



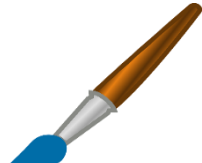











THE HEIGHTS ACTIVITY CALENDAR



MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p style="text-align: right;">1</p> <p>9:25 Exercise with Mark-AR 10:00 Library Cmte Meeting-L 10:30 Designated Survivor 1:00 Van to Elmwood-HL 2:00 Mexican Train Dominos-GR 3:00 Avery Actors Rehearsal-AR 3:00 Fit Trail Walk with Mark-HL 4:00 Wii Bowling-MT 7:00 Movie</p>	<p style="text-align: right;">2</p> <p>9:30 NOVA Hearing-HR 10:00 Madam Secretary-MT 11:00 Picture Day-HL 12:00 Van to Mykonos Restaurant-HL 1:30 AHILA Food Committee Mtg-HR 2:30 Charles Thomas-AR 4:00 America's Funniest Home Videos-MT 7:00 Movie-MT</p>	<p style="text-align: right;">3</p> <p>9:25 Exercise with Mark-AR 10:00 New Amsterdam- MT 11:00 Word Games-TR 1:00 AHILA Birthday Comm Mtg-HR 1:00 Van to Trader Joes 2:30 Movie-MT 7:00 Movie-MT</p> 	<p style="text-align: right;">4</p> <p>9:00 & 12:00 Van to Stop & Shop 9:30 AHILA Grounds Committee Meeting-HR 10:00 The Blacklist-MT 2:30 Jim Harkins-AR 4:00 The UnXplained-MT 7:00 Movie</p>	<p style="text-align: right;">5</p> <p>9:25 Exercise with Mark-AR 10:30 Cribbage-GR 2:30 Bingo-AR 4:00 Social Hour-DR 5:00 Judy Handler & Mark Levesque: Cinco de Mayo-DR 7:00 Movie-MT</p> 	<p style="text-align: right;">6</p> <p>9:00 Current Events-MT 10:00 Stretch, Balance & Relaxation with Joan-AR 11:00 Coronation-MT 1:00 Van to Stew Leonard's 2:00 Movie-MT 7:00 Movie-MT</p> 
<p style="text-align: right;">7</p> <p>10:00 Van to St. Thomas the Apostle Church 11:00 Catholic Mass-MT 2:00 Senior Seminar Series-AR 4:00 Movie-MT 7:00 Movie-MT</p>	<p style="text-align: right;">8</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 2:30 Avery Actors Presents: 3 short plays-AR 3:00 Fit Trail Walk-HL 4:00 Wii Bowling-HR 7:00 Movie-MT</p>	<p style="text-align: right;">9</p> <p>10:00 Madam Secretary-MT 10:30 Campus Tour w/ Roseanne-HL 11:00 Word Games-TR* 12:00 Van to Beachland Tavern-HL 2:30 Embracing the Power of Gratitude-AR 4:00 America's Funniest Home Videos-MT 7:00 Movie</p>	<p style="text-align: right;">10</p> <p>9:25 Exercise with Mark-AR 10:00 New Amsterdam-MT 11:00 Sedgewick MS Orchestra-AR 11:00 AHILA Communications Comm. Meeting-HR 1:00 Van to Walmart 2:30 Caregivers Support Group-HR 2:30 Chair Yoga-TR 7:00 Movie-MT</p>	<p style="text-align: right;">11</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 Mtg-HR 1:00 Knitting Circle HR 2:30 Stephen Page-Piano -AR 4:00 The UnXplained-MT 7:00 Movie</p> 	<p style="text-align: right;">12</p> <p>9:00 Podiatrist 9:25 Exercise with Mark-AR 10:30 Oil Painting with Brian-HR 10:30 Cribbage-GR 2:30 Bingo-AR 4:00 Social Hour-DR 7:00 Movie-MT</p>	<p style="text-align: right;">13</p> <p>9:00 Current Events-MT 11:00 History 101-MT 1:00 Van to Silas Deane Highway 2:00 Acrylic Painting w/ Masila-HR 2:00 Movie-MT 7:00 Movie- MT</p> 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: right;">14</p> <p>9:30 Van to Church of Christ Congregational-HL 10:00 Sunday Service w/ Pastor Todd-AR 11:00 Catholic Mass-MT 2:00 Movie-MT 7:00 Movie-MT</p> 	<p style="text-align: right;">15</p> <p>9:25 Exercise with Mark-AR 10:30 Designated Survivor-MT 1:00 Van to Elmwood 3:00 Avery Actors Rehearsal-AR 3:00 Fit Trail Walk with Mark-HL 4:00 Wii Bowling-HR 7:00 Movie-MT</p>	<p style="text-align: right;">16</p> <p>10:00 Madam Secretary-MT 11:00 Resident Meeting-AR 12:15 Van to Elaine's Restaurant-HL 2:30 David Eberly-HL 4:00 America's Funniest Home Videos-MT 7:00 Movie-MT</p>	<p style="text-align: right;">17</p> <p>9:25 Exercise with Mark-AR 10:00 New Amsterdam-MT 11:00 Word Games -TR 11:45 May Birthday Luncheon 1:00 Van to West Farms Mall-HL 2:30 Movie-MT 7:00 Movie- MT</p> 	<p style="text-align: right;">18</p> <p>9:00 & 12:00 Van to Stop & Shop 10:00 The Blacklist-MT 11:00 Avery Book Club-HR 2:30 Tom Alvord-AR 4:00 The UnXplained-MT 7:00 Movie-MT</p>	<p style="text-align: right;">19</p> <p>9:25 Exercise with Mark-AR 10:30 Cribbage-GR 2:30 Bingo-AR 4:00 Social Hour-DR 7:00 Movie-MT</p> 	<p style="text-align: right;">20</p> <p>9:00 Current Events-MT 9:30 Book Club-HR 10:00 Stretch, Balance & Relaxation with Joan-AR 11:00 History 101-MT 2:00 Van to Greater Hartford Academy of the Arts-HL 2:00 Movie-MT 7:00 Movie -MT</p>
<p style="text-align: right;">21</p> <p>10:00 Van to St. Thomas the Apostle-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 4:00 Shore Line Ringers-AR 7:00 Movie-MT</p> 	<p style="text-align: right;">22</p> <p>9:25 Exercise with Mark 10:30 Designated Survivor-MT 11:00 Bible Study w/ Pastor Todd-TR 1:00 Van to Elmwood 2:00 AHILA Program Comm. Meeting-HR 3:00 Avery Actors Rehearsal-AR 3:00 Fit Trail Walk with Mark-HL 4:00 Wii Bowling-HR 7:00 Movie-MT</p>	<p style="text-align: right;">23</p> <p>10:00 Madam Secretary-MT 12:00 Van to Pho Restaurant-HL 2:30 Red and Yellow-AR 4:00 America's Funniest Home Videos-MT 7:00 Movie-MT</p>	<p style="text-align: right;">24</p> <p>9:25 Exercise with Mark-AR 10:00 New Amsterdam-MT 11:00 Word Games-TR 1:00 Van to Berlin Tpke 2:30 Senior Seminar Meeting-HR 2:30 Chair Yoga w/ Jill-TR 7:00 Movie-MT</p> 	<p style="text-align: right;">25</p> <p>9:00 & 12:00 Van to Stop & Shop 10:00 The Blacklist-MT 1:00 Knitting Circle-HR 2:30 Paul Bisaccia-AR 4:00 The UnXplained-MT 7:00 Movie-MT</p>	<p style="text-align: right;">26</p> <p>9:00 Podiatrist 9:25 Exercise with Mark-AR 10:30 Oil Painting w/ Brian-HR 10:30 Cribbage-GR 1:30 Shabbat Services-TR 2:30 Bingo-AR 3:45 Memorial Day Ceremony-HL 4:00 Social Hour-DR 7:00 Movie-MT</p>	<p style="text-align: right;">27</p> <p>9:00 Current Events-MT 11:00 History 101-MT 1:00 Van to National Iwo Jima Memorial-HL 2:00 Movie-MT 7:00 Movie-MT</p> 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31		<p>Please Note:</p> <p>This calendar is subject to change.</p>	<p>Don't forget to check the Bulletin Board for special events and outing sign-ups, and tune in to channel 918 in your Heights apartment for the latest Heights Happenings!</p>
<p>9:30 Van to Church of Christ Congregational-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 7:00 Movie-MT</p> 	<p>**Memorial Day** No Transportation No Mark</p> <p>10:30 Designated Survivor-MT 12:00 Picnic Style Meal-DR (no dinner service today) 2:00 Movie-MT 3:00 Avery Actors Rehearsal-AR 7:00 Movie- MT</p>	<p>10:00 Madam Secretary-MT 12:00 Van to Olive Garden-HL 2:30 Jim Sheehan-AR 4:00 America's Funniest Home Videos-MT 7:00 Movie-MT</p>	<p>9:25 Exercise with Mark-AR 10:00 New Amsterdam-MT 11:00 Word Games -TR 1:00 Van to Trader Joe's-HL 2:30 Healing Vibrations w/ Marie Menut -AR 7:00 Movie- MT</p>			

KEY: AR= Adams Room; HR= Hobby Room; MT= Movie Theater; DR=Dining Room; GR=Game Room; NDR=Noble Dining Room; TR= Thompson Room; HL=Heights Lobby