









THE HEIGHTS Activity Calendar



MARCH 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p><i>Please Note:</i> <i><u>This calendar is subject to change.</u></i> <i><u>Please check the weekly activities calendar for any changes.</u></i></p>		<p>Tune into channel 918 in your Heights apartment for the latest information in our community!</p>		<p>1</p> <p>9:00 Family Swim 9:00 Current Events 10:00 Stretch, Balance & Relaxation w/ Joan 11:00 The Queen's Gambit-MT 12:00 UCONN Men-MT 1:00 Van to Kohl's 3:00 Movie-MT 7:00 Movie-MT</p>
<p>2</p> <p>9:30 Van to Church of Christ Congregational-HL 11:00 Catholic Mass- MT 2:30 UCONN Women-MT 4:30 Movie-MT 7:00 Movie-MT</p>	<p>3</p> <p>9:25 Exercise w/Mark-AR 10:00 Library Committee Meeting- L 10:30 Firefly Lane-MT 11:00 Scrabble-GR 1:00 Van to Newington Center-HL 2:00 Cornhole w/ Mark-AR 2:00 Jeff the Plant Guy-TR 2:30 Billiards-GR 3:00 Avery Actors Rehearsal 3:00 Indoor Walk w/Mark-HL 4:00 Wii Bowling-MT 7:00 Movie-MT</p>	<p>4</p> <p>9:30 NOVA Hearing-HR 10:00 The Stranger-MT 11:00 Scrabble-GR 12:00 Van to Olive Garden-HL 1:30 AHILA Food Committee-TR 1:30 Movie-MT 2:30 Blaise Tramazzo-AR 6:30 Sing Along-HL 7:00 Movie-MT</p>	<p>5</p> <p>9:25 Exercise w/ Mark – AR 10:00 Imposition of Ashes from St. Lawrence Church-C-2 10:00 White Collar-MT 10:30 Parkinson's Care Giver Support Group-AR 11:00 Word Games-TR 1:00 Imposition of Ashes-TR 1:00 Van to Berlin Tpke-HL 1:30 Movie-MT 2:30 Chair Yoga w/ Jill-TR 7:00 Movie-MT</p>	<p>6</p> <p>9:00 & 12:00 Van to Stop & Shop 9:30 AHILA Grounds Cmt Mtg-HR 10:00 Suits-MT 1:15 Van to "Disaster" @ Conard HS-HL 1:30 Movie-MT 2:30 Red & Yellow-AR 7:00 Movie-MT</p>	<p>7</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>8</p> <p>9:00 Current Events-MT 11:00 The Queen's Gambit-MT 1:15 Van to Bushnell Tour-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;">9</p> <p><i>Daylight saving time begins</i></p> <p>10:00 Van to St. Thomas 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;">10</p> <p>9:25 Exercise with Mark-AR 10:30 Firefly Lane-MT 11:00 Scrabble-GR 1:00 Van to Newington Center-HL 2:00 Cornhole-AR 2:30 Billiards-GR 3:00 Avery Actors-AR 3:00 Indoor Walk with Mark 4:00 Wii Bowling-MT 6:30 Sing Along-HL 7:00 Movie-MT</p>	<p style="text-align: right;">11</p> <p>10:00 AHILA House Cmt Mtg-HR 10:00 The Stranger-MT 10:30 Campus Tour w/ Roseanne-HL 11:00 Scrabble-GR 12:00 Van to A.C. Peterson's-HL 1:30 Movie-MT 2:30 David Eberly-AR 6:30 Sing Along-HL 7:00 Movie-MT</p>	<p style="text-align: right;">12</p> <p>9:25 Exercise w/ Mark- AR 10:00 White Collar-MT 11:00 Word Games-TR 11:00 AHILA Communications Committee Mtg-HR 11:00 REACH-AR 1:00 AHILA Birthday Cmt Meeting-HR 1:00 Van to Walmart-HL 1:30 Movie-MT 2:30 Caregivers Support Group-HR 2:30 Roger Hart Photography: Hawaii-AR-AR 7:00 Movie-MT</p>	<p style="text-align: right;">13</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 1:30 Movie-MT 2:30 O'Brien String Trio-AR 7:00 Movie-MT</p> 	<p style="text-align: right;">14</p> <p>9:00 Podiatrist 9:25 Exercise w/ 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 style="text-align: right;">15</p> <p>9:00 Current Events-MT 10:00 Stretch & Balance w/ Joan-AR 11:00 The Queen's Gambit-MT 1:00 Van to Silas Deane Hwy 2:00 Movie-MT 4:30 Movie-MT 7:00 Movie-MT</p>
<p style="text-align: right;">16</p> <p>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;">17</p> <p><i>Happy St. Patrick's Day!!</i></p> <p>9:25 Exercise with Mark-AR 10:30 Firefly Lane-MT 11:00 Scrabble-GR 11:00 Bible Talk w/ Chaplain Tracy-TR 1:00 Van to Newington-HL 2:00 Cornhole w/ Mark-AR 2:30 Billiards-GR 3:00 Avery Actors Rehearsal 3:00 Indoor Walk with Mark 4:00 Wii Bowling-MT 7:00 Movie-MT</p>	<p style="text-align: right;">18</p> <p>10:00 The Stranger-MT 11:00 Resident Meeting-AR 12:15 Van to Yanni's 1:30 Movie-MT 2:30 Steve "The Melodist" Moran-AR 6:30 Sing Along-HL 7:00 Movie-MT</p> 	<p style="text-align: right;">19</p> <p>9:25 Exercise w/ Mark-AR 10:00 White Collar-MT 11:00 Word Games-TR 1:30 Movie-MT 2:00 Senior Seminar Series Meeting -HR 2:30 Jeff Cianciollo: Birds of Prey-AR 6:30 St. Patrick's Day Program 7:00 Movie-MT</p> 	<p style="text-align: right;">20</p> <p><i>First Day of Spring</i></p> <p>9:00 & 12:00 Van to Stop & Shop-HL 10:00 Suits-MT 11:00 Avery Book Club-HR 1:30 Movie-MT 2:30 Rob the Drummer-AR 7:00 Movie-MT</p> 	<p style="text-align: right;">21</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 style="text-align: right;">22</p> <p>9:00 Current Events-MT 11:00 The Queen's Gambit-MT 1:00 Van to Footprints-HL 2:00 Movie-MT 4:30 Movie-MT 7:00 Movie-MT</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	THURSDAY	SATURDAY
<p align="center">23</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 align="center">24</p> <p>9:25 Exercise with Mark-AR 10:30 Firefly Lane-MT 11:00 Scrabble-GR 1:00 Dermatology 1:00 Van to Newington-HL 2:00 Cornhole-AR 2:00 AHILA Program Committee Meeting-HR 2:30 Billiards-GR 3:00 Indoor Walk with Mark 3:00 Avery Actors Rehearsal 4:00 Wii Bowling-MT 7:00 Movie-MT</p> 	<p align="center">25</p> <p>10:00 The Stranger-MT 11:00 Scrabble-GR 12:00 Van to Pepe's Pizzeria-HL 1:30 Movie-MT 2:00 Picture Day-HL 2:30 Spring Craft-HR 7:00 Movie-MT</p> 	<p align="center">26</p> <p>9:25 Exercise w/ Mark-AR 10:00 White Collar-MT 11:00 Word Games-TR 11:00 Parkinson's Dance Class 11:45 Birthday Luncheon-HL 1:00 Van to West Farms Mall 1:30 Movie-MT 2:00 Senior Seminar Series Mtg 2:30 Chair Yoga-TR 7:00 Movie-MT</p> 	<p align="center">27</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 Bill Shontz-AR 7:00 Movie-MT</p> 	<p align="center">28</p> <p>9:00 Podiatrist 9:25 Exercise w/ Mark -AR 10:00 The Crown-MT 10:30 Watercolor Painting-HR 10:30 Cribbage-GR 11:00 Cottage Conversation Please-AR 1:30 Shabbat Service-TR 1:30 Movie-MT 2:30 Bingo-AR 4:00 Social Hour-AR 7:00 Movie-MT</p> 	<p align="center">29</p> <p>9:00 Current Events-MT 10:00 Stretch & Balance with Joan-AR 11:00 The Queen's Gambit-MT 1:00 Van to Playhouse on Park-HL 2:00 Movie-MT 4:30 Movie-MT 7:00 Movie-MT</p>
<p align="center">30</p> <p>9:30 Van to Church of Christ Congregational 11:00 Catholic Mass-MT 2:00 Movie-MT 2:30 Senior Seminar Series: Hartford Luminaries-AR 4:30 Movie-MT 7:00 Movie-MT</p>	<p align="center">31</p> <p>9:25 Exercise with Mark-AR 10:30 Firefly Lane-MT 11:00 Scrabble-GR 11:00 Bible Talk-TR 1:00 Van to Newington-HL 2:00 Cornhole w/ Mark-AR 2:30 Billiards-GR 3:00 Avery Actors Rehearsal 3:00 Indoor Walk with Mark 4:00 Wii Bowling-MT 7:00 Movie-MT</p>		<p align="center">The Villager Shop Hours: Monday-Friday 10:00am-2:00pm</p> 			