


MAY | 2017 | Special Events

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<p>1 10a-3p Dube Travel Rep. Office Hours HR 7:00p Red Sox v. Orioles T</p> <p><i>May Day</i></p>	<p>2 10:00a CAT Committee Mtg. H 11:00a Book Look K 12:45p Writers' Group K 2:00p Tuesday at Two: GP <i>John Pratte: Swan Island Inland Fisheries & Wildlife</i></p>	<p>3 8:00a Breakfast with the Chef S ✓ 11:00a Highlands Residents Association Board Mtg. M</p> <p><i>Senior College course 1:00p-3:00p M</i></p>	<p>4 10:00a Computer Support K 3:00p Wellness Discussion: Veins T ✓ 6:15p Portland Stage Company L ✓\$</p>	<p>5 11:00a Lunch Outing: L ✓\$ Annabella's 5p&7p Distinctive Dining HFH</p> <p><i>No Chair Connection class</i></p>	<p>6 10:00a Ping Pong M</p>	
7	<p>4:00p Vespers Service GP</p>	<p>8 10a-3p Dube Travel Rep. Office Hours HR 1:45p Freeport Shopping Trip L ✓ <i>No Tai Chi class</i></p>	<p>9 2:00p Tuesday at Two: GP <i>Bess Berg</i></p>	<p>10 10:30a Worship Service CL 3:00p Preseason Maine State Music Theater Preview Show GP</p>	<p>11 10:30a Topsham Library L 1:00p Mt Ararat Oral History Project Celebration L 2:00p Brewery Tour L ✓</p>	<p>12 7:15a Crystal Spring Farm: Birding Event L ✓ 2:00p Celebrating Women GP</p>	<p>13 10:00a Ping Pong M 1-4p Art-to-Go Sale M</p>
14	<p>1:30p Midcoast Symphony L ✓\$</p> <p><i>Mother's Day</i></p>	<p>15 10a-3p Dube Travel Rep. Office Hours HR 11:00a Activities Committee K 2:00p Food Committee S 7:00p Card Bingo H</p>	<p>16 10:00a Go Green Committee K 12:45p Writers' Group K 2:00p Tuesday at Two: M <i>Michael Perry: Boston Walkabout</i> 6:00p Portland Symphony Orchestra L ✓\$</p>	<p>17 9:00a Whole Foods & Trader Joe's Shopping 1p-4p Traveling Boutique GP 2:00p Maine Humorist: John McDonald M ✓ 5:00p Don's Mystery Dinner L</p>	<p>18 11:30a Chorale Sing-a-long CL 2:00p Highlands' Annual Community Celebration <i>Under the Tent</i> 7:00p Mike McCarthy GP</p>	<p>19 9:00a Coastal Maine Botanical Gardens Tour & lunch L ✓\$ <i>Guided by resident Chuck Erb</i></p> <p>20 10:00a Ping Pong M 1:00p Oratorio Chorale L <i>Amazing Grace</i> ✓\$ <i>Armed Forces Day</i></p>	
21	<p>4:00p Vespers Service GP</p>	<p>22 10a-3p Dube Travel Rep. HR 7:00p Open Mic Night GP</p>	<p>23 7:15a Bradley Pond: Birding Walk L ✓ 2:00p Tuesday at Two GP <i>Ron Bergeron</i></p>	<p>24 8:30a HOGS Trip: Jefferson ✓ <i>To sign up, contact chelsiem@highlandsrc.com</i> 10:00a Maine Wildlife Park & Cole Farms L ✓\$</p>	<p>25 10:30a Topsham Library L 2:00p Live & Learn: H ✓ <i>Vicki Diamond</i></p>	<p>26 5p&7p Distinctive Dining HFH 7:00p Games with Friends H</p>	<p>27 10:00a Ping Pong M 1:00p Quest for Katahdin T</p>
28	<p>Memorial Day Parade: L ✓ <i>Details to follow</i> 2p Red Sox v. White Sox T</p> <p><i>Memorial Day</i></p>	<p>29 1:30a Longfellow's Greenhouses L ✓ 2:00p Tuesday at Two: HFH <i>Karen Lilli Pax</i></p>	<p>30 1:30a Longfellow's Greenhouses L ✓ 2:00p Tuesday at Two: HFH <i>Karen Lilli Pax</i></p>	<p>31 2:00p Go Green Presentation: Ralph Precopio M 3:30p New Residents' Reception M</p> <p><i>'Stuff the Bus' Final Donation Day</i></p>			

Room Key:
BS=Bath Savings Office
CL=Cadigan Lodge
F= Fitness Center
FC=Friendship Cove
GP=Georgetown Parlor

H=Harpowell Lounge
HFH=Holden Frost House Ballroom
HFD=Holden Frost Dining Room
HR= Harraseeket Room
K= Kennebec Meeting Room

L=Outing Departs from the Lobby
M=Merrymeeting Bay Room
S=Sebasco Dining Room
T= Theater
W=Wellness Center

✓ =Sign-up Required \$ =Additional Cost
 A transportation fee will be applied when the destination is further than 10 miles.



MAY | 2017 | Recurring Events

Weekly Resident Activities

Sunday 1:30p	Movie M
2:00p	Knitting & Needlework GP
7:00p	Movie M
Monday 1:00p	Cribbage H
2:00p	Highlands' Chorale Practice GP
3:30p	Bingo CL
Tuesday 2:00p	Tuesday at 2
3:00p	On Parle Francais K
Wednesday 1:00p	Bingo M
1:00p	Mah Jong H
Thursday 1:00p	Scrabble H
7:00p	TV Series M
Friday 1:00p	Bridge M
1:00p	Bingo H
7:00p	Documentary M
Saturday 2:00p	Movie M
7:00p	Movie M

Wellness Services

Tuesday 1-3p	Wellness Center Private Consults
Wednesday 2:00p	Grief Support Group- CLPD <i>1st and 3rd Wed. of the month</i>
Tues/Thurs 10-11a	Wellness Center Private Consults
Thursday 2:00p	Caregiver Support Group- CLPD <i>2nd and 4th Thurs. of the month</i>

The Wellness Center is located on the third floor of the Maine Lodge.
For questions, call Wellness Coordinator Lisa Secone at ext. 107

Weekly Fitness Schedule

Sunday 9a-11a	Open Swim
Monday 9:00a	Water Wellness
10:00a	Chair Connection M
10:00a	Tai-Chi
10a-12p	Open Swim
1-4p	Open Swim
Tuesday 9:00a	Group Fitness
9a-12p	Open Swim
10:00a	Group Fitness
1-4p	Open Swim
Wednesday 9:00a	Water Wellness
10:00a	Chair Connection M
10:00a	Yoga
10a-12p	Open Swim
1-4p	Open Swim
Thursday 9:00a	Group Fitness
9a-12p	Open Swim
10:00a	Group Fitness
1-4p	Open Swim
Friday 9:00a	Water Wellness
10:00a	Chair Connection M
10:00a	Kettle Bells
10a-12p	Open Swim
1-3p	Open Swim
Saturday 9a-11a	Open Swim
10:00a	Ping Pong

Personal training is available upon request.
Brenda LaCombe, Fitness Director
207-725-4407 ext. 132 / brendal@highlandsrc.com

Weekly Shopping

Monday 9:00a	Cook's Corner
Tuesday 9:00a	Topsham Mall
10:15a	Topsham Mall
Friday 9:00a	Maine Street Brunswick

Sunday Church Services

Sunday 8:30a	Good Shepherds Lutheran
9:20a	First Parish Mid Coast Presbyterian Saint Charles Borromeo Church Saint John's Unitarian Universalist United Baptist
10:00a	Catholic Communion— FC

Amenities

Monday- 9:30- Saturday 11a	Continental Breakfast- H <i>Frosty's Donuts served Friday</i>
Wednesday 9-11a	Bath Savings Office- L <i>Open for business transactions</i>
2nd 11a- Thursday 12p	Hearing Aid & Eyeglass Cleaning by Berrie's Hearing & Optical Center— BS <i>2nd Thursday of the month No appointment necessary</i>
Tues.-Fri. 9a-5p	Hair Stylist Carol Wutzdorff <i>By appointment only: ext. 208</i>
Dates to be announced	Podiatry Services- BS <i>Dr. Hilary Pelletier, DPM Call 729.6686 for appointment</i>

Highlighted Events

Spring is here and The Highlands is pleased to offer even more outings to our surrounding community. The Coastal Maine Botanical Gardens, Cole Farms, The Maine Wildlife Park, Bradley Pond, and Crystal Spring Farm are among our trips this month! Whether it be a nature walk, a presentation from Inland Fisheries & Wildlife, or the Highlands' Annual Community Celebration, this month promises new adventures with great friends. Join us for an in-house event or a trip on the town and see the best of what Midcoast Maine has to offer!