



**RESIDENT ACTIVITIES
GUIDE 2023**



Events at the Community Center:

Intermediate Bridge

Have fun and improve your game on Monday afternoons. The buy in is \$1 a person.

Mah-jongg

Mah-jongg is held weekly, except during summer. Just show up and taking a seat.

Chess

For players of any level. If you have never played and want to learn, someone will teach you.

Art Jaunts

This group gathers for discussions and guest speakers in Art history, as well as coordinates visits to area museums and galleries.

Cribbage

Meet weekly to play cribbage - for all levels.

Canasta

Ever (or never) played Canasta? Interested in joining a group of casual, drop-in, social canasta players? We are happy to teach. We play as teams or individuals, depending on number of people.

Crafty Ladies

For beginners, professionals, and those in between who are interested in handcrafts—quilting, knitting, cross stitch, crewel work, sewing, craft projects.

Artists-In-Residents

An informal gathering to draw, paint and share each other's company. Artists and hobbyists working in a variety of media are welcome to participate. "Open Studio" is held weekly.

Book Club

Open to all, the book club meets monthly, September–June. See the HG Resident's website for the current reading list.

Green Bag Lunch

A bring-your-own-lunch-and-learn-something-neat activity is held monthly during fall, winter, and spring, to showcase local talent, such as authors, artists, academics, etc.

Green Steps

Green Steps' mission is to promote environmental stewardship in our community. Anyone curious or interested in joining is welcome to attend the monthly meetings.

Community Garden

Put your green thumb to work! Help plant and tend the HG garden! Raised beds are located between the tennis court and community center. Produce is for sale to residents throughout the summer and money raised from the sales helps the Mid-Coast Hunger Prevention Program.

In the Aerobics Room:

Walk, Walk

An informal walking fitness class twice a week, following the instructions from Leslie Sansone's DVDs. Held at the Community Center in the downstairs exercise room every Monday and Thursday morning from 9-10 am. Class size may vary from 5 to 12. Both men and women are welcome. DVDs are located in the downstairs exercise room of the CC and may be used by residents at any time.

Yoga

Classes are 12-week sessions for both gentle and intermediate levels.

Behind the Community Center:

Bocce

The Bocce court is located down the hill to left of the Community Center. Teams are formed for those wishing to engage in tournament play. Anyone may play whenever the court is free. Equipment is in the blue box under the overhang at the left end of the building. Rules are posted near the court.

Pickleball and Tennis

There is one court on the north side of the community center. Lines for both tennis (white lines) and pickleball (yellow lines) are drawn on the court. The pickleball net markings are painted to help with placement when the net is off to the side. Rackets and balls available.

At the Highland Green Golf Course:

Women's Golf Scramble

The Highland Green Women's Golf group meets weekly. Open to golfers of all abilities.

Men's Golf Scrambles

The Highland Green Senior Men's Golf Scramble is held weekly. Just show up and teams will be picked.

Other Outdoor Recreation:

Guided Walks/Hikes

Group hikes have always been popular with residents. Hikes in the area are organized regularly and are open to all.

Specialty Walks on Birding and Nature

Please look for outings highlighted in the resident newsletter for walks around the Heath, identifying plants and other sights.

Activities Committee:

The Activities Committee sponsors events throughout the year, often around major holidays such Remains of the Day after Thanksgiving, a Christmas and New Year's Eve party, Fourth of July Picnic, plus a Kentucky Derby Party and more.

Dining Groups:

Romeos

Lunches with Romeos (Retired Outstanding Men Eating Out) are usually held the last Monday of the month, 12 pm, at a local eating establishment.

Juliets

An acronym for "Joyful, Unique Ladies Imbibing, Eating and Talking." Lunches are usually held the third Monday of the month, 12:00 to 2:00 PM at a local eating establishment. Two ladies act as hostesses choosing an appropriate restaurant.

JULs/Jewels (Just Us Ladies)

A social group for women of Highland Green who are single, divorced, widowed, or part of a female couple. Gatherings, planned by the membership, are held at varied places and times throughout the year.

Other Activities:

According to their interests, Highland Green residents have started a Welcome Committee, a robust resident website, volunteer or take classes in the community.

All of this contributes to the Highland Green Neighborly Ambiance. A spirit of volunteerism, and the considerable talents and interests of the residents is what makes HG such a special place to live!

For more robust, up-to-date information, please explore the Highland Green Resident Website.

Calendar: Stay up to date on everything happening at Highland Green.

Governance: Current lists of the **Highland Green Board** and **Committee Members**.

Activities: Information on the **Clubs and Amenities**, nearby **Classes and Educational Opportunities** and local places you can **Volunteer**.

Towns/ Government provides links to the websites of our hometown of Topsham, our County Seat of Bath, our closest neighbor Brunswick, and the State of Maine.

Vendors: A list of vendors commonly used by Highland Green residents.

FAQs for answers to the most common questions that residents have.

Forms: Downloadable, commonly requested forms.

A **Photo Gallery** of your HG Neighbors, *and more!*