
















THE HEIGHTS ACTIVITY



CALENDAR OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>PLEASE NOTE: The calendar is subject to change. Please check The Heights Weekly Activity Schedule.</p>		<p>1</p> <p>9:30 NOVA Hearing Clinic-HR 10:00 Madam Secretary-Finale! -MT 11:00 Scrabble-GR 12:00 Van to Olive Garden -HL 1:30-AHILA Food Cmt-TR 1:30 Movie-MT 2:30 Catholic Mass-CH 2:30 Joel Blumert-AR 7:00 Movie-MT</p>	<p>2</p> <p>9:25 Exercise with Mark – AR 10:00 New Amsterdam-MT 11:00 Word Games-TR 1:30 Movie-MT 2:30 Chair Yoga w/ Jill-TR 3:00 Picture Day-HL 7:00 Movie-MT</p> 	<p>3</p> <p>9:00 & 12:00 Van to Stop & Shop-HL 9:30 AHILA Grounds Committee Meeting-HR 10:00 Suits-MT 10:45 Praying the Rosary-CH 1:30 Movie-MT 2:30 Mark & Judy Handler 7:00 Movie-MT</p> 	<p>4</p> <p>*Mark is off today* 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>5</p> <p>9:00 Current Events-MT 10:00 Stretch & Relaxation Class w/ Joan-AR 11:00 Only Murders in the Building-MT 1:00 Van to Stew Leonard's -HL 2:00 Movie-MT 4:30 Movie-MT 7:00 Movie-MT</p>
<p>6</p> <p>10:00 Van to St. Thomas the Apostle Church-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 2:30 Resident Run Sunday Fun!-GR 4:00 Movie-MT 7:00 Movie-MT</p> 	<p>7</p> <p>*Mark is off today* 10:00 Library Cmte -L 10:30 Monk-MT 11:00 Scrabble-GR 11:00 Bible Talk-TR 1:00 Van to Elmwood-HL 2:00 Planting w/ Jeff-TR 2:00 Parkinson's Support Group-AR 3:30 Avery Actors-AR 3:00 Fit Trail Walk-HL 4:00 Wii Bowling-MT 7:00 Movie-MT</p>	<p>8</p> <p>10:00 Lincoln Lawyer-MT 10:30 Campus Tour w/ Roseanne-HL 11:00 Registrar of Voters-HR 11:00 Scrabble-GR 12:00 Van to Roger's Orchards-HL 1:30 Movie-MT 2:30 Jim Harkins-AR 7:00 Movie-MT</p>	<p>9</p> <p>9:25 Exercise with Mark – AR 10:00 New Amsterdam-MT 11:00 AHILA Comm. Cmt Mtg 11:00 Word Games-TR 1:00 Van to Berlin Tpke -HL 1:00 Birthday Comm. Mtg-HR 1:30 Movie-MT 2:30 Caregiver's Support Group Mtg-HR 4:00 Veteran's Wall Ceremony-AR 7:00 Movie-MT</p>	<p>10</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 Ruriko Wheeler-AR 7:00 Movie-MT</p> 	<p>11</p> <p>9:00 Podiatrist 9:25 Exercise w/ Mark 10:00 The Crown-MT 10:30 Oil Painting-HR 10:30 Cribbage-GR 1:00 Cornhole-AR 1:30 Movie-MT 2:30 Bingo – AR 2:30 Classical Concert-CH 4:00 Social Hour –AR 7:00 Movie-MT</p> <p>*1:30-4:00 Flu/Covid Vaccines*</p>	<p>12</p> <p>9:00 Current Events-MT 11:00 Only Murders in the Building -MT 1:00 Van to A.C. Peterson Farms Restaurant -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;">13</p> <p>9:30 Van to Church of Christ Congregational-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 2:30 Senior Seminar Series: Birds of a Feather-AR 4:00 Movie-MT 7:00 Movie-MT</p> 	<p style="text-align: right;">14</p> <p>9:25 Exercise with Mark-AR 10:30 Monk-MT 11:00 Scrabble-GR 11:00 Men's Forum-AR 1:00 Van to Elmwood-HL 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;">15</p> <p>10:00 Lincoln Lawyer-MT 11:00 Resident Meeting-AR 1:00 Van to Cedar Hill Cemetery Notables Tour-HL 1:30 Movie-MT 2:30 Tom Alvord-AR 7:00 Movie-MT</p> 	<p style="text-align: right;">16</p> <p>9:25 Exercise w/ Mark-AR 10:00 New Amsterdam-MT 11:00 Word Games-TR 12:00 New Resident Luncheon-AR 1:00 Van to West Farms Mall - HL 1:30 Movie-MT 2:30 Brooks Bunny Farm-AR 7:00 Movie-MT</p> 	<p style="text-align: right;">17</p> <p>9:00 & 12:00 Van to Stop & Shop 10:00 Suits-MT 10:45 Praying the Rosary-CH 11:00 Avery Heights Book Club-HR 1:30 Movie-MT 2:30 Brian Gillie-AR 7:00 Movie-MT</p> 	<p style="text-align: right;">18</p> <p>9:25 Exercise w/ Mark-AR 10:00 The Crown-MT 10:30 Cribbage-GR 1:00 Cornhole-AR 1:30 Movie-MT 2:30 Bingo - AR 4:00 Social Hour -AR 7:00 Movie-MT</p> 	<p style="text-align: right;">19</p> <p>9:00 Current Events-MT 10:00 Stretch & Balance w/ Joan-AR 11:00 Only Murders in the Building -MT 1:00 Van to Playhouse on Park-HL 2:00 Movie-MT 4:30 Movie-MT 7:00 Movie-MT</p>
<p style="text-align: right;">20</p> <p>10:00 Van to St. Thomas the Apostle Catholic Church-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 2:30 Senior Seminar Series: Birds of a Feather-AR 4:30 Movie-MT 7:00 Movie-MT</p> 	<p style="text-align: right;">21</p> <p>9:25 Exercise with Mark-AR 10:30 Monk-MT 11:00 Scrabble-GR 1:00 Van to Elmwood-HL 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;">22</p> <p>10:00 Lincoln Lawyer-New Season!-MT 11:00 Registrar of Voters-HR 11:00 Scrabble-GR 12:00 Van to Sally's Apizza 1:30 Movie-MT 2:30 Red & Yellow-AR 7:00 Movie-MT</p> 	<p style="text-align: right;">23</p> <p>9:25 Exercise with Mark- DR 10:00 New Amsterdam-MT 11:00 Word Games-TR 12:00 Birthday Luncheon-AR 1:00 Van to Trader Joe's-HL 1:30 Movie-MT 2:30 Chair Yoga w/ Jill-TR 7:00 Movie-MT</p> 	<p style="text-align: right;">24</p> <p>9:00 & 12:00 Van to Stop & Shop-HL 10:00 Suits-MT 1:00 Knitting Circle-HR 1:30 Movie-MT 2:30 Bob Hennessy-AR 7:00 Movie-MT</p> 	<p style="text-align: right;">25</p> <p>9:00 Podiatrist 9:25 Exercise w/ Mark 10:00 The Crown-MT 10:30 Cribbage-GR 10:30 Watercolor Painting-HR 11:00 Cottage Conversation Please-AR 1:00 Cornhole-AR 1:30 Movie-MT 1:30 Shabbat Service-TR 2:30 Bingo - AR 4:00 Social Hour -AR 7:00 Movie-MT</p> 	<p style="text-align: right;">26</p> <p>9:00 Current Events-MT 11:00 -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
27	28	29	30	31		
<p>9:30 Van to Church of Christ Congregational-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 2:30 Senior Seminar Series: Birds of a Feather-AR 4:30 Movie-MT 7:00 Movie-MT</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-HL 2:00 AHILA Program Cmt Mtg-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>10:00 Madam Secretary-MT 11:00 Scrabble-GR 12:00 Van to Salsa's 4 Taqueria-HL 1:30 Movie-MT 2:30 Ayesha Jackson-AR 7:00 Movie-MT</p> 	<p>9:25 Exercise with Mark- DR 10:00 New Amsterdam-MT 11:00 Word Games-TR 1:00 Van to -HL 1:30 Movie-MT 2:30 Roger Hart Photography-AR 7:00 Movie-MT</p> 	<p>9:00 & 12:00 Van to Stop & Shop-HL 10:00 Suits-MT 1:30 Movie-MT 2:30 The Ben & Ed Show-AR 5:00 Costume Contest-DR 7:00 Movie-MT</p> 	 <p style="text-align: center;">The Villager Gift Shop Hours</p> <p style="text-align: center;">Monday – Friday 10:00 am – 2:00 pm</p>	<p style="text-align: center; color: purple;">Tune in to TV Channel 918 in your Heights apartment for the latest updates in our community!!</p>

Key: AR=Adams Room MT=Movie Theater TR=Thompson Room HL=Heights Lobby L=Library HR=Hobby Room GR=Game Room DR=Dining Room NDR=Noble Dining Room CCR=Cottage Community Room