


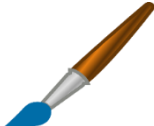











The Heights Activity Calendar

May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p style="text-align: center;">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 style="text-align: right;">1</p> <p>9:25 Exercise with Mark-AR 10:00 New Amsterdam- MT 11:00 Word Games-TR 1:30 Movie-MT 2:30 Sharon Gutterman Ph.D presents: The Pathway to Stress-Less-AR 7:00 Movie-MT</p> 	<p style="text-align: right;">2</p> <p>9:00 & 12:00 Van to Stop & Shop 9:30 AHILA Grounds Committee Meeting-HR 10:00 Suits-MT 10:45 Rosary-CH 1:30 Movie-MT 2:30 David Eberly-AR 7:00 Movie-MT</p>	<p style="text-align: right;">3</p> <p>9:25 Exercise with Mark-AR 10:00 The Crown-MT 10:30 Cribbage-GR 1:30 Movie-GR 2:30 Bingo-AR 4:00 Social Hour-AR 7:00 Movie-MT</p> 	<p style="text-align: right;">4</p> <p>9:00 Family Swim 9:00 Current Events-MT 10:00 Stretch, Balance & Relaxation with Joan-TR 11:00 Turning Point-MT 1:00 Van to Stew Leonard's 2:00 Movie-MT 4:30 Movie-MT 4:30 Kentucky Derby-HL 7:00 Movie-MT</p>
<p style="text-align: right;">5</p> <p>8:30 Van to United Methodist Church Newington-HL 9:30 Van to Church of Christ Congregational-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 4:30 Movie-MT 7:00 Movie-MT</p>	<p style="text-align: right;">6</p> <p>9:25 Exercise with Mark 10:00 Library Cmt Mtg 10:30 Parkinson's Care Giver Support Group-AR 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-HR 3:00 Avery Actors-AR 3:00 Fit Trail Walk-HL 4:00 Wii Bowling-HR 7:00 Movie-MT</p>	<p style="text-align: right;">7</p> <p>9:30 NOVA Hearing-HR 10:00 Madam Secretary-MT 11:00 Scrabble-GR 12:00 Van to Shady Glen Restaurant -HL 1:30 AHILA Food Committee Mtg-HR 1:30 Movie-MT 2:30 Catholic Mass-CH 2:30 Jeff Batter-AR 7:00 Movie-MT</p>	<p style="text-align: right;">8</p> <p>9:25 Exercise with Mark-AR 10:00 New Amsterdam-MT 11:00 Word Games-TR 11:00 AHILA Communications Comm. Meeting-HR 1:00 Van to Berlin Tpke-HL 1:00 AHILA Birthday Comm. Mtg-HR 1:30 Movie-MT 2:30 Caregivers Support Group-HR 2:30 Chair Yoga w/ Jill-TR 7:00 Movie-MT</p>	<p style="text-align: right;">9</p> <p>9:00 & 12:00 Van to Stop & Shop-HL 10:00 Suits-MT 10:30 AHILA Council Mtg-HR 1:00 Knitting Circle HR 1:30 Movie-MT 2:30 Judy Handler & Mark Levesque -AR 7:00 Movie-MT</p>	<p style="text-align: right;">10</p> <p>9:00 Podiatrist 9:25 Exercise with Mark-AR 10:30 Painting w/ Watercolors-HR 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;">11</p> <p>9:00 Current Events-MT 11:00 Turning Point-MT 1:00 Van to Silas Deane Hwy Shops-HL 2:00 Movie-MT 4:30 Movie-HL 7:00 Movie- MT</p> 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: right;">12</p> <p>10:00 Van to St. Thomas the Apostle-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 2:30 Bingo-AR 4:30 Movie-MT 7:00 Movie-MT</p> 	<p style="text-align: right;">13</p> <p>9:25 Exercise with Mark-AR 10:30 Monk-MT 11:00 Scrabble-GR 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;">14</p> <p>10:00 Madam Secretary-MT 11:00 Scrabble-GR 12:00 Van to Elaine's Restaurant-HL 1:30 Movie-MT 2:30 Jon Condie-AR 7:00 Movie-MT</p> 	<p style="text-align: right;">15</p> <p>9:25 Exercise with Mark-AR 10:00 New Amsterdam-MT 11:00 Word Games -TR 1:00 Van to West Farms Mall-HL 2:30 Chair Yoga w/ Zoya-TR 2:30 Movie-MT 7:00 Movie- MT</p> 	<p style="text-align: right;">16</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 Bill Shontz-AR 7:00 Movie-MT</p>	<p style="text-align: right;">17</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;">18</p> <p>9:00 Current Events-MT 10:00 Stretch, Balance & Relaxation with Joan-AR 11:00 Turning Point-MT 1:00 Van to Costco- HL 2:00 Movie-MT 4:30 Movie-MT 7:00 Movie -MT</p>
<p style="text-align: right;">19</p> <p>8:30 Van to United Methodist Church Newington-HL 9:30 Van to Church of Christ Congregational-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 4:30 Movie-MT 6:00 Playhouse Cabaret-AR 7:00 Movie-MT</p> 	<p style="text-align: right;">20</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 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;">21</p> <p>10:00 Madam Secretary-MT 11:00 Resident Meeting-AR 12:15 Van to Yanni's-HL 1:30 Movie-MT 2:30 Sheri Ziccardi-AR 2:30 Classical Piano Concert in the Chapel 7:00 Movie-MT</p> 	<p style="text-align: right;">22</p> <p>9:25 Exercise with Mark-AR 10:00 New Amsterdam-MT 10:30 Campus Tour w/ Roseanne-HL 11:00 Word Games-TR 11:45 May Birthday Luncheon 1:00 Van to Target-HL 1:30 Movie-MT 2:00 Senior Seminar Meeting-HR 2:30 Chair Yoga w/ Jill-TR 7:00 Movie-MT</p>	<p style="text-align: right;">23</p> <p>9:00 & 12:00 Van to Stop & Shop 10:00 Suits-MT 1:00 Knitting Circle-HR 1:30 Movie-MT 2:30 Dan Bernier-AR 7:00 Movie-MT</p> 	<p style="text-align: right;">24</p> <p>9:00 Podiatrist 9:25 Exercise with Mark-AR 10:30 Painting w/ Watercolors-HR 10:30 Cribbage-GR 1:30 Movie-MT 2:30 Bingo-AR 3:45 Memorial Day Ceremony-Patio 4:00 Social Hour-HL 7:00 Movie-MT</p>	<p style="text-align: right;">25</p> <p>9:00 Current Events-MT 11:00 Turning Point-MT 1:00 Van to National Iwo Jima Memorial-HL 2:00 Movie-MT 4:30 Movie-MT 7:00 Movie-MT</p> 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	<p><u>Please Note:</u> This calendar is subject to change.</p>
<p>10:00 Van to St. Thomas the Apostle-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 2:30 Bingo-AR 4:30 Movie-MT 7:00 Movie-MT</p> 	<p>**Memorial Day** No Transportation No Mark 10:30 Monk-MT 11:00 Scrabble-GR 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 11:00 Scrabble-GR 12:00 Olympia Diner-HL 1:30 Movie-MT 2:30 Brooks Bunny Farm-AR 7:00 Violinist Andrew Magill-AR 7:00 Movie-MT</p> 	<p>9:25 Exercise with Mark-AR 10:00 New Amsterdam-MT 11:00 Sedgewick Middle School String Orchestra-AR 1:00 Van to Trader Joe's-HL 2:30 Chair Yoga w/ Zoya-TR 2:30 Movie-MT 7:00 Movie- MT</p> 	<p>9:00 & 12:00 Van to Stop & Shop 10:00 Suits-MT 10:45 Rosary-CH 11:00 Word Games -TR 1:30 Movie-MT 2:30 Jim Sheehan-AR 7:00 Movie-MT</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> 	

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; CH=Chapel