

















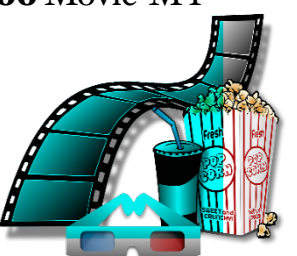










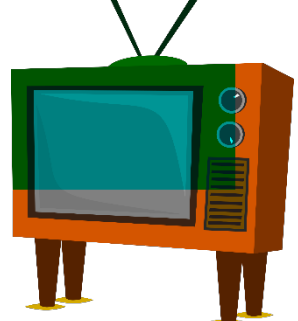


# THE HEIGHTS ACTIVITY CALENDAR

## JUNE 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>This calendar is subject to change. Please see your weekly activity packet for the most up to date activities and events!</b></p> 	<p><b>I</b></p> <p>9:25 Exercise with Mark 10:00 Library Cmt. Mtg-L 10:00 Grey's Anatomy-MT 10:30 Parkinson's Support Group Meeting-AR 11:00 Scrabble-GR 11:00 Rabbi Jaffee-HR 1:00 Van to Newington 2:00 Jeff the Plant Guy-HR 2:00 Cornhole w/ Mark-AR 2:00 Billiards-GR 3:00 Avery Actors-AR 3:00 Fit Trail Walk w/ Mark-HL 4:00 Wii Bowling-MT</p>	<p><b>2</b></p> <p>9:30 NOVA Hearing-PDR 10:00 The Closer-MT 11:00 Setback-GR 1:30 AHILA Food Comm. Mtg-HR 1:30 Movie-MT 2:30 Blaise Tramazzo-AR 7:00 Movie-MT</p> 	<p><b>3</b></p> <p>9:25 Exercise with Mark-AR 10:00 White Collar- MT 11:00 Sedgwick MS String Orchestra-AR 1:00 Van to West Farms Mall-HL 1:00 Mahjong-GR 1:30 Movie-MT 2:00 Billiards-GR 2:30 Make &amp; Take Craft w/ Leslie-HR 3:00 New Resident Photos 7:00 Movie-MT</p> 	<p><b>4</b></p> <p>9:00 &amp; 12:00 Van to Stop &amp; Shop-HL 9:30 AHILA Grounds Committee Meeting-HR 10:00 Suits-MT 11:00 Setback-GR 11:00 Word Games-TR 1:30 Movie-MT 2:30 Steve Moran-AR 7:00 Movie-MT</p> 	<p><b>5</b></p> <p>9:00 Podiatrist 9:25 Exercise w/ Mark 10:00 The West Wing 10:30 Coloring Corner 10:30 Cribbage-GR 1:00 Shabbat-HR 1:30 Movie-MT 2:30 Bingo-AR 4:00 Social Hour-AR 7:00 Movie-MT</p> 	<p><b>6</b></p> <p>9:30 Reform Shabbat Service-MT 10:00 Stretch &amp; Balance w/ Diane-AR 1:00 Van to Kohl's-HL 2:00 Movie-MT 3:00 Yiddish Language Class-HR 3:00 Resident Run Saturday Fun!-GR 4:30 Movie-MT 7:00 Movie-MT</p>
<p><b>7</b></p> <p>10:00 Van to Bethany Lutheran &amp; Emmanuel Baptist-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 2:00 Van to CT Symphony Orchestra-HL 2:00 Mahjong-GR 4:30 Movie-MT 7:00 Movie-MT</p>	<p><b>8</b></p> <p>9:25 Exercise with Mark 10:00 Grey's Anatomy-MT 11:00 Scrabble-GR 1:00 Van to Crown Market 2:00 Cornhole w/ Mark-AR 2:00 Billiards-GR 3:00 Avery Actors-AR 3:00 Fit Trail Walk w/ Mark-HL 4:00 Wii Bowling-MT</p>	<p><b>9</b></p> <p>10:00 The Closer-MT 10:30 AHILA House Cmt 10:30 Campus Tour w/ Roseanne-HL 11:00 Setback-GR 12:00 Van to Coyote Flaco 1:30 Movie-MT 1:30 Rock Steady Boxing 2:30 Kathleen Such-AR 7:00 Movie-MT</p>	<p><b>10</b></p> <p>9:25 Exercise with Mark-AR 10:00 White Collar- MT 11:00 Word Games-TR 11:00 AHILA Comm Cmt 1:00 Mahjong-GR 1:00 AHILA Birthday Cmt 1:00 Van to Berlin Tpke-HL 1:30 Movie-MT 2:00 Billiards-GR 2:30 Outdoor Summer Concert-Jukebox 45</p> 	<p><b>11</b></p> <p>9:00 &amp; 12:00 Van to Stop &amp; 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-HR 1:30 Movie-MT 2:30 Paul Bisaccia-AR 7:00 Movie-MT</p> 	<p><b>12</b></p> <p>9:25 Exercise with Mark 10:00 The West Wing 10:30 Oil Painting-HR 10:30 Cribbage-GR 1:00 Shabbat-HR 1:30 Movie-MT 2:30 Bingo-AR 4:00 Social Hour-AR 7:00 Movie-MT</p> 	<p><b>13</b></p> <p>9:30 Reform Shabbat Service-MT 1:00 Van to Stew Leonard's-HL 2:00 Movie-MT 3:00 Yiddish Language Class-HR 3:00 Resident Run Saturday Fun!-GR 4:30 Movie-MT 7:00 Movie-MT</p>
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<p><b>7</b></p> <p>10:00 Van to Bethany Lutheran &amp; Emmanuel Baptist-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 2:00 Van to CT Symphony Orchestra-HL 2:00 Mahjong-GR 4:30 Movie-MT 7:00 Movie-MT</p>	<p><b>8</b></p> <p>9:25 Exercise with Mark 10:00 Grey's Anatomy-MT 11:00 Scrabble-GR 1:00 Van to Crown Market 2:00 Cornhole w/ Mark-AR 2:00 Billiards-GR 3:00 Avery Actors-AR 3:00 Fit Trail Walk w/ Mark-HL 4:00 Wii Bowling-MT</p>	<p><b>9</b></p> <p>10:00 The Closer-MT 10:30 AHILA House Cmt 10:30 Campus Tour w/ Roseanne-HL 11:00 Setback-GR 12:00 Van to Coyote Flaco 1:30 Movie-MT 1:30 Rock Steady Boxing 2:30 Kathleen Such-AR 7:00 Movie-MT</p>	<p><b>10</b></p> <p>9:25 Exercise with Mark-AR 10:00 White Collar- MT 11:00 Word Games-TR 11:00 AHILA Comm Cmt 1:00 Mahjong-GR 1:00 AHILA Birthday Cmt 1:00 Van to Berlin Tpke-HL 1:30 Movie-MT 2:00 Billiards-GR 2:30 Outdoor Summer Concert-Jukebox 45</p> 	<p><b>11</b></p> <p>9:00 &amp; 12:00 Van to Stop &amp; 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-HR 1:30 Movie-MT 2:30 Paul Bisaccia-AR 7:00 Movie-MT</p> 	<p><b>12</b></p> <p>9:25 Exercise with Mark 10:00 The West Wing 10:30 Oil Painting-HR 10:30 Cribbage-GR 1:00 Shabbat-HR 1:30 Movie-MT 2:30 Bingo-AR 4:00 Social Hour-AR 7:00 Movie-MT</p> 	<p><b>13</b></p> <p>9:30 Reform Shabbat Service-MT 1:00 Van to Stew Leonard's-HL 2:00 Movie-MT 3:00 Yiddish Language Class-HR 3:00 Resident Run Saturday Fun!-GR 4:30 Movie-MT 7:00 Movie-MT</p>
<p><b>14</b></p> <p><b>FLAG DAY!!</b> 9:30 Van to Church of Christ &amp; Asylum Hill Congregational Churches-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 2:00 Mahjong-GR 4:30 Movie-MT 7:00 Movie-MT</p> 	<p><b>15</b></p> <p>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 Billiards-GR 2:00 Cornhole w/Mark 3:00 Avery Actors-AR 3:00 Fit Trail Walk w/ Mark-HL 4:00 Wii Bowling-MT 7:00 Movie-MT</p> 	<p><b>16</b></p> <p>10:00 The Closer-MT 11:00 Monthly Resident Meeting-AR 1:30 Movie-MT 2:30 Enzo Boscarino: Viva Italy! -AR 7:00 Movie-MT</p> 	<p><b>17</b></p> <p>9:25 Exercise with Mark 10:00 White Collar-MT 11:00 Dance for PD-AR 11:00 Word Games-TR 1:00 Van to Walmart-HL 1:00 Mahjong-GR 1:30 Movie-MT 2:30 Caregiver's Support Group-HR 7:00 Movie-MT</p>	<p><b>18</b></p> <p><b>Mark is off today</b></p> <p>9:00 &amp; 12:00 Van to Stop &amp; Shop-HL 10:00 Suits-MT 11:00 Setback-GR 11:00 Book Club-HR 1:30 Movie-MT 2:30 Christina Micari-AR 7:00 Movie-MT</p> 	<p><b>19</b></p> <p><b>Juneteenth Holiday</b> <b>No Transportation</b> <b>*One meal in the Dining Room*</b> <b>Mark is off today</b></p> <p>9:00 Podiatrist 10:00 The West Wing 10:30 Coloring Corner 10:30 Cribbage-GR 1:00 Shabbat-HR 1:30 Movie-MT 2:30 Bingo-AR 7:00 Movie-MT</p>	<p><b>20</b></p> <p>9:30 Reform Shabbat-MT 10:00 Stretch &amp; Balance-AR 1:00 Van to Elizabeth Park-HL 2:00 Movie-MT 2:30 Pastel Drawing Class-HR 3:00 Resident Run Saturday Fun-GR 4:30 Movie-MT 7:00 Movie-MT</p>
<p><b>21</b></p> <p><b>1st Day of Summer!!</b></p> <p>10:00 Van to Bethany Lutheran &amp; Emmanuel Baptist-HL 11:00 Catholic Mass-MT 2:00 Mahjong-GR 4:30 Movie-MT 7:00 Movie-MT</p>	<p><b>22</b></p> <p><b>*Mark is off this week*</b></p> <p>10:00 Grey's Anatomy-MT 11:00 Scrabble-GR 11:00 Bereavement Support Group Mtg -HR 1:00 Van to Crown Market &amp; Big Y-HL 2:00 Billiards-GR 3:00 Avery Actors -AR 7:00 Movie-MT</p> 	<p><b>23</b></p> <p>10:00 The Closer-MT 11:00 Setback-GR 11:00 Bill's Lemonade Stand 12:00 Van to Effie's-HL 1:30 Rock Steady Boxing 1:30 Movie-MT 2:30 Tom Alvord-AR 7:00 Movie-MT</p> 	<p><b>24</b></p> <p>10:00 White Collar-MT 11:00 Word Games-TR 12:00 Birthday Luncheon 1:00 Mahjong-GR 1:30 Movie-MT 2:30 Ice Cream Emergency!! 7:00 Movie-MT</p> 	<p><b>25</b></p> <p>9:00 &amp; 12:00 Van to Stop &amp; Shop-HL 10:00 Suits-MT 11:00 Setback-GR 1:00 Knitting Circle-HR 1:30 Movie-MT 2:30 Vincent Rodriguez 7:00 Movie-MT</p> 	<p><b>26</b></p> <p>10:00 The West Wing 10:30 Cribbage-GR 10:30 Watercolor Painting-HR 1:30 Movie-MT 1:00 Shabbat-HR 2:30 Bingo-AR 4:00 Social Hour-AR 7:00 Movie-MT</p> 	<p><b>27</b></p> <p>9:30 Reform Shabbat-MT 1:00 Van to Target-HL 2:00 Movie-MT 3:00 Yiddish Language Class-HR 3:00 Resident Run Saturday Fun-GR 4:30 Movie-MT 7:00 Movie-MT</p>
<p><b>28</b></p> <p>9:30 Van to Church of Christ &amp; Asylum Hill Congregational Churches-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 2:00 Mahjong-GR 2:30 Bingo-AR 4:30 Movie-MT 7:00 Movie-MT</p>	<p><b>29</b></p> <p>9:25 Exercise w/ Mark-AR 10:00 Grey's Anatomy-MT 11:00 Scrabble-GR 1:00 Van to Newington-HL 2:00 Billiards-GR 2:00 Cornhole-AR 2:30 Movie-MT 3:00 Fit Trail Walk-HL 3:00 Avery Actors-AR 4:00 Wii Bowling-MT 7:00 Movie-MT</p> 	<p><b>30</b></p> <p>10:00 The Closer-MT 11:00 Setback-GR 12:00 Van to Shady Glen Restaurant-HL 1:30 Movie-MT 2:30 Rob the Drummer-AR 7:00 Movie-MT</p> 	<p><b>The Villager Shop is open Monday-Friday 10:00am-2:00pm We are open to the public!!</b></p> 	<p><b>Have you looked at the Bulletin Board lately? We're going places!! Sign up today!</b></p> 	<p><b>Don't forget to check Channel 918 in your Heights apartment for the latest updates and happenings in your community!</b></p> 	

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