







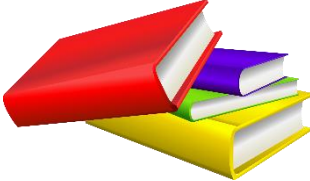








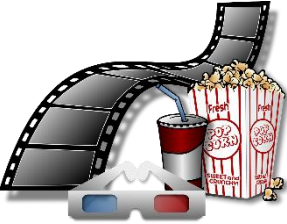
# THE HEIGHTS ACTIVITY CALENDAR



# SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Please Note:</b> This calendar is <u>subject to change</u>. Please check your weekly activities calendar.</p>		<p><b>The Villager Shop is open Monday-Friday 10:00am-2:00pm</b></p>		<p><b>Don't forget to tune into channel 918 in your Heights Apartment for the latest updates in your community!</b></p>	<p>1</p> <p>9:00 Podiatrist 9:25 Exercise w/ Mark 10:00 The Crown- MT 10:30 Cribbage-GR 2:30 Bingo – AR 4:00 Social Hour –DR 7:00 Movie-MT</p>	<p>2</p> <p>9:00 Current Events-MT 11:00 Our Universe-MT 1:00 Van to Footprints-HL 2:00 - Movie MT 7:00 Movie-MT</p>
<p>3</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>4</p> <p><b>LABOR DAY</b> <b>Mark is off today</b> <b>No Transportation</b></p> <p>10:30 Designated Survivor-MT 11:00 Scrabble-GR 12:00 *Labor Day Picnic-DR <b>This will be the only meal in the Dining Room today*</b> 2:30 Movie-MT 3:00 Avery Actors Rehearsal-AR 7:00 Movie-MT</p>	<p>5</p> <p>9:30 NOVA Hearing Clinic 10:00 Madam Secretary-MT 11:00 Scrabble-GR 12:00 Van to Olive Garden 1:30 AHILA Food Cmt Mtg-HR 2:00 Catholic Mass-NDR 2:30 Roger Hart Photography "American Pride"-AR 4:00 Golden Girls-MT 7:00 Movie-MT</p>	<p>6</p> <p>9:25 Exercise with Mark – AR 10:00 New Amsterdam-MT 10:30 Parkinson's Care Giver Support Group Mtg-HR 11:00 Word Games-TR 1:00 Birthday Cmt Mtg-HR 1:00 Van to Walmart-HL 2:30 Chair Yoga w/ Jill-TR 7:00 Movie-MT</p>	<p>7</p> <p>9:00 &amp; 12:00 Van to Stop &amp; Shop 10:00 Lincoln Lawyer-MT 10:30 AHILA Council Meeting – AR 2:30 Charles Thomas-AR 4:00 The UnXplained-MT 7:00 Movie-MT</p>	<p>8</p> <p>9:25 Exercise w/ Mark 10:00 The Crown-MT 10:30 Cribbage 10:30 Oil Painting with Brian-HR 2:30 Bingo – AR 4:00 Social Hour –DR 7:00 Movie-MT</p>	<p>9</p> <p>9:00 Current Events-MT 10:00 Stretch &amp; Relaxation Class with Joan – AR 11:00 Our Universe-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 style="text-align: right;"><b>10</b></p> <p>10:00 Van to St. Thomas the Apostle Church-HL  10:00 Sunday Service w/ Pastor Todd-TR  11:00 Catholic Mass-MT  1:15 Van to Cinestudio to see The Godfather-HL  2:00 Movie-MT  7:00 Movie-MT  <b>National Grandparents Day</b></p> 	<p style="text-align: right;"><b>11</b></p> <p><b>PATRIOT DAY</b>  <b>Remember 9/11</b></p> <p>9:25 Exercise with Mark-AR  10:00 Library Comm. Mtg-L  10:30 Designated Survivor  11:00 Bible Study w/ Pastor Todd-TR  11:00 Scrabble-GR  1:00 Van to Elmwood  1:00 Planting w/ Jeff-HR  3:00 Avery Actors Rehearsal-AR  3:00 Fit Trail Walk with Mark-HL  4:00 Wii Bowling-MT  7:00 Movie-MT</p>	<p style="text-align: right;"><b>12</b></p> <p>10:00 Madam Secretary-MT  11:00 Scrabble-GR  12:00 Van to Staropolska-HL  2:00 Catholic Mass-NDR  2:30 Dan Bernier-AR  4:00 Golden Girls-MT  7:00 Movie-MT</p> 	<p style="text-align: right;"><b>13</b></p> <p>9:25 Exercise with Mark – AR  10:00 New Amsterdam-MT  11:00 Word Games-TR  11:00 AHILA Comm. Cmt Mtg-HR  1:00 Van to West Farms Mall-HL  2:30 Caregiver’s Support Mtg-HR  2:30 Season of Reflection Craft Activity w/ Patricia-AR  7:00 Movie-MT</p>	<p style="text-align: right;"><b>14</b></p> <p>9:00 &amp; 12:00 Van to Stop &amp; Shop  9:00 Vet to Vet Café-AR  10:00 Suits-MT  1:00 Knitting Circle-HR  2:30 O’Brien String Trio-AR  4:00 The UnXplained-MT  7:00 Movie-MT</p> 	<p style="text-align: right;"><b>15</b></p> <p>9:00 Podiatrist  9:25 Exercise w/ Mark  10:00 The Crown-MT  10:30 Cribbage-GR  12:00 Cottager Picnic-AR  1:30 Rosh Hashana Service-TR  2:30 Bingo – AR  4:00 Social Hour –DR  7:00 Movie-MT</p> <p style="text-align: center;"><b>Rosh Hashanah Begins at Sunset</b></p>	<p style="text-align: right;"><b>16</b></p> <p>9:00 Current Events-MT  11:00 Bobby Kennedy for President-MT  1:00 Van to AC Petersen Farms-HL  2:00 - Movie MT  7:00 Movie-MT</p> 
<p style="text-align: right;"><b>17</b></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 style="text-align: right;"><b>18</b></p> <p>9:25 Exercise with Mark-AR  10:30 Designated Survivor-MT  11:00 Scrabble-GR  1:00 Van to Elmwood  2:30 Movie-MT  3:00 Avery Actors -AR  7:00 Movie-MT</p> 	<p style="text-align: right;"><b>19</b></p> <p>10:00 Madam Secretary  11:00 Resident Meeting-AR  12:15 Van to Pho-135 Restaurant-HL  2:30 Tom Alvord-AR  4:00 Golden Girls-MT  7:00 Movie-MT</p> 	<p style="text-align: right;"><b>20</b></p> <p>9:25 Exercise with Mark – AR  10:00 New Amsterdam-MT  11:00 Word Games-TR  11:45 September Birthday Luncheon-DR  2:30 Chair Yoga w/ Jill-MT  5:30 Healthy Brain Series-AR  7:00 Movie-MT</p> 	<p style="text-align: right;"><b>21</b></p> <p>9:00 &amp; 12:00 Van to Stop &amp; Shop  10:00 Suits-MT  11:00 Avery Book Club Mtg-HR  2:30 Bill Shontz-AR  4:00 The UnXplained-MT  7:00 Movie-MT</p> 	<p style="text-align: right;"><b>22</b></p> <p>9:25 Exercise with Mark – AR  10:00 The Crown-MT  10:30 Oil Painting with Brian-HR  10:30 Cribbage-GR  1:30 Yom Kippur Service-TR  2:30 Bingo – AR  4:00 Social Hour-DR  7:00 Movie-MT</p>	<p style="text-align: right;"><b>23</b></p> <p>9:00 Current Events-MT  10:00 Stretch &amp; Relaxation Class – AR  11:00 Bobby Kennedy for President-MT  1:00 Van to Silas Deane Hwy Shops-HL  2:00 Movie-MT  7:00 Movie-MT</p> <p style="text-align: center;"><i>Happy First Day Of Fall!!</i></p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<p><b>10:00</b> Van to St. Thomas the Apostle Church-HL  <b>11:00</b> Catholic Mass-MT  <b>2:00</b> Movie-MT  <b>7:00</b> Movie-MT</p> 	<p><b>9:25</b> Exercise with Mark -AR  <b>10:30</b> Designated Survivor-MT  <b>11:00</b> Bible Study w/ Pastor Todd-TR  <b>11:00</b> Scrabble-GR  <b>1:00</b> Van to Elmwood-HL  <b>2:00</b> AHILA Program Cmt Mtg-HR  <b>3:00</b> Avery Actors Rehearsal-AR  <b>3:00</b> Fit Trail Walk with Mark-HL  <b>4:00</b> Wii Bowling-HR  <b>7:00</b> Movie-MT</p> 	<p><b>10:00</b> Madam Secretary-MT  <b>11:00</b> Scrabble-GR  <b>12:00</b> Van to Effie's Place-HL  <b>2:45-4:15</b> JUKEBOX 45  <b>Outdoor Concert-Noble Parking Lot</b>  <b>7:00</b> Movie-MT</p> 	<p><b>9:25</b> Exercise with Mark-AR  <b>10:00</b> New Amsterdam-MT  <b>11:00</b> Word Games-TR  <b>1:00</b> Van to Trader Joe's-HL  <b>2:30</b> Rob the Drummer-AR  <b>7:00</b> Movie-MT</p> 	<p><b>9:00 &amp; 12:00</b> Van to Stop &amp; Shop  <b>10:00</b> Suits-MT  <b>1:00</b> Knitting Circle-HR  <b>2:30</b> Jim Sheehan-AR  <b>4:00</b> The UnXplained-MT  <b>7:00</b> Movie-MT</p> 	<p><b>9:00</b> Podiatrist  <b>9:25</b> Exercise with Mark -AR  <b>10:00</b> The Crown-MT  <b>10:30</b> Cribbage-GR  <b>2:30</b> Bingo - AR  <b>4:00</b> Social Hour -DR  <b>7:00</b> Movie-MT</p> 	<p><b>9:00</b> Current Events-MT  <b>11:00</b> Bobby Kennedy for President-MT  <b>1:00</b> Van to Stew Leonard's-HL  <b>2:00</b> Movie-MT  <b>7:00</b> Movie-MT</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