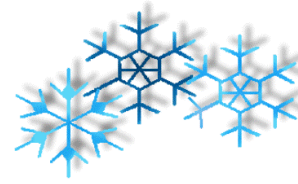
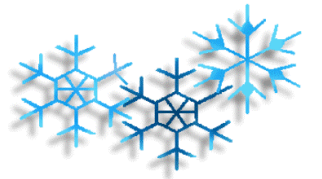





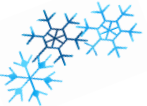





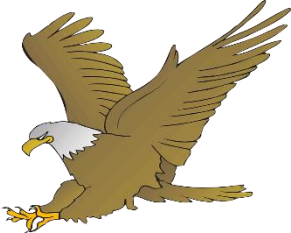






# THE HEIGHTS ACTIVITY CALENDAR



# JANUARY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>The calendar is subject to change. Please check your Weekly Activity Schedule</b></p>		<p><b>1</b></p> <p><b>*Mark is off today*</b> <b>*No Transportation Today*</b> <b>Happy New Year!!</b></p> <p>10:00 White Collar-MT 12:00 One Meal in the Dining Room-DR 2:00 UCONN Women-MT 4:30 Movie-MT 7:00 Movie-MT</p> 	<p><b>2</b></p> <p>9:00 &amp; 12:00 Van to Stop and Shop 9:30 Grounds Cmt Mtg-HR 10:00 Suits-MT 1:30 Movie-MT 2:30 The Ben &amp; Ed Show-AR 7:00 Movie-MT</p> 	<p><b>3</b></p> <p>9:00 Podiatrist 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><b>4</b></p> <p>9:00 Current Events-MT 10:00 Stretch and Balance w/ Joan-AR 11:00 Only Murders in the Building-MT 1:00 Van to Kohl's-HL 2:00 Movie-MT 4:30 Movie-MT 7:00 Movie-MT</p> 
<p><b>5</b></p> <p>9:30 Van to Church of Christ Congregational-HL 11:00 Catholic Mass-MT 1:30 UCONN Women vs Marquette-MT 4:00 Movie-MT 7:00 Movie-MT</p> 	<p><b>6</b></p> <p>9:25 Exercise with Mark 10:00 Library Cmt Mtg-L 10:30 Monk-MT 11:00 Scrabble-GR 11:00 Bible Talk-TR 1:00 Van to Newington 2:00 Planting w/ Jeff-TR 2:00 Cornhole-AR 3:00 Avery Actors-AR 3:00 Indoor Walk-HL 4:00 Wii Bowling-MT 6:30 Sing Along-HL 7:00 Movie-MT</p>	<p><b>7</b></p> <p>9:30 Nova Hearing-HR 10:00 Man on the Inside 10:30 Parkinson's Support Group Mtg-AR 11:00 Scrabble-GR 12:00 Van to A.C. Peterson's-HL 1:30 Movie-MT 1:30 AHILA Food Cmt 2:30 Catholic Mass-CH 2:30 Rob the Drummer 7:00 Movie-MT</p>	<p><b>8</b></p> <p>9:25 Exercise with Mark 10:00 White Collar-MT 11:00 Word Games-TR 11:00 AHILA Comm Mtg 1:00 Van to West Farms 1:00 Birthday Cmt Mtg 1:30 Movie-MT 2:30 Caregiver's Support Group Mtg-HR 2:30 Chair Yoga-TR 7:30 UCONN Women-MT</p>	<p><b>9</b></p> <p>9:00 &amp; 12:00 Van to Stop &amp; Shop-HL 10:00 Suits-MT 10:30 AHILA Council Mtg-HR 1:00 Knitting Circle-HR 1:30 Movie-MT 2:30 Sheri Ziccardi-AR 7:00 Movie-MT</p>	<p><b>10</b></p> <p>9:25 Exercise with Mark-AR 10:00 The Crown-MT 10:30 Oil Painting-HR 10:30 Cribbage-GR 1:30 Movie-MT 2:30 Bingo-AR 4:00 Social Hour-AR 7:00 Movie-MT</p> 	<p><b>11</b></p> <p>9:00 Current Events-MT 11:00 Only Murders in the Building-MT 1:00 Van to Stew Leonard's 2:00 Movie-MT 4:00 UCONN Women vs Georgetown-MT 7:00 Movie-MT</p> 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: right;"><b>12</b></p> <p>10:00 Van to St. Thomas the Apostle Church-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;"><b>13</b></p> <p>9:25 Exercise with Mark  10:30 Monk-MT  11:00 Scrabble-GR  1:00 Van to Newington-HL  2:00 Cornhole w/ Mark-AR  3:00 Avery Actors Rehearsal-AR  3:00 Indoor Walk w/ Mark-HL  4:00 Wii Bowling-MT  6:30 Sing Along-HL  7:00 Movie-MT</p>	<p style="text-align: right;"><b>14</b></p> <p>10:00 Man on the Inside  10:00 AHILA House Cmt  10:30 Indoor Campus Tour w/ Roseanne-HL  11:00 Scrabble-GR  12:00 Van to Primavera Pub  1:30 Movie-MT  2:30 Jeff Batter-AR  6:30 Sing Along-HL  7:00 Movie-MT</p>	<p style="text-align: right;"><b>15</b></p> <p>9:25 Exercise with Mark-AR  10:00 White Collar-MT  11:00 Word Games-TR  1:00 Van to Trader Joe's  1:30 Movie-MT  2:30 Jeff Cianciolo: Birds of Prey-AR  7:00 UCONN Women vs St. John's-MT</p> 	<p style="text-align: right;"><b>16</b></p> <p>9:00 &amp; 12:00 Van to Stop &amp; Shop  10:00 Suits-MT  11:00 Avery Book Club-HR  1:30 Movie-MT  2:30 Jose Paulo-AR  7:00 Movie-MT</p> 	<p style="text-align: right;"><b>17</b></p> <p>9:00 Podiatrist  9:25 Exercise with Mark  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;"><b>18</b></p> <p>9:00 Current Events-MT  10:00 Stretch and Balance w/ Joan-AR  11:00 Only Murders in the Building-MT  1:00 Van to TBD  2:00 Movie-MT  4:30 Movie-MT  7:00 Movie-MT</p> 
<p style="text-align: right;"><b>19</b></p> <p>9:30 Van to Church of Christ Congregational  11:00 Catholic Mass-MT  1:00 UCONN Women-MT  4:00 Movie-MT  7:00 Movie-MT</p> 	<p style="text-align: right;"><b>20</b></p> <p><b>*Martin Luther King Jr. Day*</b>  <b>No Transportation</b></p> <p>9:25 Exercise with Mark  10:30 TBD-MT  11:00 Scrabble-GR  11:00 Bible Talk-TR  12:00 One meal in the Dining Room-DR  3:00 Avery Actors-AR  3:00 Indoor Walk-HL  4:00 Wii Bowling-MT  7:00 Movie-MT</p>	<p style="text-align: right;"><b>21</b></p> <p>10:00 Man on the Inside-MT  11:00 Resident Meeting-AR  12:15 Van to Elaine's-HL  1:30 Movie-MT  2:30 Jon Condie-HL  6:30 Sing Along-HL  7:00 UCONN Men-MT</p> 	<p style="text-align: right;"><b>22</b></p> <p>9:25 Exercise with Mark  10:00 White Collar-MT  11:00 Word Games-TR  11:45 Birthday Luncheon-HL  1:00 Van to Berlin Tpke-HL  1:30 Movie-MT  2:00 Senior Seminar Cmte Meeting-HR  2:30 Chair Yoga-TR  7:00 UCONN Women-MT</p>	<p style="text-align: right;"><b>23</b></p> <p>9:00 &amp; 12:00 Van to Stop &amp; 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;"><b>24</b></p> <p>9:00 Dermatology  9:25 Exercise with Mark  10:00 The Crown-MT  10:30 Watercolor Painting -HR  10:30 Cribbage-GR  1:30 Movie-MT  2:30 Bingo-AR  4:00 Social Hour-DR  7:00 Movie-MT</p>	<p style="text-align: right;"><b>25</b></p> <p>9:00 Current Events-MT  11:00 Only Murders in the Building-MT  1:00 Van to TBD-HL  2:00 Movie-MT  5:30 UCONN Women vs Creighton-MT  7:00 Movie-MT</p>

<p style="text-align: right;"><b>26</b></p> <p>10:00 Van to St. Thomas the Apostle Church-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;"><b>27</b></p> <p><b>**Mark is off today**</b>  10:30 TBD-MT  11:00 Men's Forum-AR  11:00 Scrabble-GR  1:00 Van to Newington Center-HL  2:00 AHILA Program Cmt Mtg-HR  2:30 Movie-MT  3:00 Avery Actors Rehearsal AR  6:30 Sing Along-HL  7:00 Movie-MT</p>	<p style="text-align: right;"><b>28</b></p> <p>10:00 Man on the Inside -MT  11:00 Scrabble-GR  12:00 Van to Olive Garden - HL  1:30 Movie-MT  2:30 Painting Birdhouses-HR  6:30 Sing Along-HL  7:00 Movie-MT</p> 	<p style="text-align: right;"><b>29</b></p> <p>9:25 Exercise with Mark-AR  10:00 White Collar-MT  11:00 Word Games-TR  1:30 Movie-MT  2:30 Stephen Page-AR  7:00 UCONN Women vs DePaul-MT</p> 	<p style="text-align: right;"><b>30</b></p> <p>9:00 &amp; 12:00 Van to Stop &amp; Shop  10:00 Suits-MT  1:30 Movie-MT  2:30 Ayesha Jackson-AR  7:00 Movie-MT</p> 	<p style="text-align: right;"><b>31</b></p> <p>9:00 Podiatrist  9:25 Exercise with Mark  10:00 The Crown-MT  10:30 Cribbage-GR  11:00 Cottage Conversation Please-AR  1:30 Movie-MT  2:30 Bingo-AR  4:00 Social Hour-AR  7:00 Movie-MT</p> 	<p style="text-align: center;"><b>Don't forget to  tune in to  Channel 918 in  your Heights  apartment for all  the latest!!</b></p> 
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Key: AR=Adams Room DR=Dining Room MT=Movie Theater TR=Thompson Room HR=Hobby Room GR=Game Room L=Library  
HL=Heights Lobby NDR=Noble Dining Room CH=Chapel