<table>
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<th>Sunday</th>
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<tbody>
<tr>
<td>4:00p</td>
<td>7:00p</td>
<td>11:15a</td>
<td>10:00a Walking Group CR</td>
<td>10:00a Walking Group M</td>
<td>11:15a Chair Exercise CR</td>
<td>10:00a Chair Exercise CR</td>
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<tr>
<td>11:15a Exercise CR</td>
<td>1:30p Movie Matinee M</td>
<td>11:00a Coffee &amp; Chat CR</td>
<td>11:00a Local News CR</td>
<td>10:00a Frosty Friday CR</td>
<td>2:00p Movie Matinee M</td>
<td>11:00a Chair Exercise CR</td>
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<tr>
<td>1:30p Movie Matinee M</td>
<td>4:00p Vespers Service GP</td>
<td>1:45p Shop-or-Ride</td>
<td>2:30p Bingo CL</td>
<td>3:00p Movie Matinee M</td>
<td>2:00p Movie Matinee M</td>
<td>3:00p Movie Matinee M</td>
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<td>7:00p Movie M</td>
<td>7:00p Movie M</td>
<td>3:30p Bingo CL</td>
<td>3:30p Pet visits with Moxie CR</td>
<td>3:00p Movie Matinee M</td>
<td>3:00p Friendship Cove Movie</td>
<td>6:30p Movie M</td>
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<tr>
<td>11:00a Communion CR</td>
<td>10:00a Communion CR</td>
<td>11:00a Chair Connection M</td>
<td>10:00a Resident Forum CR</td>
<td>11:00a Lunch Bunch</td>
<td>11:00a Frosty Friday CR</td>
<td>11:00a Frosty Friday CR</td>
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<tr>
<td>11:15a Exercise CR</td>
<td>1:30p Movie Matinee M</td>
<td>1:45p Shop-or-Ride</td>
<td>1:30p Summer Planning CR</td>
<td>11:00a Lunch Bunch Good Table</td>
<td>2:00p Movie Matinee M</td>
<td>2:00p Movie Matinee M</td>
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<tr>
<td>1:30p Movie Matinee M</td>
<td>7:00p Vespers Service GP</td>
<td>3:15p Ice Tea &amp; Lemonade CR</td>
<td>3:30p Crosswords CR</td>
<td>3:30p Crosswords CR</td>
<td>3:00p Friendship Cove Movie</td>
<td>3:00p Friendship Cove Movie</td>
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<td>7:00p Movie M</td>
<td>7:00p Movie M</td>
<td>3:30p Bingo CL</td>
<td>3:30p Fitness Drive</td>
<td>3:30p Pet visits with Moxie CR</td>
<td>6:00p Pet Visits with Moxie CR</td>
<td>7:00p Movie M</td>
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</tbody>
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**Room Key:**
- BS = Bath Savings Office
- CL = Cadigan Lodge
- GP = Georgetown Parlor
- H = Harpswell Lounge
- HFB = Hidden Frost Ballroom
- HFD = Hidden Frost Dining
- K = Kennebec Meeting Room

Additional Cost: $ Sign up Required © Private Duty may be required

*The Highlands Retirement Community / 30 Governor’s Way Topsham, ME / Elizabeth Boulton, Life Enrichment 207-725-2650, Ext. 175/www.highlandsrsc.com*
### Weekly Resident Activities

**Sunday 10:00a**  Catholic Communion /CR  
**Sunday 11:15a**  Gentle Stretch /CR
**Monday 10:00a**  Chair Connection /M  
**Monday 1:45p**  Shop-or-Ride  
**Monday 3:30p**  Bingo /CL  
**Tuesday 2:00p**  Tuesday at Two /GP
**Wednesday 10:00a**  Chair Connection /M  
**Thursday 2:30p**  Bingo /CL  
**Friday 10:00a**  Frosty Friday /CR  
**Friday 10:00a**  Chair Connection /M  
**Friday 1:15p**  Fictionary! /CR  
**Saturday 11:15a**  Gentle Stretch /CR  
**Saturday 4:00p**  Sentimental Saturday /CR

### Weekly Fitness Schedule

**Sunday 9a-11a**  Open Swim  
**Monday 9:00a**  Water Wellness  
**10:00a**  Chair Connection M  
**10:00a**  Tai-Chi  
**10:15a**  Open Swim  
**1:45p**  Open Swim
**Tuesday 9:00a**  Group Fitness  
**9:15a**  Open Swim  
**10:00a**  Group Fitness  
**1:00p**  Power Walks  
**1:45p**  Open Swim  
**Wednesday 9:00a**  Water Wellness  
**10:00a**  Chair Connection M  
**10:00a**  Yoga  
**10:15a**  Open Swim  
**1:45p**  Open Swim  
**Thursday 9:00a**  Group Fitness  
**9:15a**  Open Swim  
**10:00a**  Group Fitness  
**1:45p**  Open Swim  
**Friday 9:00a**  Water Wellness  
**10:00a**  Chair Connection M  
**10:00a**  Kettle Bells  
**10:15a**  Open Swim  
**1:45p**  Open Swim  
**Saturday 9a-11a**  Open Swim  
**10:00a**  Ping Pong M  

### Weekly Shopping

**Monday 9:00a**  Cook’s Corner  
**1:45p**  Walmart
**Tuesday 9:00a**  Topsham Mall  
**10:15a**  Topsham Mall  
**Friday 9:00a**  Maine Street Brunswick

### Church Services

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

### Amenities

**Mon-Sat 9:30-11a**  Continental Breakfast—H  
*Frosty’s Donuts served Friday*  
**Wednesday 9-11a**  Bath Savings Office—L  
*Open for business transactions*  
**Thursday 11:00a**  Hearing Aid/Eyeglass Cleaning  
*2nd Thurs of month—L*  
*No appointment necessary*  
**Tues-Fri 9a-5p**  Hair Stylist Carol Wutzdorff  
*By appointment only: ext. 208*

### Wellness Services

**Tuesday 1-3p**  Wellness Center Private Consults  
**Wednesday 2:00p**  Grief Support Group—CLPD  
*1st and 3rd Wed. of the month*  
**Thursday 1-3p**  Wellness Center Private Consults  
**2:00p**  Caregiver Support Group—CLPD  
*2nd and 4th Thurs. of the month*

The Wellness Center is located on the third floor of the Maine Lodge.  
Lynn Loudermilk, Wellness Coordinator  
207.725.4407 x 109  lynnl@highlandsrc.com

### Highlighted News

This past month we have travelled to the Maine Wildlife Park, contributed to the Oral History book publication with Mt Ararat High School and began our summer events.  
This month the season continues with more summer décor, patio and lawn games, nutrition programs and more.  
Come spend time with one another, make homemade goodies, learn something new, and enjoy the summer season!