The Heights Activity Calendar

May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Don't forget to check the Bulletin Board for special events and outing sign-ups and tune in to channel 918 in your Heights apartment for the latest Heights Happenings!		**<u>Please Note:</u> This calendar is subject to change.**		**1** **9:00** Van to Big Y & Crown Market-HL **9:25** Exercise with Mark-DR **10:00** The West Wing-MT **10:30** Cribbage-GR **1:00** Shabbat-HR **1:30** Movie-MT **2:30** Bingo-DR **7:00** Movie-MT	**2** **9:30** Reform Shabbat Service-MT **1:00** Van to Elizabeth Park **2:00** Movie-MT **3:00** Resident Run Saturday Fun-GR **4:30** Movie-MT **7:00** Movie-MT
3 **9:30** Van to Church of Christ & Asylum Hill Congregational-HL **11:00** Catholic Mass-MT **2:00** Mahjong-GR **2:00** Movie-MT **4:30** Movie-MT **7:00** Movie-MT	**4** **9:25** Exercise with Mark **10:00** Library Cmt Mtg-L **10:00** Grey's Anatomy-MT **11:00** Scrabble-GR **11:00** Rabbi Jaffee-HR **1:00** Van to Newington Center-HL **2:00** Jeff the Plant Guy-HR **2:00** Wii Bowling-MT **2:00** Billiards-GR **7:00** Movie-MT	**5** **9:30** NOVA Hearing-402 **10:00** Lincoln Lawyer **11:00** Setback-GR **1:30** AHILA Food Committee Mtg-HR **1:30** Movie-MT **2:30** Judy Handler & Mark Levesque-DR **7:00** Movie-MT	**6** **9:25** Exercise with Mark-DR **10:00** White Collar-MT **10:30** Parkinson's Support Group-HR **11:00** Word Games-MT **1:00** Mahjong-GR **1:30** Movie-MT **2:00** Billiards-GR **2:30** Craft w/ Leslie-HR **7:00** Movie-MT	**7** **9:00 & 12:00** Van to Stop & Shop **9:30** AHILA Grounds Committee Meeting **10:00** Suits-MT **11:00** Setback-GR **1:30** Movie-MT **2:30** Bill Shontz-AR **7:00** Movie-MT	**8** **9:00** Van to Big Y & Crown Market-HL **9:00** Podiatrist **9:25** Exercise with Mark-DR **10:00** The West Wing-MT **10:30** Cribbage-GR **1:00** Shabbat-HR **1:30** Movie-MT **2:30** Bingo-DR **7:00** Movie-MT	**9** **9:30** Reform Shabbat Service **1:00** Van to Kohl's-HL **2:00** Movie-MT **3:00** Resident Run Saturday Fun-GR **4:30** Movie-HL **7:00** Movie- MT

SUNDAY	MONDAY	TUESDAY	WEDNESDA	THURSDA	FRIDAY	SATURDAY
10 **10:00** Van to Bethany Lutheran Church-HL **11:00** Catholic Mass-MT **2:00** Movie-MT **2:00** Mahjong-GR **4:30** Movie-MT **7:00** Movie-MT 	**11** **9:25** Exercise with Mark **10:00** Grey's Anatomy **11:00** Scrabble-GR **1:00** Van to Newington Center-HL **2:00** Wii Bowling-MT **2:00** Billiards-GR **7:00** Movie-MT 	**12** **10:00** Lincoln Lawyer-MT **10:30** AHILA House Cmt Mtg **10:30** Campus Tour w/ Roseanne-HL **11:00** Setback-GR **1:30** Movie-MT **1:30** Rock Steady Boxing-TR **2:30** Red & Yellow **7:00** Movie-MT	**13** **9:25** Exercise with Mark **10:00** White Collar-MT **11:00** Word Games **11:00** AHILA Comm. Cmt. Mtg-HR **1:00** Van to Walmart **1:00** AHILA Birthday Cmt Mtg-HR **1:00** Mahjong-GR **1:30** Movie-MT **2:30** Caregiver's Support Group-HR **2:30** Chair Yoga w/ Jill **7:00** Movie- MT	**14** **9:00 & 12:00** Van to Stop & Shop-HL **10:00** Tai Chi-DR **10:00** Suits-MT **10:30** AHILA Council Mtg-HR **11:00** Setback-GR **1:00** Knitting Circle **1:30** Movie-MT **2:30** Ryan Mitten **7:00** Movie-MT	**15** **9:00** Van to Big Y & Crown Market-HL **9:25** Exercise with Mark **10:00** The West Wing **10:30** Cribbage-GR **1:00** Shabbat-HR **1:30** Movie-MT **2:30** Bingo-DR **7:00** Movie-MT 	**16** **9:30** Reform Shabbat Service **10:00** Stretch, Balance, & Relaxation Class-AR **1:00** Van to Stew Leonard's-HL **2:00** Movie-MT **2:30** Pastel Drawing Class-HR **4:30** Movie-MT **7:00** Movie -MT
17 **9:30** Van to Church of Christ & Asylum Hill Congregational-HL **11:00** Catholic Mass-MT **2:00** Mahjong-GR **2:00** Movie-MT **4:30** Movie-MT **7:00** Movie-MT	**18** **9:25** Exercise with Mark **10:00** Grey's Anatomy **11:00** Rabbi Jaffee-HR **11:00** Scrabble-GR **1:00** Van to Newington **2:00** Wii Bowling-MT **2:00** Billiards-GR **2:00** AHILA Program Comm. Meeting-HR **7:00** Movie-MT	**19** **10:00** Lincoln Lawyer-MT **11:00** Monthly Resident Meeting-AR **12:15** Van to Sally & Bob's -HL **1:30** Movie-MT **2:30** Brian Gillie **7:00** Movie-MT	**20** **9:25** Exercise with Mark **10:00** White Collar **11:00** Word Games-TR **1:00** Van to Trader Joe's-HL **1:00** Mahjong-GR **1:30** Movie-MT **2:30** Healing Bowls with Marie Menut-HR **7:00** Movie-MT	**21** **9:00 & 12:00** Van to Stop & Shop **10:00** Suits-MT **11:00** Setback-GR **11:00** Avery Book Club-HR **1:30** Movie-MT **2:30** Ben & Ed Show-AR **7:00** Movie-MT	**22** **9:00** Van to Big Y & Crown Market-HL **9:00** Podiatrist **9:25** Exercise with Mark **10:30** Cribbage-GR **1:30** Movie-MT **1:00** Shabbat-TR **2:30** Bingo-TBD **3:45** Memorial Day Ceremony-Patio **7:00** Movie-MT	**23** **9:30** Reform Shabbat Service **1:00** Van to Target-HL **2:00** Movie-MT **3:00** Resident Run Saturday Fun-GR **4:30** Movie-HL **7:00** Movie- MT

SUNDAY	MONDAY	TUESDAY	WEDNESDA	THURSDA	FRIDAY	SATURDAY
24 **10:00** Van to Bethany Lutheran **11:00** Catholic Mass-MT **2:00** Mahjong-GR **2:00** Movie-MT **4:30** Movie-MT **7:00** Movie-MT **31** **9:30** Van to Church of Christ & Asylum Hill Congregational-HL **11:00** Catholic Mass-MT **2:00** Mahjong-GR **2:00** Movie-MT **4:30** Movie-MT **7:00** Movie-MT 	**25** ****Memorial Day**** **No Transportation Mark is off today** **One Meal In The Dining Room** **10:00** Grey's Anatomy **11:00** Scrabble-GR **12:00** Picnic Style Meal-DR **(No dinner service)** **2:00** Movie-MT **2:00** Billiards-GR **7:00** Movie- MT 	**26** **10:00** Lincoln Lawyer-MT **11:00** Bill's Lemonade Stand **11:00** Setback-GR **12:00** Van to Olive Garden-HL **1:30** Movie-MT **1:30** Rock Steady Boxing-TR **2:30** Sheri Ziccardi **7:00** Shavuot-HR **7:00** Movie-MT	**27** **9:25** Exercise with Mark **10:00** White Collar **11:00 Word Games-TR** **12:00 May Birthday Luncheon-DR** **1:00** Van to Berlin Tpke-HL **1:00** Mahjong-GR **1:30** Movie-MT **2:00** Senior Seminar Meeting-HR **2:30** Chair Yoga w/ Jill-TR **7:00** Movie- MT	**28** **9:00 & 12:00** Van to Stop & Shop-HL **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 	**29** **9:00** Van to Big Y & Crown Market-HL **9:25** Exercise with Mark **10:00** The West Wing **10:30** Cribbage-GR **1:00** Shabbat-HR **1:30** Movie-MT **2:30** Bingo-AR **4:00** Social Hour **7:00** Movie-MT 	**30** **9:30** Reform Shabbat Service **1:00** Van to Footprints Shoe Store -HL **2:00** Movie-MT **3:00** Resident Run Saturday Fun-GR **4:30** Movie-MT **7:00** Movie-MT

KEY: AR= Adams Room; HR= Hobby Room; MT= Movie Theater; DR=Dining Room; GR=Game Room; TR= Thompson Room; HL=Heights Lobby; CH=Chapel