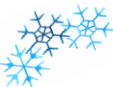
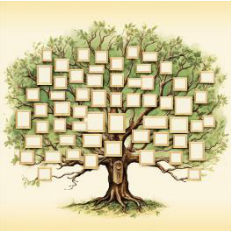


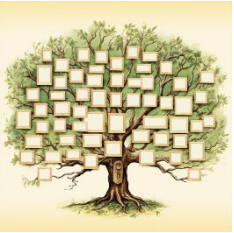
THE HEIGHTSACTIVITY CALENDAR

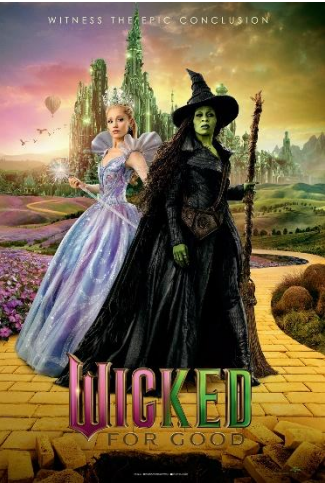
JANUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	The calendar is subject to change. Please check your Weekly Activity Schedule			1 *Mark is off today* *No Transportation Today* Happy New Year!! 10:00 Suits-MT 11:00 Setback-GR 12:00 One Meal in the Dining Room 2:00 Movie-MT 4:30 Movie 7:00 Movie-MT	2 9:00 Podiatrist 9:25 Exercisewith Mark-AR 10:00 NCIS-MT 10:30 Cribbage-GR 1:30 Movie-MT 2:30 Bingo-AR 4:00 Social Hour-AR 7:00 Movie-MT 	3 9:00 Current Events-MT 10:00 Stretch, Balance, & Relaxation w/ Diane-AR 10:00 Antiques Road Show 12:00 Uconn Women vs Seton Hall-MT 1:00 Van to Foot Prints Shoe Store-HL 3:00 Movie-MT 7:00 Movie-MT 
4 9:00 Church Rotation Begins-HL 11:00 Catholic Mass 2:00 Movie-MT 3:00 Resident Run Sunday Fun!-GR 4:30 Movie-MT 7:00 Movie-MT 	5 9:25 Exercisewith Mark 10:00 Library Cmt Mtg-L 10:00 Grey's Anatomy-MT 11:00 Scrabble-GR 11:00 Rabbi Jaffee-TR 1:00 Van to Newington 2:00 Planting w/ Jeff-TR 2:00 Cornhole-AR 2:00 Billiards-GR 3:00 Avery Actors-AR 3:00 Indoor Walk-HL 4:00 Wii Bowling-MT 7:00 Movie-MT	6 9:30 Nova Hearing H-402 10:00 Emily in Paris-MT 11:00 Setback-GR 1:00 Experiencing Poetry-HR 1:30 Movie-MT 1:30 AHILA Food Cmt-HR 2:30 Red & Yellow-AR 6:30 Sing Along-HL 7:00 Movie-MT	7 9:25 Exercisewith Mark 10:00 White Collar-MT 11:00 Word Games-TR 11:00 Scrabble-GR 11:00 Dance for PD-AR 1:00 Van to West Farms 1:30 Movie-MT 2:00 Billiards-GR 2:30 Make & Take Craft w/ Leslie-HR 7:00 Movie-MT	8 9:00 & 12:00 Van to Stop & Shop-HL 9:30 AHILA Grounds Cmt Mtg-HR 10:00 Suits-MT 10:00 Tai-Chi Class-AR 10:30 AHILA Council Mtg- HR 11:00 Setback-GR 1:00 Knitting Circle-HR 1:30 Movie-MT 2:30 The Ben & Ed Show-AR 7:00 Movie-MT	9 9:25 Exercisewith Mark-AR 10:00 NCIS-MT 10:30 Oil Painting-HR 10:30 Cribbage-GR 1:30 Shabbat-TR 1:30 Movie-MT 2:30 Bingo-AR 4:00 Social Hour-AR 7:00 Movie-MT 	10 9:00 Current Events-MT 10:00 Antiques 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 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11 9:00 Church Rotation Begins-HL 11:00 Catholic Mass-MT 2:00 UConn Women-AR 2:00 Movie-MT 4:30 Movie-MT 7:00 Movie-MT 	12 9:25 Exercisewith Mark 10:00 Grey's Anatomy-MT 10:30 Parkinson's Support Group-AR 11:00 Scrabble-GR 1:00 Van to Newington 2:00 Cornhole w/ Mark 2:00 Billiards-GR 3:00 Avery Actors-AR 3:00 Indoor Walk w/ Mark-HL 4:00 Wii Bowling-MT 6:30 Sing Along-HL 7:00 Movie-MT	13 10:00 Emily in Paris-MT 10:00 AHILA House Cmt Mtg-HR 10:30 Indoor Campus Tour w/ Roseanne-HL 11:00 Setback-GR 12:00 Van to Primavera Pub-HL 1:00 Experiencing Poetry-HR 1:30 Rock Steady Boxing-TR 1:30 Movie-MT 2:30 Jim Sheehan-AR 7:00 Movie-MT	14 9:25 Exercisewith Mark-AR 10:00 White Collar-MT 11:00 Scrabble-GR 11:00 Word Games-TR 11:00 AHILA Communication Cmt Mtg-HR 1:00 Birthday Cmt Mtg-HR 1:30 Movie-MT 2:30 Caregiver Support Group-HR 2:30 Chair Yoga-TR 7:00 Movie-MT 	15 9:00 & 12:00 Van to Stop & Shop-HL 10:00 Suits-MT 11:00 Avery Book Club-HR 11:00 Setback-GR 1:30 Movie-MT 2:30 Bill Shontz-AR 7:00 Movie-MT 	16 9:00 Podiatrist 9:25 Exercisewith Mark 10:00 NCIS-MT 10:30 Cribbage-GR 1:30 Movie-MT 2:30 Bingo-AR 4:00 Social Hour-AR 7:00 Movie-MT 	17 9:00 Current Events-MT 10:00 Stretch and Balance w/ Diane-AR 10:00 Antiques Road Show-MT 1:00 Van to Stew Leonard's-HL 2:00 Movie-MT 2:30 Pastel Drawing Class 4:30 Movie-MT 7:00 Movie-MT
18 9:00 Church Rotation Begins-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 3:00 Resident Run Sunday Fun!-GR 4:30 Movie-MT 7:00 Movie-MT 	19 *Martin Luther King Jr. Day* No Transportation 9:25 Exercisewith Mark 10:00 Grey's Anatomy-MT 11:00 Scrabble-GR 12:00 One meal in the Dining Room-DR 2:00 Billiards-GR 3:00 Avery Actors-AR 3:00 Indoor Walk-HL 4:00 Wii Bowling-MT 7:00 Movie-MT	20 10:00 Emily in Paris-MT 11:00 Resident Meeting-AR 1:00 Experiencing Poetry-HR 1:30 Movie-MT 2:30 Sheri Ziccardi-HL 6:30 Sing Along-HL 7:00 Movie-MT 	21 9:25 Exercisewith Mark 10:00 White Collar-MT 11:00 Word Games-TR 11:00 Scrabble-GR 1:00 Van to Berlin Tpke-HL 1:30 Movie-MT 4:00 Veteran's Wall Reception Ceremony-AR 7:00 Movie-MT 	22 9:00 & 12:00 Van to Stop & Shop 10:00 Suits-MT 11:00 Setback-GR 1:00 Knitting Circle-HR 1:30 Movie-MT 2:30 Jon Condie-AR 7:00 Movie-MT 	23 9:25 Exercisewith Mark 10:00 NCIS-MT 10:30 Watercolor Painting -HR 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 	24 9:00 Current Events-MT 10:00 Antiques Road Show-MT 1:00 Van to Kohl's-HL 2:00 Movie-MT 2:30 Your Genealogy-HR 4:30 Movie-MT 7:00 Movie-MT 
25 9:00 Church Rotation Begins-HL 11:00 Catholic Mass-MT 12:15 Van to Wicked for Good @ Cinestudio-HL 2:00 Movie-MT 2:30 Bingo-AR 4:30 Movie-MT 7:00 Movie-MT 	26 9:25 Exercisewith Mark 10:00 Grey's Anatomy-MT 11:00 Scrabble-GR 11:00 Rabbi Jaffee-TR 1:00 Van to Newington 2:00 Cornhole w/ Mark 2:00 Billiards-GR 2:00 AHILA Program Cmt Mtg-HR 3:00 Avery Actors-AR 3:00 Indoor Walk w/ Mark-HL 4:00 Wii Bowling-MT 6:30 Sing Along-HL 7:00 Movie-MT 	27 10:00 Emily in Paris-MT 11:00 Setback-GR 12:00 Van to Franklin Giant Grinders -HL 1:30 Rock Steady Boxing-TR 1:30 Movie-MT 2:30 Al Raebuck-AR 6:30 Sing Along-HL 7:00 Movie-MT 	28 9:25 Exercisewith Mark-AR 10:00 White Collar-MT 11:00 Word Games-TR 11:00 Scrabble-GR 11:45 Birthday Luncheon-HL 1:00 Van to Walmart-HL 1:30 Movie-MT 2:00 Senior Seminar Series Cmt Meeting-HR 2:30 Chair Yoga-TR 7:00 Movie-MT 	29 9:30 Van to Playhouse on Park-HL 10:00 Suits-MT 11:00 Setback-GR 1:00 & 3:00 Van to Stop & Shop-HL 1:30 Movie-MT 2:30 Ruriko Wheeler-AR 7:00 Movie-MT 	30 9:00 Podiatrist 9:25 Exercisewith Mark 10:00 NCIS-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 	31 9:00 Current Events-MT 10:00 Antiques Road Show-MT 1:00 Van to Playhouse on Park-HL 2:00 Movie-MT 3:00 Resident Run Saturday Fun!-GR 4:30 Movie-MT 7:00 Movie-MT 

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

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9:00 Church Rotation Begins-HL 11:00 Catholic Mass-MT 12:15 Van to Wicked for Good @ Cinestudio-HL 2:00 Movie-MT 2:30 Bingo-AR 4:30 Movie-MT 7:00 Movie-MT 	9:25 Exercisewith Mark 10:00 Grey's Anatomy-MT 11:00 Scrabble-GR 11:00 Rabbi Jaffee-TR 1:00 Van to Newington 2:00 Cornhole w/ Mark 2:00 Billiards-GR 2:00 AHILA Program Cmt Mtg-HR 3:00 Avery Actors-AR 3:00 Indoor Walk w/ Mark-HL 4:00 Wii Bowling-MT 6:30 Sing Along-HL 7:00 Movie-MT 	10:00 Emily in Paris-MT 11:00 Setback-GR 12:00 Van to Franklin Giant Grinders -HL 1:30 Rock Steady Boxing-TR 1:30 Movie-MT 2:30 Al Raebuck-AR 6:30 Sing Along-HL 7:00 Movie-MT 	9:25 Exercisewith Mark-AR 10:00 White Collar-MT 11:00 Word Games-TR 11:00 Scrabble-GR 11:45 Birthday Luncheon-HL 1:00 Van to Walmart-HL 1:30 Movie-MT 2:00 Senior Seminar Series Cmt Meeting-HR 2:30 Chair Yoga-TR 7:00 Movie-MT 	9:30 Van to Playhouse on Park-HL 10:00 Suits-MT 11:00 Setback-GR 1:00 & 3:00 Van to Stop & Shop-HL 1:30 Movie-MT 2:30 Ruriko Wheeler-AR 7:00 Movie-MT 	9:00 Podiatrist 9:25 Exercisewith Mark 10:00 NCIS-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 	9:00 Current Events-MT 10:00 Antiques Road Show-MT 1:00 Van to Playhouse on Park-HL 2:00 Movie-MT 3:00 Resident Run Saturday Fun!-GR 4:30 Movie-MT 7:00 Movie-MT 

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