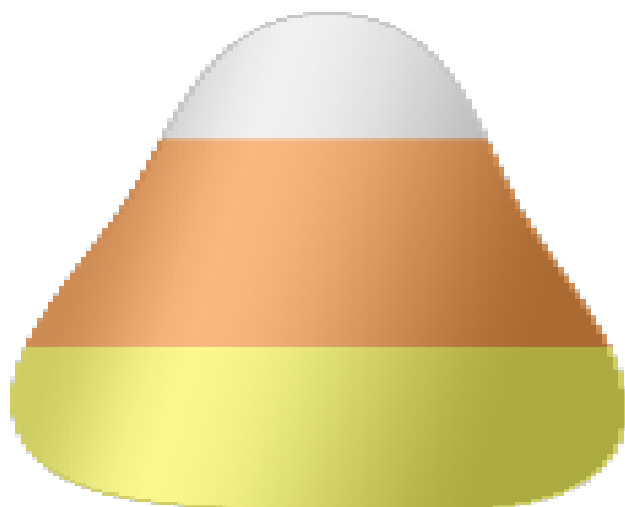


THE HEIGHTS

ACTIVITY CALENDAR

OCTOBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PLEASE NOTE: The calendar is subject to change. Please check The Heights Weekly Activity Schedule.	The Villager Gift Shop Hours Monday – Friday 10:00 am – 2:00 pm		I Yom Kippur begins at sunset 9:25 Exercise with Mark 10:00 Franklin & Bash-MT 10:30 Parkinson's Support Group Mtg-AR 11:00 Word Games-TR 1:30 Movie-MT 1:00 Van to Walmart-HL 2:00 Billiards-GR 2:30 Make & Take Craft w/ Leslie-HR 7:00 Movie-MT	2 9:30 AHILA Grounds Committee Meeting-HR 9:45 Van to Playhouse on Park-HL 10:00 Suits-MT 1:30 Movie-MT 2:30 Paul Bisaccia-AR 2:30 Van to Elizabeth Pk 7:00 Movie-MT 	3 9:00 & 12:00 Van to Stop & Shop-HL 9:25 Exercise w/ Mark 10:00 Lincoln Lawyer 10:30 Cribbage-GR 1:30 Movie-MT 2:30 Bingo – AR 4:00 Social Hour –AR 7:00 Movie-MT 	4 9:00 Family Swim 9:00 Current Events 10:00 Stretch & Relaxation Class w/ Diane-AR 10:00 With Love, Meghan-MT 1:00 Van to Playhouse on Park -HL 2:00 Movie-MT 4:30 Movie-MT 7:00 Movie-MT
5 9:30 Van to Church of Christ Congregational & St. Thomas the Apostle Church-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 2:30 Senior Seminar Series (1 of 3)-AR 4:30 Movie-MT 7:00 Movie-MT 	6 9:25 Exercise w/ Mark-AR 10:00 Library Cmt Mtg-L 10:00 Grey's Anatomy -MT 11:00 Scrabble-GR 11:00 Sukkot Holiday w/ Rabbi Jaffee-TR 1:00 Van to Newington -HL 2:00 Planting w/ Jeff-TR 2:00 Billiards-GR 2:00 Cornhole w/ Mark-AR 3:00 Fit Trail w/ Mark-HL 3:00 Avery Actors-AR 4:00 Wii Bowling-MT 7:00 Movie-MT	7 9:30 NOVA Hearing Clinic-H-414 10:00 NCIS-MT 11:00 Scrabble-GR 1:30-AHILA Food Cmt Mtg-HR 1:30 Rock Steady Boxing-TR 1:30 Movie-MT 2:30 Brian Gillie-AR 6:30 Sing Along-HL 7:00 Movie-MT	8 9:25 Exercise with Mark – AR 10:00 Franklin & Bash-MT 11:00 AHILA Comm. Cmt Mtg 11:00 Word Games-TR 1:00 Birthday Comm. Mtg-HR 1:30 Movie-MT 2:00 Billiards-GR 2:30 Caregiver's Support Group Mtg-HR 2:30 Chair Yoga w/ Jill-TR 7:00 Movie-MT	9 9:00 & 12:00 Van to Stop & Shop-HL 10:00 Suits-MT 10:30 AHILA Council Mtg 1:00 Knitting Circle-HR 1:30 Movie-MT 2:30 Vincent Rodriguez-AR 2:30 Van to Elizabeth Pk 7:00 Movie-MT 	10 9:00 Podiatrist 9:25 Exercise w/ Mark 10:00 Lincoln Lawyer-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	11 9:00 Current Events 10:00 With Love, Meghan-MT 1:00 Van to Notables Tour -HL 2:00 Movie-MT 4:30 Movie-MT 7:00 Movie-MT 
12 9:30 Van to Church of Christ Congregational & Bethany Lutheran-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 2:30 Senior Seminar Series (2 of 3)-AR 4:30 Movie-MT 7:00 Movie-MT	13 9:25 Exercise with Mark-AR 10:00 Grey's Anatomy-MT 11:00 Scrabble-GR 11:00 Bible Talk-TR 1:00 Van to Newington-HL 2:00 Billiards-GR 2:00 Cornhole w/ Mark-TR 2:30 Avery Actors Presents: 2 Plays-AR 3:00 Fit Trail Walk with Mark-HL 4:00 Wii Bowling-MT 7:00 Movie-MT	14 10:00 NCIS-MT 10:30 Campus Tour w/ Roseanne-HL 10:30 AHILA House Cmt Mtg-HR 11:00 Scrabble-GR 1:00 Van to Maple Giant Grinders-HL 1:30 Movie-MT 1:30 Rock Steady Boxing-TR 2:30 Jeff Batter-AR 7:00 Movie-MT	15 9:25 Exercise w/ Mark-AR 10:00 Franklin & Bash -MT 11:00 Parkinson's Dance Class-AR 11:00 Word Games-TR 1:00 Van to West Farms Mall 2:00 Movie-MT 7:00 Movie-MT *12:00-3:00 Flu & Covid Vaccine Clinic in the Library*	16 9:00 & 12:00 Van to Stop & Shop 10:00 Suits-MT 10:00 Tai-Chi Class-AR 11:00 Avery Heights Book Club-HR 1:30 Movie-MT 2:30 Brian Gillie-AR 2:30 Van to Elizabeth Pk 7:00 Movie-MT 	17 9:25 Exercise w/ Mark-AR 10:00 Lincoln Lawyer-MT 10:30 Cribbage-GR 1:30 Movie-MT 1:30 Shabbat-TR 2:30 Bingo – AR 4:00 Social Hour –AR 7:00 Movie-MT	18 9:00 Current Events-MT 10:00 Stretch & Balance w/ Diane-AR 10:00 With Love, Meghan -MT 1:00 Van to Kohl's -HL 2:00 Movie-MT 2:30 Pastel Drawing Class-HR 4:30 Movie-MT 7:00 Movie-MT
19 8:30 Van to Alzheimer's Walk @ Rentschler Field-HL 9:30 Van to Church of Christ Congregational & St. Thomas the Apostle Catholic Church-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 2:30 Senior Seminar Series (3 of 3)-AR 4:30 Movie-MT 7:00 Movie-MT	20 9:25 Exercise with Mark-AR 10:00 Grey's Anatomy-MT 11:00 Scrabble-GR 11:00 Rabbi Jaffee-TR 1:00 Van to Newington-HL 2:00 Cornhole w/ Mark-AR 2:00 Billiards-GR 3:00 Avery Actors Rehearsal-AR 3:00 Fit Trail Walk with Mark-HL 4:00 Wii Bowling-MT 7:00 Movie-MT	21 10:00 NCIS-MT 11:00 Resident Meeting 12:30 Van to Olive Garden-HL 1:30 Rock Steady Boxing 1:30 Movie-MT 2:30 Tom Alvord-AR 6:30 Sing Along-HL 7:00 Movie-MT	22 9:25 Exercise with Mark– AR 10:00 Franklin & Bash-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 	23 9:00 & 12:00 Van to Stop & Shop-HL 10:00 Suits-MT 1:00 Knitting Circle-HR 1:30 Movie-MT 2:30 Van to Elizabeth Park 2:30 Ruriko Wheeler-AR 7:00 Movie-MT 	24 9:00 Podiatrist 9:25 Exercise w/ Mark 10:00 The Crown-MT 10:30 Cribbage-GR 10:30 Watercolor Painting-HR 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	25 9:00 Current Events-MT 11:00 With Love, Meghan -MT 1:00 Van to Target -HL 2:00 Movie-MT 4:30 Movie-MT 7:00 Movie-MT 
26 9:30 Van to Church of Christ Congregational & Bethany Lutheran-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 4:30 Senior Seminar Series 7:00 Movie-MT 	27 9:25 Exercise with Mark-AR 10:00 Grey's Anatomy-MT 11:00 Scrabble-GR 11:00 Bible Talk-TR 1:00 Van to Newington-HL 2:00 AHILA Program Cmt Mtg-HR 2:00 Billiards-GR 2:00 Cornhole w/ Mark-TR 3:00 Fit Trail Walk with Mark-HL 4:00 Veteran's Wall Ceremony-AR 4:00 Wii Bowling-MT 7:00 Movie-MT	28 10:00 NCIS-MT 10:30 Absentee Ballot Voting-AR 11:00 Scrabble-GR 12:00 Van to Elaine's Restaurant-HL 1:30 Movie-MT 1:30 Rock Steady Boxing-TR 2:30 Al Raebuck-AR 7:00 Movie-MT	29 9:25 Exercise with Mark– AR 10:00 Franklin & Bash-MT 11:00 Word Games-TR 1:00 Van to Berlin Tpke -HL 1:30 Movie-MT 2:30 Paint your Pumpkin-HR 7:00 Movie-MT 	30 9:00 & 12:00 Van to Stop & Shop-HL 10:00 Suits-MT 1:30 Movie-MT 2:30 Rob the Drummer-AR 7:00 Movie-MT 	31 9:25 Exercise w/ Mark-AR 10:00 Lincoln Lawyer-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 	Tune in to TV Channel 918 in your Heights apartment for the latest updates in our community!!

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