











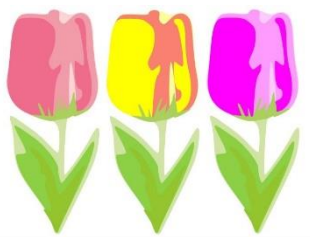




THE HEIGHTS ACTIVITY CALENDAR



MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><i>Please Note:</i> <u>This calendar is subject to change.</u> <u>Please check the weekly activities calendar for any changes.</u></p>		<p>1</p> <p>9:25 Exercise w/ Mark-AR 10:00 New Amsterdam-MT 11:00 Word Games-TR 1:00 Van to West Farms-HL 1:00 AHILA Birthday Comm. Meeting-HR 2:30 Movie-MT 7:00 Movie-MT</p>	<p>2</p> <p>9:00 & 12:00 Van to Stop & Shop 10:00 Madoff-The Monster of Wall Street-MT 2:30 Ruriko Wheeler-AR 4:00 The UnXplained-MT 7:00 Movie-MT</p>	<p>3</p> <p>9:00 Podiatrist 9:25 Exercise w/ Mark-AR 10:30 Funny Friday-MT 10:30 Cribbage-GR 2:30 Bingo-AR 4:00 Social Hour-DR 7:00 Movie-MT</p>	<p>4</p> <p>9:00 Current Events-MT 10:00 Stretch, Balance & Relaxation w/ Joan-TR 11:00 History 101-MT 1:00 Van to Footprints Shoe Store Newington-HL 2:00 Movie-MT 7:00 Movie-MT</p>
<p>5</p> <p>9:30 Van to Church pf Christ Congregation-HL 11:00 Catholic Mass- MT 2:00 Journey of Life-AR 4:00 Movie-MT 7:00 Movie-MT</p>	<p>6</p> <p>9:25 Exercise w/Mark-AR 10:00 Library Committee Meeting- L 10:30 Designated Survivor-MT 1:00 Van to Elmwood-HL 2:30 Avery Actors Presents: The Lion King & Jungle Book-AR 3:00 Stretching w/Mark-TR 4:00 America's Funniest Home Videos-MT 7:00 Movie-MT</p>	<p>7</p> <p>9:30 NOVA Hearing Clinic-HR 10:00 Madam Secretary-MT 12:00 Van to Olive Garden-HL 1:30 AHILA Food Committee-HR 2:00 Catholic Mass-NDR 2:30 Roger Hart Photography-AR 4:00 America's Funniest Home Videos-MT 7:00 Movie-MT</p>	<p>8</p> <p>9:25 Exercise w/ Mark - AR 10:00 New Amsterdam-MT 11:00 Word Games-TR 11:00 AHILA Communications Committee-HR 1:00 Van to Trader Joe's-HL 2:00 Picture Day-HL 2:30 Caregivers Support Group-HR 2:30 Chair Yoga w/ Jill-TR 4:00 The Good Place-MT 7:00 Movie-MT</p>	<p>9</p> <p>9:00 & 12:00 Van to Stop & Shop 9:00 Vet to Vet Café-AR 10:00 The Blacklist-MT 10:30 AHILA Council Meeting-AR 1:00 Knitting Circle-HR 2:30 O'Brien String Trio-AR 4:00 The UnXplained-MT 7:00 Movie-MT</p>	<p>10</p> <p>9:25 Exercise w/ Mark - AR 10:30 Funny Friday-MT 10:30 Cribbage-GR 10:30 Oil Painting-HR 2:30 Bingo-AR 4:00 Social Hour-DR 7:00 Movie-MT</p>	<p>11</p> <p>9:00 Current Events-MT 11:00 History 101-MT 1:00 Van to Stew Leonard's-HL 2:00 Movie-MT 7:00 Movie-MT</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center">12</p> <p><i>Daylight saving time begins</i></p> <p>10:00 Van to St. Thomas the Apostle-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 7:00 Movie-MT</p> 	<p align="center">13</p> <p>9:25 Exercise with Mark-AR 10:30 Designated Survivor-MT 11:00 Bible Study w/ Pastor Todd-TR 1:00 Van to Elmwood-HL 1:00 Memory Café-AR 3:00 Avery Actors Rehearsal-AR 3:00 Indoor Walk with Mark-HL 4:00 Wii Bowling-MT 7:00 Movie-MT</p>	<p align="center">14</p> <p>10:00 Madam Secretary-MT 10:30 Campus Tour w/ Roseanne-HL 11:00 Age Well Education Services-AR 12:00 Van to Corner Pug Restaurant-HL 2:30 Paul Bisaccia-AR 4:00 America's Funniest Home Videos-MT 7:00 Movie-MT</p>	<p align="center">15</p> <p>9:25 Exercise w/ Mark- AR 10:00 New Amsterdam-MT 11:00 Word Games-TR 11:45 March Birthday Luncheon-DR 1:00 Van to Berlin Tpke-HL 2:30 Movie-MT 6:00 Irish Step Dancers-DR 7:00 Movie-MT</p> 	<p align="center">16</p> <p>9:00 Van to Stop & Shop 10:00 The Blacklist-MT 11:00 Avery Book Club-HR 11:45 Van to Trinity College Chapel-HL 2:30 Van to Stop & Shop-HL 2:30 Rob the Drummer-AR 4:00 The UnXplained-MT 7:00 Movie-MT</p>	<p align="center">17</p> <p><i>St. Patrick's Day</i></p> <p>9:00 Podiatrist 9:25 Exercise w/ Mark-AR 10:30 Friday Funny-MT 10:30 Cribbage-GR 2:30 Bingo-AR 4:00 Social Hour-DR 7:00 Movie-MT</p> 	<p align="center">18</p> <p>9:00 Current Events-MT 10:00 Stretch, Balance & Relaxation w/ Joan-TR 11:00 History 101-MT 1:00 Van to Silas Deane Shops-HL 2:00 Acrylic Painting w/ Masila-HR 2:00 Movie-MT 7:00 Movie-MT</p>
<p align="center">19</p> <p>9:30 Van to Church of Christ Congregational-HL 10:00 Sunday Service w/ Pastor Todd-AR 11:00 Catholic Mass-MT 1:15 Van to Cinestudio @ Trinity College for "Harriet" Movie 2:00 Movie-MT 7:00 Movie-MT</p> 	<p align="center">20</p> <p><i>First Day of Spring</i></p> <p>9:25 Exercise with Mark-AR 10:30 Designated Survivor-MT 1:00 Van to Elmwood-HL 3:00 Avery Actors Rehearsal-AR 3:00 Indoor Walk with Mark-HL 4:00 Wii Bowling-MT 7:00 Movie-MT</p> 	<p align="center">21</p> <p>10:00 Madam Secretary-MT 11:00 Balance Clinic-AR 12:00 Van to Shady Glenn-HL 2:30 Old Tyme Fiddlers-AR 4:00 America's Funniest Home Videos-MT 7:00 Movie-MT</p> 	<p align="center">22</p> <p>9:25 Exercise w/ Mark-AR 10:00 New Amsterdam-MT 11:00 Word Games-TR 1:00 Van to Walmart-HL 2:00 Senior Seminar Series Meeting -HR 2:30 Chair Yoga w/ Jill-TR 4:00 The Good Place-MT 7:00 Movie-MT</p> 	<p align="center">23</p> <p>9:00 & 12:00 Van to Stop & Shop-HL 10:00 The Blacklist-MT 11:00 Resident Meeting-AR 1:00 Knitting Circle-HR 2:30 Red & Yellow-AR 4:00 The UnXplained-MT 7:00 Movie-MT</p> 	<p align="center">24</p> <p>9:25 Exercise w/ Mark -AR 10:30 Funny Friday-MT 10:30 Cribbage-GR 10:30 Oil Painting-HR 1:30 Shabbat Service-TR 2:30 Bingo-AR 4:00 Social Hour-DR 7:00 Movie-MT</p> 	<p align="center">25</p> <p>9:00 Current Events-MT 11:00 History 101-MT 1:00 Van to Christmas Tree Shop-HL 2:00 Rock Painting 2:30 Movie-MT 7:00 Movie-MT</p> 

<p>26</p> <p>10:00 Van to St. Thomas the Apostle-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 7:00 Movie-MT</p> 	<p>27</p> <p>9:25 Exercise with Mark-AR 10:30 Designated Survivor-MT 11:00 Bible Study w/ Pastor Todd-TR 1:00 Van to Elmwood-HL 2:00 AHILA Program Committee Meeting-HR 3:00 Indoor Walk with Mark-HL 3:00 Avery Actors Rehearsal-AR 4:00 Wii Bowling-MT 7:00 Movie-MT</p>	<p>28</p> <p>10:00 Madam Secretary-MT 12:00 Van to Elaine's Restaurant-HL 2:30 Tom Alvord-HL 4:00 America's Funniest Home Videos-MT 7:00 Movie-MT</p> 	<p>29</p> <p>9:25 Exercise w/ Mark-AR 10:00 New Amsterdam-MT 11:00 Word Games-TR 1:00 Van to West Farms-HL 2:30 Craft w/ Claudette-HR 4:00 Veteran's Wall Ceremony-AR 7:00 Movie-MT</p> 	<p>30</p> <p>9:00 & 12:00 Van to Stop & Shop-HL 9:45 Van to Elmwood Senior Center for Tax Prep-HL 10:00 The Blacklist-MT 2:30 Dan Bernier-AR 4:00 The UnXplained-MT 7:00 Movie-MT</p> 	<p>31</p> <p>9:25 Exercise w/ Mark - AR 10:30 Funny Friday-MT 10:30 Cribbage-GR 2:30 Bingo-AR 4:00 Social Hour-DR 7:00 Movie-MT</p> 	<p>Goodbye March</p>  <p>Hello April</p>
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KEY: AR = Adams Room DR = Dining Room FL = Fireside Lounge MT = Movie Theater GR = Game Room
HL = Heights Lobby HR = Hobby Room NDR = Noble Dining Room TR = Thompson Room L = Library

Have you seen our Community Channel? Turn to **918** on your TV right in your apartment and check out The Heights Community Channel. This is only available in The Heights building, but we do have it on in the lobby area as well. That's channel **918** in your apartment!! Lots of info right on your TV...check it out!!

