



RESIDENT ACTIVITIES



Events at the Community Center:

Intermediate Bridge

Have fun and improve your game on Monday afternoons from 1-4 pm.

Mah Jongg

Played on Tuesday afternoons. You can play by just showing up and taking a seat.

Cribbage

Meet to play Cribbage every Wednesday.

Canasta

Ever (or never) played Canasta? Join a group of social Canasta players on Fridays from 1-4 pm. We are happy to teach, and we play as teams or individuals depending on the number of people who come to play.

Just for Fun Poker

An entertaining, low stakes, dealer's choice game for intermediate poker players, to be played one Saturday evening per month.

Handy Krafters

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

Book Club

Open to all, the Book Club meets on the second Thursday of each month.

Art Jaunts

Open to any residents interested in arts, such as visual arts, crafts, theater, music, etc. We jaunt (travel) to numerous museums in the northeast and invite art-related speakers to come to Highland Green.

Lunch and Learn

Bring your lunch, learn something new! Presentations are held on the first Tuesdays of the month at 12 noon (except in summer) to showcase local authors, artists, academics, etc.

Green Steps

Promotes environmental stewardship in the HG community. Meetings are on the first Thursday of each month.

Community Garden

Put your green thumb to work! Help plant and tend the Highland Green garden! Produce is sold to residents in the summer. Proceeds benefit the Mid-Coast Hunger Prevention Program.

Art Club

A place for people who enjoy getting together and being creative! Whether it's painting, collage, mixed media or digital.

Dining Groups

Romeos

Men's lunches with Romeos (Retired Old Men Eating Out) are planned each month at local restaurants, and all Highland Green men are welcome. This is a good chance for new residents to meet their neighbors. Good fellowship and good food are top priorities!

Juliets

Juliets is the HG acronym for "Joyful, Unique Ladies Imbibing, Eating and Talking." Women enjoy monthly Juliets luncheons at various area eating establishments. Two women choose the restaurants and organize the luncheons.

Romeos/Juliets Holiday Luncheon

Each December, Romeos and Juliets join for a special festive Holiday Luncheon.

Woman Without Partners

A social group for women of Highland Green who are single, divorced or widowed. Gatherings are planned by group members and are held at various times and places throughout the year.

Physical Activities and Recreation:

Walk, Walk

An informal walking fitness class held at the Community Center in the downstairs exercise room Monday and Thursday mornings. Participants follow the instructions from Leslie Sansone's DVDs. Exercises include walking, kicking and knee lift movements to complete one to three miles within an hour. The intensity of the fitness walking varies throughout the program and may include the use of light weights and stretch bands.

Bocce

The bocce court is located to the right of the Community Center down the hill. Social bocce is organized on a regular basis and is open to men and women, and anyone who wishes may play.

Pickleball and Tennis

There is one court at the Community Center. Lines for both tennis (white) and pickleball (yellow) are drawn on the court. Rackets and balls for pickleball are available. Group pickleball for men and women is on Thursdays.

Ping Pong

A ping pong table, stored in the men's locker room, is available for use. It should be wheeled into the aerobics room and returned to the men's locker room. Equipment is stored with the table.

Highland Green Hikers

Group hikes on nearby trails have always been popular with Highland Green residents. Hikes in the area are organized regularly and are open to everyone.

Special Birding and Nature Walks

Look for emails or outings highlighted in Management Matters about special walks. Residents lead walks around the nature preserve and Heath, identifying plants, sites of interest, and area birds.

Women's Golf Scramble

Women meet every Wednesday morning in the summer and fall. Open to all abilities.

Men's Golf Scramble

The Highland Green Senior Men's Golf Scramble is held every Tuesday.

Yoga

A 12-week session of Yoga classes on Tuesdays and Thursdays includes both gentle and intermediate classes.

HG Day Tripping Guide

This guide includes many of the local trips, walks and hikes near Highland Green.

Activities Committee

The Activities Committee sponsors events throughout the year, often around major holidays: Spring Chowda-Fest, Friendsgiving potluck, New Year's Eve party, Fourth of July Picnic, St. Patrick's Day, Summer Solstice, Fall Festival parties and regular Newcomer Coffees. Often Highland Green's band provides great entertainment!

Highland Green Social Activities:

Any resident seeing an unmet need or an overlooked interest is invited to add to Highland Green's list of resident activities.

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!

Management Matters

A monthly email newsletter which covers all items of interest to Highland Green residents.

Bulletin Board

This is located next to the kitchen area in the Community Center. Check for current news.

Book & Magazine Swap

Check out the bookshelf to the left of the entrance to the Community Center.

For more robust, up-to-date information, Highland Green has a 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!*