

THE HEIGHTS ACTIVITY CALENDAR FEBRUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:30 Church Rotation 11:00 Catholic Mass-MT 2:00 Van to CT Symphony Orchestra 2:00 Movie-MT 2:30 Bingo-AR 4:30 Movie-MT 7:00 Movie-MT 	2 9:25 Exercise with Mark 10:00 Library Com. Mtg-L 10:00 Grey's Anatomy -MT 11:00 Scrabble-GR 11:00 Rabbi Jaffee-TR 1:00 Van to Newington Ctr 2:00 Planting w/ Jeff-TR 2:00 Cornhole-AR 2:00 Billiards-GR 3:00 Avery Actors-AR 3:00 Indoor Walk w/ Mark 4:00 Wii Bowling-MT 7:00 Movie-MT	3 9:15 Van to New Britain Museum of American Art-HL 9:30 NOVA Hearing 10:00 Emily in Paris 11:00 Setback-GR 1:00 Experiencing Poetry-HR 1:30 AHILA Food Committee Meeting 1:30 Movie-MT 2:30 Ashly Cruz-AR 6:30 Sing Along-HL 7:00 Movie-MT	4 9:25 Exercise w/ Mark-AR 10:00 White Collar-MT 10:30 Parkinson's Support Group-AR 11:00 Word Games-TR 11:00 Scrabble-GR 1:00 Van to Trader Joe's 1:30 Movie-MT 2:00 Billiards-GR 2:30 Make & Take Craft w/ Leslie-HR 7:00 Movie-MT	5 9:00 & 12:00 Van to Stop & Shop-HL 9:30 AHILA Grounds Cmt Mtg-HR 10:00 Suits-MT 11:00 Setback-GR 1:30 Movie-MT 2:30 Tom Alvord-AR 7:00 Movie-MT 	6 9:25 Exercise with Mark-AR 10:00 The West Wing 10:30 Cribbage-GR 1:30 Movie-MT 2:30 Bingo-AR 4:00 Social Hour-AR 7:00 Movie 	7 9:00 Current Events-MT 10:00 Stretch & Balance w/ Diane-AR 10:00 Antique's Road Show-MT 12:00 UConn Women Basketball-MT 1:00 Van to Target-HL 2:30 Movie-MT 3:00 Resident Run Saturday Fun! -GR 4:30 Movie-MT 7:00 Movie-MT
8 9:30 Church Rotation 11:00 Catholic Mass-MT 2:00 Movie-MT 2:30 The Marianettes-AR 6:00 Superbowl-MT 	9 9:25 Exercise with Mark-AR 10:00 Grey's Anatomy -MT 11:00 Scrabble-GR 1:00 Van to Newington Ctr 2:00 Cornhole-AR 2:00 Billiards-GR 3:00 Avery Actors Rehearsal 3:00 Indoor Walk w/ Mark 4:00 Wii Bowling-MT 7:00 Movie-MT	10 10:00 Emily in Paris 10:00 AHILA House 10:30 Campus Tour 11:00 Setback-GR 1:00 Experiencing Poetry-HR 1:30 Movie-MT 1:30 Boxing-TR 2:30 Vincent Rodriguez-AR 7:00 Movie-MT	11 9:25 Exercise w/ Mark-AR 10:00 White Collar-MT 11:00 Scrabble-GR 11:00 Word Games-TR 11:00 AHILA Comm Cmt Mtg 1:00 AHILA Birthday Cmt Mtg 1:30 Movie-MT 2:30 Caregiver's Support Group-HR 2:30 Chair Yoga w/ Jill-TR 7:00 Movie-MT	12 9:00 & 12:00 Van to Stop & Shop-HL 10:00 Tai-Chi-AR 10:00 Suits-MT 10:30 AHILA Council Mtg-HR 11:00 Setback-GR 1:00 Knitting Circle 1:30 Movie-MT 2:30 Southside Strummers-AR 7:00 Movie-MT	13 9:00 Podiatrist 9:25 Exercise with Mark 10:00 The West Wing 10:30 Cribbage-GR 10:30 Oil Painting-HR 1:30 Movie-MT 2:30 Bingo-AR 4:00 Valentine's Dance Social Hour-AR 7:00 Movie-MT 	14 Happy Valentine's Day! 9:00 Current Events-MT 10:00 Antique's Road Show 1:00 Van to Stew Leonard's-HL 1:00 UCONN Women-MT 2:30 Your Genealogy-HR 4:00 Movie-MT 7:00 Movie-MT 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15 9:30 Church Rotation-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 2:30 Bingo-AR 4:30 Movie-MT 7:00 Movie-MT 	16 Presidents' Day No Van Transportation 9:25 Exercise with Mark-AR 10:00 Grey's Anatomy-MT 11:00 Scrabble-GR 11:00 Rabbi Jaffee-TR 12:00 *One Meal in the Dining Room* 2:00 Cornhole w/ Mark-AR 2:00 Billiards-GR 3:00 Avery Actors Rehearsal 3:00 Indoor Walk w/ Mark 4:00 Wii Bowling-MT 7:00 Movie-MT	17 10:00 Emily in Paris-MT 11:00 Resident Meeting 1:00 Experiencing Poetry-HR 1:30 Movie-MT 2:30 Judy Handler & Mark Levesque-AR 6:30 Sing Along-HL 7:00 Movie-MT 	18 Ash Wednesday 9:25 Exercise w/ Mark-AR 10:00 White Collar-MT 11:00 Catholic Mass & Distribution of Ashes-CH 11:00 Word Games-TR 11:00 Scrabble-GR 11:00 Dance for PD-AR 1:00 Van to West Farms Mall 1:30 Movie-MT 2:00 Ecumenical Service & Distribution of Ashes-C2 2:30 Healing Bowls with Marie Menut-AR 7:00 Movie-MT	19 9:00 & 12:00 Van to Stop & Shop-HL 10:00 Suits-MT 11:00 Setback-GR 11:00 Book Club-HR 1:30 Movie-MT 2:30 Jeff Batter-AR 7:00 Movie-MT 	20 9:25 Exercise with Mark 10:00 The West Wing-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 	21 9:00 Current Events-MT 10:00 Stretch & Balance w/ Diane-AR 10:00 Antique's Road Show-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 
22 9:30 Church Rotation-HL 11:00 Catholic Mass-MT 12:00 UCONN Women-MT 3:00 Resident Run Sunday Fun! 4:00 Movie-MT 7:00 Movie-MT 	23 9:25 Exercise with Mark-AR 10:00 Grey's Anatomy-MT 11:00 Scrabble-GR 1:00 Van to Newington-HL 2:00 Cornhole w/ Mark-AR 2:00 AHILA Program Cmt Mtg-HR 2:00 Billiards-GR 3:00 Avery Actors Rehearsal 3:00 Indoor Walk w/ Mark 4:00 Wii Bowling-MT 7:00 Movie-MT	24 10:00 Emily in Paris-MT 11:00 Setback-GR 12:00 Van to Capital Grill-HL 1:00 Experiencing Poetry-HR 1:30 Movie-MT 1:30 Rock Steady Boxing-TR 2:30 Jim Harkins-AR 6:30 Sing-Along-HL 7:00 Movie-MT	25 9:25 Exercise w/ Mark-AR 10:00 White Collar-MT 11:00 Word Games-TR 11:00 Scrabble-GR 11:45 Birthday Luncheon-DR 1:00 Van to Berlin Tpke-HL 1:30 Movie-MT 2:00 Senior Seminar Series Cmt Mtg-HR 2:30 Chair Yoga w/ Jill-TR 7:00 Movie-MT	26 9:00 & 12:00 Van to Stop & Shop 10:00 Suits-MT 11:00 Setback-GR 1:00 Knitting Circle 1:30 Movie-MT 2:30 Ryan Mitten-AR 7:00 Movie-MT 	27 9:25 Exercise with Mark 10:00 The West Wing-MT 10:30 Cribbage-GR 10:30 Watercolor Painting-HR 11:00 Cottage Conversation, Please-AR 1:30 Movie-MT 2:30 Bingo-AR 4:00 Social Hour-AR 7:00 Movie-MT	28 9:00 Current Events-MT 10:00 Antique's Road Show-MT 1:00 Van to Target-HL 2:00 Movie-MT 2:30 Your Genealogy-HR 4:30 Movie-MT 7:00 Movie-MT 

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