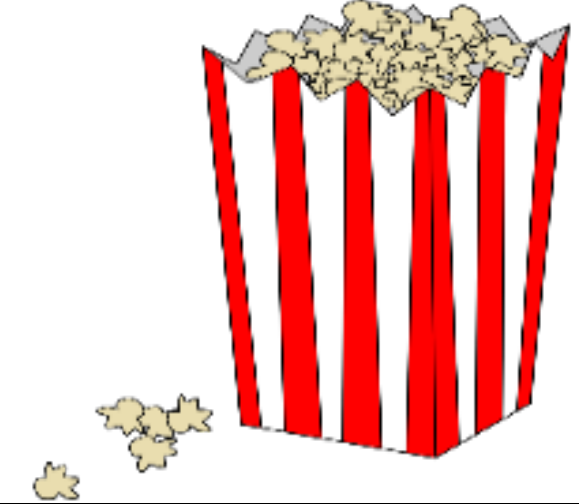
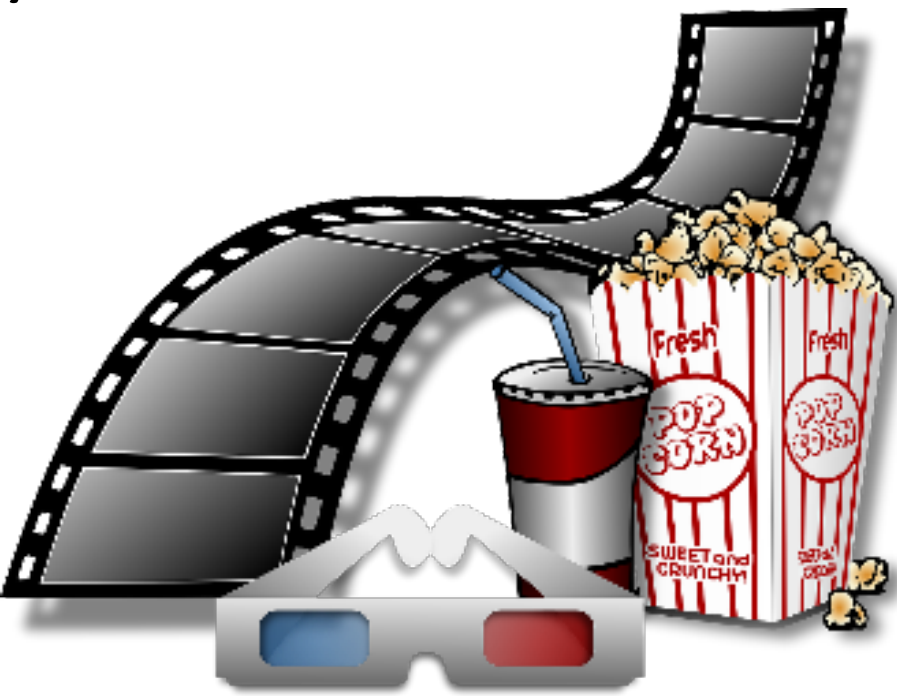


THE HEIGHTS ACTIVITY  
SEPTEMBER 2025



| SUNDAY                                                                                                                                                                                                                                                                                           | MONDAY                                                                                                                                                                                                                                                                                                                                                                             | TUESDAY                                                                                                                                                                                                                                                                                                                       | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                       | THURSDAY                                                                                                                                                                                                                                                                                                                                   | FRIDAY                                                                                                                                                                                                                                                                                                                                          | SATURDAY                                                                                                                                                                                                                                                                                                                                  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>Calendar subject to change, please see your weekly activity schedule for most up to date info.</div> <div></div>                                                                                           | <div>I<br/>LABORDAY<br/>Mark is off today<br/>No Transportation</div> <div>10:00 Grey's Anatomy-MT<br/>11:00 Scrabble-GR<br/>11:00 Rabbi Jaffee-TR<br/>12:00 *Labor Day Picnic Only meal in the DR*<br/>2:00 Movie-MT<br/>2:00 Billiards<br/>4:30 Movie-MT<br/>Movie-MT</div>                                                                                                      | <div>2</div> <div>9:30 NOVA Hearing w/ Sam-H-414<br/>10:00 NCIS-MT<br/>11:00 Scrabble-GR<br/>1:30 Movie-MT<br/>1:30 AHILA Food Cmt Meeting-HR<br/>1:30 Rock Steady Boxing-TR<br/>2:30 Bob Hennessy-AR<br/>6:30 Sing Along-HL<br/>7:00 Movie-MT</div>                                                                          | <div>3</div> <div>9:25 Exercise with Mark<br/>10:00 White Collar-MT<br/>10:30 Parkinson's Support Group Mtg-AR<br/>11:00 Word Games-TR<br/>1:30 Movie-MT<br/>1:00 Van to West Farms Mall<br/>2:00 Billiards-GR<br/>2:00 Senior Seminar Mtg-TR<br/>2:30 Make &amp; Take Craft w/ Leslie-HR<br/>7:00 Movie-MT</div>                                                                               | <div>4</div> <div>9:00 &amp; 12:00 Van to Stop &amp; Shop-HL<br/>9:30 AHILA Grounds Cmt Mtg-HR<br/>10:00 Suits-MT<br/>11:00 Alice in Wonderland Art Presentation-AR<br/>1:30 Movie-MT<br/>2:30 Red &amp; Yellow-AR<br/>7:00 Movie-MT</div>                                                                                                 | <div>5</div> <div>9:25 Exercise w/ Mark<br/>10:00 Lincoln Lawyer<br/>10:30 Cribbage-GR<br/>1:30 Movie-MT<br/>2:30 Bingo – AR<br/>4:00 Social Hour – AR<br/>7:00 Movie-MT</div> <div></div>                                                                   | <div>6</div> <div>9:00 Current Events-MT<br/>10:00 With Love, Meghan-MT<br/>10:00 Stretch &amp; Relaxation Class with Diane – AR<br/>1:00 Van to Footprints Shoe Store-HL<br/>2:00 Movie MT<br/>4:30 Movie-MT<br/>7:00 Movie-MT</div>                                                                                                     |
| <div>7</div> <div>9:30 Van to Church of Christ Congregational &amp; St. Thomas the Apostle Church-HL<br/>11:00 Catholic Mass-MT<br/>2:00 Movie-MT<br/>4:30 Movie-MT<br/>7:00 Movie-MT<br/>National Grandparents Day</div>                                                                        | <div>8</div> <div>9:25 Exercise w/ Mark-AR<br/>10:00 Library Cmt Mtg-L<br/>10:00 Grey's Anatomy-MT<br/>11:00 Bible Talk-TR<br/>11:00 Scrabble-GR<br/>1:00 Van to Newington-HL<br/>2:00 Cornhole-AR<br/>2:00 Billiards-GR<br/>3:00 Avery Actors Rehearsal<br/>3:00 Fit Trail Walk w/ Mark<br/>4:00 Wii Bowling-MT<br/>7:00 Movie-MT</div>                                           | <div>9</div> <div>10:00 NCIS-MT<br/>10:30 Campus Tour w/ Roseanne-HL<br/>10:30 AHILA House Cmt<br/>11:00 Scrabble-GR<br/>12:00 Van to Effie's-HL<br/>1:30 Movie-MT<br/>1:30 Rock Steady Boxing<br/>2:45 Afternoon Outdoor Concert: Ashly Cruz-Noble<br/>Parking Lot<br/>7:00 Movie-MT</div>                                   | <div>10</div> <div>9:25 Exercise with Mark<br/>10:00 White Collar-MT<br/>11:00 Word Games-TR<br/>11:00 AHILA Comm Cmt Mtg-HR<br/>1:00 Birthday Cmt Mtg-HR<br/>1:30 Movie-MT<br/>2:00 Billiards-GR<br/>2:30 Caregiver's Support Group Mtg-HR<br/>2:30 Chair Yoga-TR<br/>7:00 Movie-MT</div>                                                                                                      | <div>11</div> <div>Patriot Day &amp; National Day of Service &amp; Remembrance<br/>9:00 &amp; 12:00 Van to Stop &amp; Shop-HL<br/>10:00 Tai-Chi Class-AR<br/>10:00 Suits-MT<br/>10:30 AHILA Council Mtg-HR<br/>1:00 Knitting Circle-HR<br/>1:30 Movie-MT<br/>2:30 Van to Elizabeth Pk<br/>2:30 O'Brien String Trio<br/>7:00 Movie-MT</div> | <div>12</div> <div>9:00 Podiatrist<br/>9:25 Exercise w/ Mark<br/>10:00 Lincoln Lawyer<br/>10:30 Cribbage<br/>10:30 Oil Painting-HR<br/>1:30 Movie-MT<br/>1:30 Shabbat-TR<br/>2:30 Bingo – AR<br/>4:00 Social Hour – AR<br/>7:00 Movie-MT</div> <div></div> | <div>13</div> <div>9:00 Current Events<br/>10:00 With Love, Meghan-MT<br/>1:00 Van to Stew Leonard's-HL<br/>2:00 Movie-MT<br/>3:00 Resident Run Saturday Fun-GR<br/>4:30 Movie-MT<br/>7:00 Movie-MT</div> <div></div>                                |
| <div>14</div> <div>9:30 Van to Church of Christ Congregational &amp; Bethany Lutheran-HL<br/>11:00 Catholic Mass-MT<br/>2:00 Movie-MT<br/>2:30 Bingo-AR<br/>4:30 Movie-MT<br/>7:00 Movie-MT</div> <div></div>  | <div>15</div> <div>9:25 Exercise with Mark<br/>10:00 Grey's Anatomy-MT<br/>11:00 Rabbi Jaffee-TR<br/>11:00 Scrabble-GR<br/>1:00 Van to Newington<br/>2:00 Billiards-GR<br/>2:00 Cornhole-AR<br/>3:00 Avery Actors Rehearsal-AR<br/>3:00 Fit Trail Walk w/ Mark-HL<br/>4:00 Wii Bowling-MT<br/>7:00 Movie-MT</div>                                                                  | <div>16</div> <div>10:00 NCIS-MT<br/>11:00 Resident Meeting-AR<br/>1:30 Movie-MT<br/>1:30 Rock Steady Boxing-TR<br/>2:30 Blaise Tramazzo-AR<br/>6:30 Sing Along-HL<br/>7:00 Movie-MT</div> <div></div>                                     | <div>17</div> <div>9:25 Exercise with Mark<br/>10:00 White Collar-MT<br/>11:00 Word Games-TR<br/>1:00 Van to Berlin Tpke-HL<br/>1:30 Movie-MT<br/>2:00 Billiards-GR<br/>2:30 Jeff Cianciolo-Birds of Prey -AR<br/>7:00 Movie-MT</div> <div></div>                                                           | <div>18</div> <div>9:00 &amp; 12:00 Van to Stop &amp; Shop-HL<br/>10:00 Suits-MT<br/>11:00 Avery Book Club-HR<br/>1:30 Movie-MT<br/>2:30 Van to Elizabeth Park-HL<br/>2:30 Joel Blumert-AR<br/>7:00 Movie-MT</div> <div></div>                        | <div>19</div> <div>9:25 Exercise w/ Mark<br/>10:00 Lincoln Lawyer-MT<br/>10:30 Cribbage-GR<br/>1:30 Movie-MT<br/>2:30 Bingo – AR<br/>4:00 Social Hour – AR<br/>7:00 Movie-MT</div> <div></div>                                                             | <div>20</div> <div>9:00 Current Events<br/>10:00 With Love, Meghan-MT<br/>10:00 Stretch &amp; Balance w/ Diane-AR<br/>1:00 Van to Target-HL<br/>2:00 Movie MT<br/>2:30 Pastel Drawing Class-HR<br/>4:30 Movie-MT<br/>7:00 Movie-MT</div> <div></div> |
| <div>21</div> <div>9:30 Van to Church of Christ Congregational &amp; St. Thomas the Apostle Church-HL<br/>11:00 Catholic Mass-MT<br/>2:00 Movie-MT<br/>4:30 Movie-MT<br/>7:00 Movie-MT</div> <div></div>      | <div>22</div> <div>9:25 Exercise with Mark-AR<br/>10:00 Grey's Anatomy-MT<br/>11:00 Bible Talk-TR<br/>11:00 Scrabble-GR<br/>1:00 Van to Newington-HL<br/>2:00 AHILA Program Cmt Mtg-HR<br/>2:00 Billiards-GR<br/>2:00 Cornhole-AR<br/>3:00 Fit Trail Walk w/ Mark<br/>3:00 Avery Actors -AR<br/>4:00 Wii Bowling-MT<br/>7:00 Movie-MT</div>                                        | <div>23</div> <div>10:00 NCIS-MT<br/>11:00 Scrabble-GR<br/>12:00 Van to California Pizza Kitchen-HL<br/>1:30 Movie-MT<br/>1:30 Rock Steady Boxing-TR<br/>2:30 Kathleen Such-AR<br/>6:30 Sing Along-HL<br/>7:00 Movie-MT</div>                                                                                                 | <div>24</div> <div>9:25 Exercise with Mark – AR<br/>10:00 White Collar-MT<br/>11:00 Parkinson's Dance Class<br/>11:00 Word Games-TR<br/>11:45 Birthday Luncheon<br/>1:00 Van to Trader Joe's-HL<br/>1:30 Movie-MT<br/>2:00 Billiards-GR<br/>2:30 Roger Hart Photography<br/>7:00 Movie-MT</div> <div></div> | <div>25</div> <div>9:00 &amp; 12:00 Van to Stop &amp; Shop-HL<br/>10:00 Suits-MT<br/>1:00 Knitting Circle-HR<br/>1:30 Movie-MT<br/>2:30 Van to Elizabeth Park-HL<br/>2:30 Bill Shontz-AR<br/>7:00 Movie-MT</div> <div></div>                          | <div>26</div> <div>9:25 Exercise w/ Mark<br/>10:00 Lincoln Lawyer<br/>10:30 Painting w/ Watercolors-HR<br/>10:30 Cribbage-GR<br/>11:00 Cottage Conversation Please<br/>1:30 Movie-MT<br/>1:30 Shabbat-TR<br/>2:30 Bingo – AR<br/>4:00 Social Hour-AR<br/>7:00 Movie-MT</div>                                                                    | <div>27</div> <div>9:00 Current Events<br/>10:00 With Love, Meghan-MT<br/>1:00 Van to Silas Deane Hwy Shops<br/>2:00 Movie-MT<br/>4:30 Movie-MT<br/>7:00 Movie-MT</div> <div></div>                                                                  |
| <div>28</div> <div>9:30 Van to Church of Christ Congregational &amp; Bethany Lutheran-HL<br/>11:00 Catholic Mass-MT<br/>2:00 Movie-MT<br/>2:30 Bingo-AR<br/>4:30 Movie-MT<br/>7:00 Movie-MT</div> <div></div> | <div>29</div> <div>9:25 Exercise with Mark -AR<br/>10:00 Grey's Anatomy-MT<br/>11:00 Scrabble-GR<br/>1:00 Van to Newington-HL<br/>2:00 Billiards-GR<br/>2:00 Cornhole-AR<br/>3:00 Avery Actors Rehearsal<br/>3:00 Fit Trail Walk-HL<br/>4:00 Wii Bowling-MT<br/>7:00 Movie-MT</div> <div></div> | <div>30</div> <div>10:00 NCIS-MT<br/>11:00 Scrabble-GR<br/>12:00 Van to A.C. Peterson's Restaurant-HL<br/>1:30 Movie-MT<br/>1:30 Rock Steady Boxing<br/>3:00 Chair Yoga w/ Jill<br/>6:30 Sing Along-HL<br/>7:00 Movie-MT</div> <div></div> |                                                                                                                                                                                                                                                                                                                                                                                                 | <div>Check out the latest activity on Channel 918 on TV in your Heights apartment</div> <div></div>                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                           |

KEY: AR= Adams Room/ MT= Movie Theater/ DR= Dining Room/ FL= Fireside Lounge/ GR= Game Room HL= Heights Lobby/ HR= Hobby Room/ NDR= Noble Dining Room/ TR= Thompson Room/ L=Library /CH=Chapel