E</b> 10:30 Therapy with Graham the Golden <b>PY</b> 11:00 Exercise: Dynamic Stretch <b>PR</b> 1:30 Craft: Suet Bird Feeders for National Bird Day <b>SO</b> 3:00 Bird Bingo</p>	<p><b>6</b></p> <p><b>CC</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>I</b> 9:30 Friday Funny Videos <b>CR</b> 10:00 Dried Bean Art <b>PY</b> 11:00 Exercise: Dance Workout <b>SE</b> 1:30 Scenic Ride <b>SO</b> 2:00 Ice Cream Social <b>SE</b> 3:00 Manicures &amp; Mr Bean Marathon</p>	<p><b>7</b></p> <p><b>CC</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</p>
<p><b>8</b></p> <p><b>CC</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</p>	<p><b>9</b></p> <p><b>CC</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>CC</b> 9:30 Word Nerd Day- Spelling Bee <b>PY</b> 11:00 Exercise: Yopalates <b>PY</b> 1:15 Afternoon Walks (Weather Permitting) <b>SO</b> 1:30 Monday Matinee- Akeelah And The BEE <b>CR</b> 3:30 Craft: Andy Warhol Soup Cans</p>	<p><b>10</b></p> <p><b>CC</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>SE</b> 9:30 Travel Tales Tuesday <b>PY</b> 11:00 Exercise: Gentle Mobility ROM <b>E</b> 1:15 Music with Red Gallager <b>PR</b> 2:30 Houseplant Appreciation Day- Plant Propagation <b>CR</b> 3:30 Coloring Club</p>	<p><b>11</b></p> <p><b>CC</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>SO</b> 9:30 Midweek Chorus <b>CC</b> 10:15 Tunes Trivia <b>PY</b> 11:00 Exercise: Sports Workout <b>CR</b> 1:30 Crafting: Coffee Filter Snowflakes <b>PY</b> 3:00 Balloon Ball</p>	<p><b>12</b></p> <p><b>CC</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>CC</b> 9:45 Bookclub: Harry Potter &amp; the Sorceror's Stone <b>E</b> 10:30 Therapy with Graham the Golden <b>PY</b> 11:00 Exercise: Dynamic Stretch <b>PR</b> 1:30 Baking Club: Apple Turnovers <b>SO</b> 2:15 National Hot Tea Day Social <b>CC</b> 3:00 Tea Party Bingo</p>	<p><b>13</b></p> <p><b>CC</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>I</b> 9:30 Friday Funny Videos <b>CC</b> 10:00 Dog Bingo <b>PY</b> 11:00 Exercise: Dance Workout <b>SE</b> 1:30 Scenic Ride <b>SO</b> 2:00 Ice Cream Social <b>SO</b> 3:00 Manicures &amp; Movie: Freaky Friday</p>	<p><b>14</b></p> <p><b>CC</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</p>
<p><b>15</b></p> <p><b>CC</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</p>	<p><b>16</b></p> <p><b>CC</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>CC</b> 9:30 Riddle Me This <b>PY</b> 11:00 Exercise: Yopalates <b>PY</b> 1:15 Afternoon Walks (Weather Permitting) <b>SO</b> 1:30 Monday Matinee: The Nutcracker &amp; The Four Realms <b>SO</b> 2:30 Marshmallow Monday- Hot Coco Social <b>PR</b> 3:15 Crafting: Tie Fleece Blanket</p>	<p><b>17</b></p> <p><b>CC</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>CC</b> 9:30 1960's Trivia and Reminisce <b>SP</b> 10:30 Hymns &amp; Prayer w. Bob &amp; Becky <b>PY</b> 11:00 Exercise: Gentle Mobility ROM <b>SO</b> 1:30 1960's Film: The Sound of Music <b>PR</b> 3:30 Resident Council Meeting</p>	<p><b>18</b></p> <p><b>CC</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>SO</b> 9:30 Midweek Chorus <b>CC</b> 10:15 Tunes Trivia <b>PY</b> 11:00 Exercise: Sports Workout <b>CR</b> 1:30 Flower Arranging <b>SO</b> 2:00 January Birthday Party <b>SO</b> 3:00 Scrabble Club</p>	<p><b>19</b></p> <p><b>CC</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>CC</b> 9:45 Bookclub: Harry Potter &amp; the Sorceror's Stone <b>E</b> 10:30 Therapy with Graham the Golden <b>PY</b> 11:00 Exercise: Dynamic Stretch <b>SO</b> 1:30 Matinee: Red Dog <b>PR</b> 3:00 Crafting: Tie Fleece Blanket</p>	<p><b>20</b></p> <p><b>CC</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>I</b> 9:30 Friday Funny Videos <b>PR</b> 10:00 Bird Club: Penguins <b>PY</b> 11:00 Exercise: Dance Workout <b>SE</b> 1:30 Scenic Ride <b>SO</b> 2:00 Ice Cream Social <b>SE</b> 3:00 Manicures &amp; Movie: Oddball</p>	<p><b>21</b></p> <p><b>CC</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</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>22</p> <p><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</p>	<p>23</p> <p><b>CC</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>CC</b> 9:30 Random Trivia <b>PY</b> 11:00 Exercise: Yogalates <b>PY</b> 1:15 Afternoon Walks (Weather Permitting) <b>SO</b> 1:30 Monday Matinee <b>PY</b> 3:30 Balloon Ball</p>	<p>24</p> <p><b>CC</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>CC</b> 10:00 Compliment Day <b>PY</b> 11:00 Exercise: Gentle Mobility ROM 1:15 Music with Flash Allen <b>SO</b> 3:00 Puzzle Club</p>	<p>25</p> <p><b>CC</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>SO</b> 9:30 Baking Club: Cookies <b>CC</b> 10:15 Trivia &amp; Group Crossword <b>PY</b> 11:00 Exercise: Sports Workout <b>SO</b> 1:30 Matinee: 101 Dalmations <b>SO</b> 3:30 Music w/ Dale Kneeland</p>	<p>26</p> <p><b>CC</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>CC</b> 9:45 Bookclub: Harry Potter &amp; the Sorcerer's Stone <b>E</b> 10:30 Therapy with Graham the Golden <b>PY</b> 11:00 Exercise: Dynamic Stretch <b>SO</b> 1:30 Sydney Symphony Orchestra: Simone Young conducts Mahler 2 <b>CR</b> 3:30 Travel Club: Wildest</p>	<p>27</p> <p><b>CC</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>I</b> 9:30 Friday Funny Videos <b>CR</b> 10:00 Strange Socks Day Craft <b>PY</b> 11:00 Exercise: Dance Workout <b>SE</b> 1:30 Scenic Ride <b>SO</b> 2:00 Ice Cream Social <b>SE</b> 3:00 Manicures &amp; Movies</p>	<p>28</p> <p><b>CC</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</p>
<p>29</p> <p><b>CC</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</p>	<p>30</p> <p><b>CC</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>CC</b> 9:30 Riddle Me This <b>PY</b> 11:00 Exercise: Yogalates <b>PY</b> 1:15 Afternoon Walks (Weather Permitting) <b>SO</b> 1:30 Monday Matinee <b>CR</b> 3:00 Monthly Art Project</p>	<p>31</p> <p><b>CC</b> 9:15 Morning Coffee &amp; Daily Chronicle <b>I</b> 9:30 Inspire Your Heart with Art Day: Monet and Chicago Museum Tour <b>SO</b> 10:15 GK Art Show <b>PY</b> 11:00 Exercise: Gentle Mobility ROM <b>SO</b> 1:15 Travel Show with Mike Perry <b>PR</b> 3:00 Crafting: No Tie Fleece Blanket</p>	<p><b>CO</b> - Cognitive <b>CR</b> - Creative <b>E</b> - Emotional <b>I</b> - Intergenerational <b>PY</b> - Physical <b>PR</b> - Purposeful <b>SE</b> - Sensory <b>SO</b> - Social <b>SP</b> - Spiritual</p>			

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