









# THE HEIGHTS ACTIVITY CALENDAR







# SEPTEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Please Note:</b>  <u>This calendar is subject to change.</u>                      Please check your weekly activities calendar.</p>				<p>1</p> <p>9:00 &amp; 12:00 Van to Stop &amp; Shop                      9:30 Grounds Comm. Mtg-HR                      10:00 Madam Secretary-MT                      2:30 O'Brien String Trio-AR                      4:00 The UnXplained-MT                      7:00 Movie-MT</p>	<p>2</p> <p>9:00 Podiatrist                      9:25 Exercise Class – AR                      10:30 Dolly Parton Heartstrings - MT                      2:30 Bingo – AR                      4:00 Social Hour –DR                      7:00 Movie-MT</p>	<p>3</p> <p>9:00 Current Events-MT                      11:00 Our Great National Parks-MT                      1:00 Van to Footprints-HL                      2:00 - Movie MT                      7:00 Movie-MT</p>
<p>4</p> <p>8:00-10:00 Church Van Services. (Please sign up at bulletin board by 4:00 the Friday before)                      11:00 Catholic Mass-MT                      2:00 Movie-MT                      7:00 Movie-MT</p>	<p>5</p> <p><b>LABOR DAY</b>                      (Mark is off today)                      10:30 The Lincoln Lawyer-MT                      12:00 *Labor Day Picnic-DR                      This will be the only meal in the Dining Room today*                      3:00 Avery Actors Rehearsal-AR                      2:00 Movie-MT                      7:00 Movie-MT</p>	<p>6</p> <p>9:30 NOVA Hearing Clinic-HR                      10:00 Madam Secretary-MT                      12:00 Van to Primavera Pub - HL                      2:30 David Eberly-AR                      4:00 Hidden Lives of Pets-MT                      7:00 Movie-MT</p>	<p>7</p> <p>9:25 Exercise with Mark – AR                      10:30 Only Murders in the Building Starring Steve Martin &amp; Martin Short-MT                      11:00 Word Games-AR                      1:00 Van to Berlin Tpke-HL                      2:30 Dan Stevens-AR                      4:00 What Would Sophia Loren Do? -MT                      7:00 Movie-MT</p>	<p>8</p> <p>9:00 &amp; 12:00 Van to Stop &amp; Shop                      9:00 Vet to Vet Café-HR                      10:00 Madam Secretary-MT                      10:30 AHILA Council Meeting – AR                      1:00 Knitting Circle-HR                      1:45 Christian Worship Service-NDR                      2:30 Movie-MT                      7:00 Movie-MT</p>	<p>9</p> <p>9:25 Exercise Class – AR                      10:30 Oil Painting with Brian-HR                      10:30 Dolly Parton Heartstrings-MT                      2:30 Bingo – AR                      4:00 Social Hour –DR                      7:00 Movie-MT</p>	<p>10</p> <p>9:00 Current Events-MT                      10:00 Stretch &amp; Relaxation Class with Joan – AR                      11:00 Our Great National Parks-MT                      1:00 Van to Silas Deane Highway                      2:00 Movie-MT                      7:00 Movie-MT</p>



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>11</p> <p><b>PATRIOT DAY</b> <b>Remember 9/11</b></p> <p><b>8:00-10:00</b> Church Van Services. (Please sign up at bulletin board by 4:00 the Friday before)</p> <p><b>11:00</b> Catholic Mass-MT</p> <p><b>2:00</b> Movie-MT</p> <p><b>7:00</b> Movie-MT</p>  <p><b>Grandparents Day</b></p>	<p>12</p> <p><b>9:25</b> Exercise with Mark</p> <p><b>10:00</b> Library Comm. Mtg-L</p> <p>10:30 The Lincoln Lawyer-MT</p> <p><b>1:00</b> Van to Elmwood</p> <p><b>1:00</b> Avery Writers-HR</p> <p><b>3:00</b> Avery Actors Rehearsal-AR</p> <p><b>3:00</b> Fit Trail Walk with Mark-HL</p> <p><b>4:00</b> Wii Bowling-MT</p> <p><b>7:00</b> Movie-MT</p>	<p>13</p> <p><b>10:00</b> Madam Secretary-MT</p> <p><b>12:00</b> Van to Pho 135 Restaurant-HL</p> <p><b>1:30</b> AHILA Food Comm Mtg-HR</p> <p><b>2:00</b> Catholic Mass-NDR</p> <p><b>2:30</b> Roger Hart Photography-AR</p> <p><b>4:00</b> Hidden Lives of Pets-MT</p> <p><b>7:00</b> Movie-MT</p>	<p>14</p> <p><b>9:25</b> Exercise with Mark – AR</p> <p><b>10:30</b> Only Murders in the Building Starring Steve Martin &amp; Martin Short-MT</p> <p><b>11:00</b> Word Games-AR</p> <p><b>11:00</b> AHILA Comm. Cmt Mtg-HR</p> <p><b>12:00</b> New Resident Luncheon-AR</p> <p><b>1:00</b> Birthday Comm Mtg-HR</p> <p><b>1:00</b> Van to Walmart-HL</p> <p><b>2:30</b> Caregivers Support Mtg-HR</p> <p><b>2:30</b> Movie-MT</p> <p><b>7:00</b> Movie-MT</p>	<p>15</p> <p><b>9:00 &amp; 12:00</b> Van to Stop &amp; Shop</p> <p><b>10:00</b> Madam Secretary-MT</p> <p><b>11:00</b> Avery Book Club Mtg-HR</p> <p><b>1:45</b> Christian Worship Service-NDR</p> <p><b>2:30</b> Bob Hennessy-AR</p> <p><b>4:00</b> The UnXplained-MT</p> <p><b>7:00</b> Movie-MT</p>	<p>16</p> <p><b>9:00</b> Podiatrist</p> <p><b>9:25</b> Exercise with Mark – AR</p> <p><b>10:30</b> Dolly Parton Heartstrings-MT</p> <p><b>2:30</b> Bingo – AR</p> <p><b>4:00</b> Social Hour –DR</p> <p><b>7:00</b> Movie-MT</p> 	<p>17</p> <p><b>9:00</b> Current Events-MT</p> <p><b>11:00</b> Our Great National Parks-MT</p> <p><b>1:00</b> Van to Modern Bakery-HL</p> <p><b>2:00</b> - Movie MT</p> <p><b>7:00</b> Movie-MT</p> 
<p>18</p> <p><b>8:00-10:00</b> Church Van Services. (Please sign up at bulletin board by 4:00 the Friday before)</p> <p><b>11:00</b> Catholic Mass-MT</p> <p><b>1:00</b> Van to Lyman Orchards-HL</p> <p><b>2:00</b> Movie-MT</p> <p><b>7:00</b> Movie-MT</p> 	<p>19</p> <p><b>9:25</b> Exercise with Mark-AR</p> <p><b>10:30</b> The Lincoln Lawyer-MT</p> <p><b>1:00</b> Van to Elmwood</p> <p><b>3:00</b> Avery Actors -AR</p> <p><b>3:00</b> Fit Trail Walk with Mark-HL</p> <p><b>4:00</b> Wii Bowling-HR</p> <p><b>7:00</b> Movie-MT</p> 	<p>20</p> <p><b>10:00</b> Madam Secretary</p> <p><b>11:00</b> Resident Meeting-AR</p> <p><b>12:15</b> Van to A.C. Petersen Farms Restaurant-HL</p> <p><b>2:30</b> Joel Blumert-AR</p> <p><b>4:00</b> Ryan Hamilton-Happy Face-MT</p> <p><b>7:00</b> Movie-MT</p> 	<p>21</p> <p><b>9:25</b> Exercise with Mark – AR</p> <p><b>10:30</b> Only Murders in the Building Starring Steve Martin &amp; Martin Short-MT</p> <p><b>11:00</b> Word Games-AR</p> <p><b>11:45</b> September Birthday Luncheon-DR</p> <p><b>1:00</b> Van to West Farms Mall &amp; Trader Joe's-HL</p> <p><b>1:45</b> Christian Worship Service-NDR</p> <p><b>2:30</b> Movie-MT</p> <p><b>7:00</b> Movie-MT</p>	<p>22</p> <p><b>9:00 &amp; 12:00</b> Van to Stop &amp; Shop</p> <p><b>10:00</b> Madam Secretary-MT</p> <p><b>1:00</b> Knitting Circle-HR</p> <p><b>2:30</b> Les Julian-AR</p> <p><b>4:00</b> The UnXplained-MT</p> <p><b>7:00</b> Movie-MT</p> <p><i>Happy First Day Of Fall!!</i></p>	<p>23</p> <p><b>9:25</b> Exercise with Mark – AR</p> <p><b>10:30</b> Oil Painting with Brian-HR</p> <p>10:30 Dolly Parton Heartstrings-MT</p> <p><b>2:30</b> Bingo – AR</p> <p><b>4:00</b> Social Hour-DR</p> <p><b>7:00</b> Movie-MT</p> 	<p>24</p> <p><b>9:00</b> Current Events-MT</p> <p><b>10:00</b> Stretch &amp; Relaxation Class – AR</p> <p><b>11:00</b> Our Great National Parks-MT</p> <p><b>2:00</b> Movie-MT</p> <p><b>7:00</b> Movie-MT</p> 

<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
<p><b>8:00-10:00</b> Church Van Services. (Please sign up at bulletin board by 4:00 the Friday before)</p> <p><b>11:00</b> Catholic Mass-MT</p> <p><b>2:00</b> Movie-MT</p> <p><b>7:00</b> Movie-MT</p> <p><b>Rosh Hashanah Begins at Sunset</b></p>	<p><b>9:25</b> Exercise with Mark -AR</p> <p><b>10:30</b> The Lincoln Lawyer-MT</p> <p><b>1:00</b> Van to Elmwood</p> <p><b>1:00</b> Avery Writers-HR</p> <p><b>2:00</b> AHILA Program Cmt mtg-HR</p> <p><b>3:00</b> Avery Actors Rehearsal-AR</p> <p><b>3:00</b> Fit Trail Walk with Mark-HL</p> <p><b>4:00</b> Wii Bowling-HR</p> <p><b>7:00</b> Movie-MT</p>	<p><b>10:00</b> Madam Secretary-MT</p> <p><b>12:00</b> Van to Effie's Place-HL</p> <p><b>2:30</b> Chair Yoga w/ Jill-TR</p> <p><b>4:00</b> A Little Help with Carol Burnett-MT</p> <p><b>7:00</b> Movie-MT</p> 	<p><b>9:25</b> Exercise with Mark-AR</p> <p><b>10:30</b> Only Murders in the Building Starring Steve Martin and Martin Short-MT</p> <p><b>11:00</b> Word Games-HR</p> <p><b>1:00</b> Van to Berlin Tpke-HL</p> <p><b>2:30</b> Craft w/ Claudette-HR</p> <p><b>4:00</b> Tricky Dick and the Man in Black-MT</p> <p><b>7:00</b> Movie-MT</p> 	<p><b>9:00 &amp; 12:00</b> Van to Stop &amp; Shop</p> <p><b>10:00</b> Madam Secretary-MT</p> <p><b>1:45</b> Christian Worship Service-NDR</p> <p><b>2:30</b> Music w/ Ruriko &amp; Michael Wheeler-AR-AR</p> <p><b>4:00</b> The UnXplained-MT</p> <p><b>7:00</b> Movie-MT</p>	<p><b>9:00</b> Podiatrist</p> <p><b>9:25</b> Exercise with Mark – AR</p> <p><b>10:30</b> Still Laugh-In: The Stars Celebrate-MT</p> <p><b>11:00</b> Cottage Conversation-AR</p> <p><b>2:30</b> Bingo – AR</p> <p><b>4:00</b> Social Hour –DR</p> <p><b>7:00</b> Movie-MT</p> 	<p style="text-align: center;"><b>The Villager Gift Shop Hours</b></p> <p style="text-align: center;"><b>Monday – Friday</b> <b>10:00 am – 2:00 pm</b></p> 

KEY: AR= Adams Room/ MT= Movie Theater/ CCR= Cottage Community Room/ DR= Dining Room/ FL= Fireside Lounge/ GR= Game Room  
HL= Heights Lobby/ HR= Hobby Room/ NDR= Noble Dining Room/ TR= Thompson Room/ L=Library