

Events are Subject to Change

March 2023 **Monthly Events and Activities**

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

Activity Types Sunday **Monday** Tuesday Wednesday **Thursday Friday Saturday** Creativity 2 10:00 Chair 3 **10:30** Rick Steve's 29 30 **1 9:30** Morning 31 **10:00** Baking: Curiosity **Homemade Donuts** Symphony (FC) Connection Travel Log (FC) Fun **10:00** Graham The **11:00** Chair Exercise (FC) **10:30** Hetty Purpose **10:00** Chair Therapy Dog (FC) Wainthropp TV Series (FC) **11:00** Morning Connection **10:30** Morning Walk (FC) Locations ■ **1:30** Group Crossword **11:00** Morning Stretch (FC) Symphony **11:00** Chair Exercise (FC) (FC) 2:00 Afternoon Film Merrymeeting Bay Room = M 1:30 Afternoon Art (FC) **3:00** Scrabble (FC) Benjamin Porter House = BP **1:30** Shopping (FC) Georgetown Parlor = GP 1:30 Scenic Ride (FCE) **3:30** Knitting Group 2:00 Saturday Movie Trip-Target (FCE) Fitness Center = F **3:00** Music with Dale 3:00 Jeopardy (FC) (FC) 6:00 Saturday Movie Maine Lodge Lobby = ML Kennebec Meeting Room = K Kneeland (G) Harpswell Lounge = H 3:00 Yahtzee (FC) Sebasco Dining Room = S Holden Frost House = HFH 11 **9:30** Morning **10:00** Chair **10:30** Rick Steve's **11:00** Chair Exercise 10:30 Coffee and 9:30 Morning **10:00** Chair Holden Frost Ballroom = HFBR Theater = T Donut Social (FC) Symphony (FC) Travel Log (FC) (FC) Symphony (FC) Connection Connection Cadigan Lodge Lawn = CLL **1:30** Chair Exercise 11:00 Word Creation **11:00** Chair Exercise **11:00** Morning Stretch **10:00** Graham The **11:00** Chair Exercise **10:30** Hetty Cadigan Lodge Private Dining Room = • 1:30 Drum Circle (FC) (FCCR) (FC) Therapy Dog (FC) Wainthropp TV Series (FC) (FC) Friendship Cove Community Room = **1:30** Sunday Movie **1:00** Uno (FC) **2:30** Tuesdays at 2:30: **1:30** Shopping **10:30** Morning Walk **11:00** Morning (FC) FCCR **4:00** Vespers Service 1:30 Scenic Ride (FCE) Nashville Singer Trip-Hannaford (FCE) (FC) **11:00** Lunch Bunch:\$ Symphony **11:00** Chair Exercise 3:30 Bingo (FC) Cameron Sutphin (G) **2:30** Yo-Qi **1:30** Group Crossword 2:00 Afternoon Film (G) Happy Birthday! **6:00** Sunday Movie 7:00 Resident Choice **3:30** Cribbage (FC) 1:30 Afternoon Art (FC) (FC) (FC) Demonstration (G) • 1:30 Scenic Ride (FCE) **3:00** Scrabble (FC) **2:00** Saturday Movie Film (FC) 3:30 Manicures (FC) **3:30** Entertainment Catherine-3/11 with Dale Kneeland 3:00 Jeopardy (FC) 3:30 Knitting Group **6:00** Saturday Movie (FC) (FC) **9:30** Morning 17 14 16 10:30 Coffee and **10:30** Rick Steve's **10:00** Chair **10:00** Chair **11:00** Chair **9:30** Morning Exercise (FC) Donut Social (FC) Symphony (FC) Connection Symphony (FC) Connection Travel Log (FC) **1:30** Chair Exercise ■ **11:00** Chair Exercise **10:00** Graham The **11:00** Chair Exercise **11:00** Who Am I? (FC) **11:00** Morning Stretch **10:30** Hetty (FCCR) **1:00** Phase 10 (FC) 1:30 Family Feud (FC) (FC) Therapy Dog (FC) Wainthropp TV Series (FC) **1:30** Sunday Movie 1:30 Scenic Ride (FCE) **2:30** Tuesdays at 2:30: **1:30** Shopping **10:30** Morning Walk (FC) **11:00** Morning 3:00 Visit From Carol Sue Sherrif Jazz (G) **1:30** Group Crossword **6:00** Sunday Movie Trip-Renys (FCE) (FC) Symphony 3:30 Cribbage (FC) 2:30 Book Reading and Seward (FC) • **11:00** Chair Exercise (FC) 2:00 Afternoon Film Presentation with 1:30 Afternoon Art (FC) **3:00** Scrabble (FC) 3:30 Bingo (FC) 3:30 Manicures (FC) (FC) **7:00** Resident Choice **Author Susan** 1:30 Scenic Ride (FCE) **3:30** Knitting Group **2:00** Saturday Movie 6:00 Saturday Movie Film-Lost Valentine (T) Bowditch (G) 3:00 Jeopardy (FC) (FC) 3:00 Yahtzee (FC)







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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Activity Types
Exercise (FC) 1:30 Chair Exercise (FCCR) 1:30 Sunday Movie 4:00 Vespers Service (G) 6:00 Sunday Movie 7	Donut Social (FC) 11:00 Word Creation (FCCR)	9:30 Morning Symphony (FC) 11:00 Chair Exercise 1:30 Family Feud (FC) 3:30 Cribbage (FC) 3:30 Manicures (FC)	 10:00 Chair Connection 11:00 Morning Stretch (FC) 1:30 Shopping Trip-Hannaford (FCE) 3:00 Name That Tune (FC) 	Symphony (FC) 10:00 Graham The Therapy Dog (FC) 10:30 Morning Walk (FC) 11:00 Chair Exercise 1:30 Afternoon Art (FC) 1:30 Scenic Ride (FCE) 3:00 Jeopardy (FC)	 10:00 Chair Connection 10:30 Hetty Wainthropp TV Series (FC) 1:30 Group Crossword (FC) 3:00 Scrabble (FC) 3:30 Knitting Group (FC) 	 10:30 Rick Steve's Travel Log (FC) 11:00 Chair Exercise (FC) 11:00 Morning Symphony 2:00 Afternoon Film (FC) 2:00 Saturday Movie 6:00 Saturday Movie 	Creativity Curiosity Fun Purpose
	 1:00 Uno (FC) 1:30 Scenic Ride (FCE) 3:30 Bingo (FC) 7:00 Resident Choice Film (FC) 						Locations Merrymeeting Bay Room = M Benjamin Porter House = BP Georgetown Parlor = GP Fitness Center = F Maine Lodge Lobby = ML Kennebec Meeting Room = K Harpswell Lounge = H Sebasco Dining Room = S Holden Frost House = HFH Holden Frost Ballroom = HFBR Theater = T Cadigan Lodge Lawn = CLL Cadigan Lodge Private Dining Room = CLPD Friendship Cove Community Room = FCCR
 11:00 Chair Exercise (FC) 1:30 Chair Exercise (FCCR) 1:30 Sunday Movie 4:00 Vespers Service (G) 6:00 Sunday Movie 	 10:30 Coffee and Donut Social (FC) 11:00 Group Crossword (FCCR) 1:00 Uno (FC) 1:30 Scenic Ride (FCE) 3:30 Bingo (FC) 7:00 Resident Choice Film (FC) 	Symphony (FC) 11:00 Chair Exercise 1:30 The Fishbowl Game (FC)	 10:00 Chair Connection 11:00 Morning Stretch (FC) 1:30 Shopping Trip-Renys (FCE) 3:00 Blackjack (FC) 	9:30 Morning Symphony (FC) 10:00 Graham The Therapy Dog (FC) 10:30 Morning Walk (FC) 11:00 Chair Exercise 1:30 Afternoon Art (FC) 1:30 Scenic Ride (FCE) 3:00 Jeopardy (FC)	 10:00 Chair Connection 10:30 Hetty Wainthropp TV Series (FC) 1:30 Group Crossword (FC) 3:00 Scrabble (FC) 3:30 Knitting Group (FC) 	 10:30 Rick Steve's Travel Log (FC) 11:00 Chair Exercise (FC) 11:00 Morning Symphony 2:00 Afternoon Film (FC) 2:00 Saturday Movie 6:00 Saturday Movie 	Happy Birthday! Catherine-3/11