


THE HIGHLANDS
A GRACE MGMT COMMUNITY

March 2023


Monthly Events and Activities

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Activity Types
29	30	31	1	2	3	4	<div><div><div></div><div>Creativity</div></div><div><div></div><div>Curiosity</div></div><div><div></div><div>Fun</div></div><div><div></div><div>Purpose</div></div></div> <div>Locations</div> <div>Merrymeeting Bay Room = M Benjamin Porter House = BP Georgetown Parlor = GP Fitness Center = F Maine Lodge Lobby = ML Kennebec Meeting Room = K Harpwell 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</div> <div>Happy Birthday!</div> <div>Catherine-3/11</div>
<div><div></div><div>11:00 Chair Exercise (FC)</div></div> <div><div></div><div>1:30 Chair Exercise (FCCR)</div></div> <div><div></div><div>1:30 Sunday Movie</div></div> <div><div></div><div>4:00 Vespers Service (G)</div></div> <div><div></div><div>6:00 Sunday Movie</div></div>	<div><div></div><div>10:30 Coffee and Donut Social (FC)</div></div> <div><div></div><div>11:00 Word Creation (FC)</div></div> <div><div></div><div>1:00 Uno (FC)</div></div> <div><div></div><div>1:30 Scenic Ride (FCE)</div></div> <div><div></div><div>3:30 Bingo (FC)</div></div> <div><div></div><div>7:00 Resident Choice Film (FC)</div></div>	<div><div></div><div>9:30 Morning Symphony (FC)</div></div> <div><div></div><div>11:00 Chair Exercise</div></div> <div><div></div><div>1:30 Drum Circle (FC)</div></div> <div><div></div><div>2:30 Tuesdays at 2:30: Nashville Singer Cameron Sutphin (G)</div></div> <div><div></div><div>3:30 Cribbage (FC)</div></div> <div><div></div><div>3:30 Manicures (FC)</div></div>	<div><div></div><div>10:00 Baking: Homemade Donuts (FC)</div></div> <div><div></div><div>10:00 Chair Connection</div></div> <div><div></div><div>11:00 Morning Stretch (FC)</div></div> <div><div></div><div>1:30 Shopping Trip-Target (FCE)</div></div> <div><div></div><div>3:00 Music with Dale Kneeland (G)</div></div> <div><div></div><div>3:00 Yahtzee (FC)</div></div>	<div><div></div><div>9:30 Morning Symphony (FC)</div></div> <div><div></div><div>10:00 Graham The Therapy Dog (FC)</div></div> <div><div></div><div>10:30 Morning Walk (FC)</div></div> <div><div></div><div>11:00 Chair Exercise</div></div> <div><div></div><div>1:30 Afternoon Art (FC)</div></div> <div><div></div><div>1:30 Scenic Ride (FCE)</div></div> <div><div></div><div>3:00 Jeopardy (FC)</div></div>	<div><div></div><div>10:00 Chair Connection</div></div> <div><div></div><div>10:30 Hetty Wainthropp TV Series (FC)</div></div> <div><div></div><div>1:30 Group Crossword (FC)</div></div> <div><div></div><div>3:00 Scrabble (FC)</div></div> <div><div></div><div>3:30 Knitting Group (FC)</div></div>	<div><div></div><div>10:30 Rick Steve's Travel Log (FC)</div></div> <div><div></div><div>11:00 Chair Exercise (FC)</div></div> <div><div></div><div>11:00 Morning Symphony</div></div> <div><div></div><div>2:00 Afternoon Film (FC)</div></div> <div><div></div><div>2:00 Saturday Movie</div></div> <div><div></div><div>6:00 Saturday Movie</div></div>	
<div><div></div><div>11:00 Chair Exercise (FC)</div></div> <div><div></div><div>1:30 Chair Exercise (FCCR)</div></div> <div><div></div><div>1:30 Sunday Movie</div></div> <div><div></div><div>6:00 Sunday Movie</div></div>	<div><div></div><div>10:30 Coffee and Donut Social (FC)</div></div> <div><div></div><div>11:00 Who Am I? (FC)</div></div> <div><div></div><div>1:00 Phase 10 (FC)</div></div> <div><div></div><div>1:30 Scenic Ride (FCE)</div></div> <div><div></div><div>3:00 Visit From Carol Seward (FC)</div></div> <div><div></div><div>3:30 Bingo (FC)</div></div> <div><div></div><div>7:00 Resident Choice Film-Lost Valentine (T)</div></div>	<div><div></div><div>9:30 Morning Symphony (FC)</div></div> <div><div></div><div>11:00 Chair Exercise</div></div> <div><div></div><div>1:30 Family Feud (FC)</div></div> <div><div></div><div>2:30 Tuesdays at 2:30: Sue Sherrif Jazz (G)</div></div> <div><div></div><div>3:30 Cribbage (FC)</div></div> <div><div></div><div>3:30 Manicures (FC)</div></div>	<div><div></div><div>10:00 Chair Connection</div></div> <div><div></div><div>11:00 Morning Stretch (FC)</div></div> <div><div></div><div>1:30 Shopping Trip-Renys (FCE)</div></div> <div><div></div><div>2:30 Book Reading and Presentation with Author Susan Bowditch (G)</div></div> <div><div></div><div>3:00 Yahtzee (FC)</div></div>	<div><div></div><div>9:30 Morning Symphony (FC)</div></div> <div><div></div><div>10:00 Graham The Therapy Dog (FC)</div></div> <div><div></div><div>10:30 Morning Walk (FC)</div></div> <div><div></div><div>11:00 Chair Exercise</div></div> <div><div></div><div>1:30 Afternoon Art (FC)</div></div> <div><div></div><div>1:30 Scenic Ride (FCE)</div></div> <div><div></div><div>3:00 Jeopardy (FC)</div></div>	<div><div></div><div>10:00 Chair Connection</div></div> <div><div></div><div>10:30 Hetty Wainthropp TV Series (FC)</div></div> <div><div></div><div>1:30 Group Crossword (FC)</div></div> <div><div></div><div>3:00 Scrabble (FC)</div></div> <div><div></div><div>3:30 Knitting Group (FC)</div></div>	<div><div></div><div>10:30 Rick Steve's Travel Log (FC)</div></div> <div><div></div><div>11:00 Chair Exercise (FC)</div></div> <div><div></div><div>11:00 Morning Symphony</div></div> <div><div></div><div>2:00 Afternoon Film (FC)</div></div> <div><div></div><div>2:00 Saturday Movie</div></div> <div><div></div><div>6:00 Saturday Movie</div></div>	

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