

















THE HEIGHTS ACTIVITY CALENDAR



APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	<p><i>April Fool's Day</i></p> <p>9:25 Exercise with Mark 10:00 Library Cmte Mtg 10:30 Monk-MT 11:00 Bible Talk-TR 11:00 Scrabble-GR 1:00 Van to Elmwood- HL 2:00 Jeff The Plant Guy 3:00 Fit Trail Walk-HL 3:00 Avery Actors Rehearsal-AR 7:00 Movie-MT</p>	<p>9:30 Nova Hearing-HR 10:00 Madam Secretary-MT 11:00 Scrabble-GR 12:00 Van to Olympia Diner-HL 1:30 AHILA Food Cmt Mtg-TR 1:30 Movie-MT 2:00 Catholic Mass-CH 2:30 Tom Alvord-AR 7:00 Movie-MT</p>	<p>9:25 Exercise w/ Mark-AR 10:00 New Amsterdam 10:30 Parkinson's Care Giver Support Group-AR 11:00 Word Games-TR 1:00 Van to Walmart-HL 1:30 Movie-MT 2:30 Chair Yoga-TR 7:00 Movie-MT</p>	<p>9:00 & 12:00 Van to Stop & Shop-HL 9:30 AHILA Grounds Committee Meeting-HR 10:00 Suits-MT 10:45 Rosary-CH 1:30 Movie-MT 2:30 Paul Bisaccia-AR 7:00 Movie-MT</p> 	<p>9:25 Exercise w/ Mark-AR 10:00 The Crown-MT 10:30 Cribbage-GR 1:30 Movie-MT 2:30 Bingo-AR 4:00 Social Hour-AR 7:00 Movie-MT</p> 	<p>9:00 Family Swim 9:00 Current Events-MT 10:00 Stretch, Balance & Relaxation w/ Joan-AR 11:00 Golden Girls-MT 1:00 Van to Silas Deane Hwy Shops-HL 2:00 Movie-MT 4:30 Movie-MT 7:00 Movie-MT</p>
7	8	9	10	11	12	13
<p>9:30 Van to Church of Christ Congregational-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 2:00 Senior Seminar Series: History of Hartford (Week 1 of 4)-AR 4:30 Movie-MT 7:00 Movie-MT</p> 	<p>9:25 Exercise with Mark 10:30 Monk-MT 11:00 Bible Talk-TR 11:00 Scrabble-GR 1:00 Van to Elmwood 3:00 Fit Trail Walk w/ Mark-HL 3:00 Avery Actors Rehearsal-AR 4:00 Wii Bowling-MT 7:00 Movie-MT</p> 	<p>10:00 Madam Secretary-MT 10:30 Campus Tour w/ Roseanne-HL 11:00 Scrabble-GR 12:00 Van to Shady Glen 1:30 Movie-MT 1:45 Van to Tax Prep-HL 2:30 Jim Harkins-AR 7:00 Movie-MT</p> 	<p>9:25 Exercise with Mark 10:00 New Amsterdam 11:00 AHILA Comm. Comt. Meeting-HR 11:00 Word Games-TR 1:00 Van to Berlin Tpke 1:00 AHILA Birthday Comm. Mtg-HR 1:30 Movie-MT 2:30 Caregivers Support Group-HR 2:30 Chair Yoga w/ Zoya-TR 7:00 Movie-MT</p>	<p>9:00 & 12:00 Van to Stop & Shop 10:00 Suits-MT 10:30 AHILA Council Mtg-HR 1:00 Knitting Circle-HR 2:30 Blaise Tramazzo-AR 3:00 The Masters-MT 7:00 Movie-MT</p> 	<p>9:25 Exercise with Mark-AR 10:00 The Crown-MT 10:30 Cribbage-GR 2:30 Bingo-AR 3:00 The Masters-MT 4:00 Social Hour-AR 7:00 Movie-MT</p> 	<p>9:00 Current Events-MT 11:00 Golden Girls-MT 1:00 Van to Stew Leonard's-HL 2:00 Movie-MT 4:00 The Masters-MT 7:00 Movie-MT</p> 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: right;">14</p> <p>10:00 Van to St. Thomas the Apostle Church-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 2:00 Senior Seminar Series: History of Hartford-AR (Week 2 of 4) 4:30 Movie-MT 7:00 Movie-MT</p>	<p style="text-align: right;">15</p> <p>9:25 Exercise with Mark-AR 10:30 Monk-MT 11:00 Scrabble-GR 11:00 Bible Talk-TR 1:00 Van to Elmwood 3:00 Fit Trail Walk with Mark-HL 3:00 Avery Actors Rehearsal-AR 4:00 Wii Bowling-MT 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 Olive Garden-HL 1:30 Movie-MT 2:30 Bob Hennessy-AR 7:00 Movie-MT</p> 	<p style="text-align: right;">17</p> <p>9:25 Exercise with Mark 10:00 New Amsterdam 11:00 Word Games-TR 12:00 New Resident Luncheon-AR 1:00 Van to West Farms-HL 1:30 Movie-MT 2:30 Chair Yoga w/ Jill-TR 7:00 Movie-MT</p>	<p style="text-align: right;">18</p> <p>9:00 & 12:00 Van to Stop & Shop 10:00 Suits-MT 10:45 Rosary-CH 11:00 Avery Book Club-HR 1:30 Movie-MT 2:30 Brian Gillie-AR 7:00 Movie-MT</p> 	<p style="text-align: right;">19</p> <p>9:25 Exercise with Mark-AR 10:00 The Crown-MT 10:30 Cribbage-GR 1:30 Movie-MT 2:30 Bingo-AR 4:00 Social Hour-AR 7:00 Movie-MT</p> 	<p style="text-align: right;">20</p> <p>9:00 Current Events-MT 10:00 Stretch, Balance & Relaxation with Joan-AR 11:00 Golden Girls-MT 1:00 Van to Footprints Shoe Store-HL 2:00 Movie-MT 4:30 Movie-MT 7:00 Movie-MT</p> 
<p style="text-align: right;">21</p> <p>9:30 Van to Church of Christ Congregational-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 2:00 Senior Seminar Series: History of Hartford (Week 3 of 4)-AR 4:30 Movie-MT 7:00 Movie-MT</p>	<p style="text-align: right;">22</p> <p style="text-align: center;"><u><i>Earth Day</i></u></p> <p>9:25 Exercise with Mark-AR 10:30 Monk-MT 11:00 Scrabble-GR 11:00 Bible Talk-TR 1:00 Van to Elmwood 2:00 AHILA Program Committee Meeting-HR 3:00 Fit Trail Walk w/ Mark-HL 3:00 Avery Actors Rehearsal-AR 4:00 Wii Bowling-MT 7:00 Movie -MT</p>	<p style="text-align: right;">23</p> <p>10:00 Madam Secretary-MT 11:00 Scrabble-GR 12:00 Van to Pepe's Pizzeria -HL 1:30 Movie-MT 2:30 Joel Blumert-AR 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 12:00 April Birthday Luncheon 1:00 Van to Walmart-HL 1:30 Movie 2:30 Chair Yoga w/ Zoya-TR 7:00 Movie-MT</p> 	<p style="text-align: right;">25</p> <p>9:00 & 12:00 Van to Stop & Shop 10:00 Suits-MT 10:00 AHILA Annual Mtg-AR 1:00 Knitting Circle-HR 1:30 Movie-MT 2:30 Ayesha Jackson-AR 7:00 Movie-MT</p>	<p style="text-align: right;">26</p> <p>9:00 Podiatrist 9:25 Exercise with Mark-AR 10:00 The Crown-MT 10:30 (NEW!) Water Color Painting-HR 10:30 Cribbage-GR 11:00 Cottage Conversation-AR 1:30 Shabbat/Passover-TR 1:30 Movie-MT 2:30 Bingo-AR 4:00 Social Hour-AR 7:00 Movie</p>	<p style="text-align: right;">27</p> <p>9:00 Current Events-MT 11:00 Golden Girls-MT 1:00 Van to Silas Deane Hwy Shops-HL 2:00 Movie-MT 4:30 Movie-MT 7:00 Movie-MT</p> 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: right;">28</p> <p>10:00 Van to St. Thomas the Apostle Church-HL 11:00 Catholic Mass-MT 2:00 Senior Seminar Series: History of Hartford (Week 4 of 4)-AR 2:00 Movie-MT 4:30 Movie-MT 7:00 Movie-MT</p> 	<p style="text-align: right;">29</p> <p>9:25 Exercise with Mark-AR 10:30 Monk-MT 11:00 Bible Study-TR 11:00 Scrabble-GR 1:00 Van to Elmwood 3:00 Fit Trail Walk with Mark-HL 3:00 Avery Actors Rehearsal-AR 4:00 Wii Bowling-MT 7:00 Movie-MT</p>	<p style="text-align: right;">30</p> <p>10:00 Madam Secretary-MT 11:00 Scrabble-GR 12:00 Van to Effie's Place-HL 1:30 Movie-MT 2:30 Red & Yellow-AR 7:00 Movie-MT</p>	<p style="text-align: center;">The Villager Shop Is open Monday-Friday 10:00-2:00</p> 		<p style="text-align: center;">This calendar is subject to change. Please check your weekly activity schedule.</p>	

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