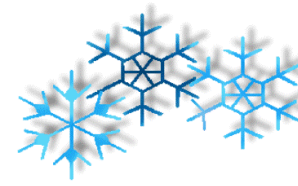
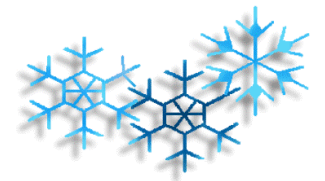




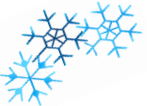





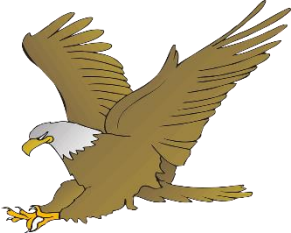






THE HEIGHTS ACTIVITY CALENDAR



JANUARY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>The calendar is subject to change. Please check your Weekly Activity Schedule</p>		<p>1</p> <p>*Mark is off today* *No Transportation Today*</p> <p>Happy New Year!!</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>2</p> <p>9:00 & 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 & Ed Show-AR 7:00 Movie-MT</p> 	<p>3</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>4</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>5</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>6</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>7</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>8</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>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 Sheri Ziccardi-AR 7:00 Movie-MT</p>	<p>10</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>11</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;">12</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;">13</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;">14</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;">15</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;">16</p> <p>9:00 & 12:00 Van to Stop & 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;">17</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;">18</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;">19</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;">20</p> <p>*Martin Luther King Jr. Day* No Transportation</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;">21</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;">22</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;">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 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;">25</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;">26</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;">27</p> <p>**Mark is off today** 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;">28</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;">29</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;">30</p> <p>9:00 & 12:00 Van to Stop & Shop 10:00 Suits-MT 1:30 Movie-MT 2:30 Ayesha Jackson-AR 7:00 Movie-MT</p> 	<p style="text-align: right;">31</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;">Don't forget to tune in to Channel 918 in your Heights apartment for all the latest!!</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