




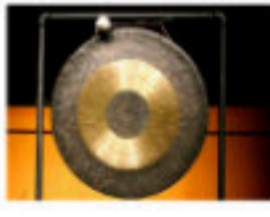
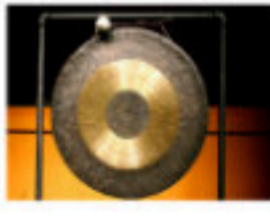










THE HEIGHTS ACTIVITY

CALENDAR

July 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Please Note: This calendar is subject to change. Please check your weekly activity packet!</p>	<p>Don't forget to check the Bulletin Board for new Sign-Ups!!</p> 		<p>I</p> <p>9:25 Exercise w/ Mark - AR 10:00 White Collar-MT 10:30 Parkinson's Support Group Mtg-AR 11:00 Word Games-TR 1:00 Van to Trader Joe's-HL 1:00 Mahjong-GR 1:30 Movie-MT 2:00 Billiards-GR 2:30 Make & Take Craft w/ Leslie-HR 7:00 Movie-MT</p>	<p>2</p> <p>9:00 & 12:00 Van to Stop & Shop-HL 9:30 AHILA Grounds Cmt Mtg-HR 10:00 Law and Order-MT 11:00 Setback-GR 1:30 Movie-MT 2:30 After All-AR 7:00 Movie-MT</p>	<p>3</p> <p>9:00 Podiatrist 9:25 Exercise w/ Mark-AR 10:00 The West Wing 10:30 Cribbage-GR 10:30 Coloring Corner 1:00 Shabbat HR 1:30 Movie-MT 2:30 Bingo-AR 4:00 Social hour-AR 7:00 Movie-MT</p>	<p>4</p> <p>9:30 Reform Shabbat Service-MT 10:00 Stretch & Balance Class w/ Diane-AR 12:00 Picnic Meal in the Dining Room 2:00 Movie-MT 3:00 Resident Run Saturday Fun!-GR 4:30 Movie-MT 7:00 Movie-MT</p>
<p>5</p> <p>9:30 Van to Asylum Hill Congregational & Bethany Lutheran-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 2:00 Mahjong-GR 4:30 Movie-MT 7:00 Movie-MT</p>	<p>6</p> <p>9:25 Exercise w/ Mark-AR 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 Bishops Corner 2:00 Jeff the Plant Guy-HR 2:00 Billiards-GR 2:00 Cornhole-AR 3:00 Avery Actors-AR 3:00 Fit Trail Walk 4:00 Wii Bowling-MT 7:00 Movie-MT</p>	<p>7</p> <p>9:30 NOVA Hearing-PDR 10:00 The Closer-MT 11:00 Setback-GR 1:30 AHILA Food Cmt Mtg-HR 1:30 Movie-MT 2:30 Brian Gillie-AR 7:00 Movie-MT</p> 	<p>8</p> <p>9:25 Exercise w/ Mark-AR 10:00 White Collar-MT 11:00 AHILA Communication Cmt. Mtg. 11:00 Word Games-TR 1:00 Mahjong-GR 1:00 AHILA Birthday Cmt. 1:30 Movie-MT 2:00 Billiards-GR 2:30 Caregiver's Support Group Meeting-HR 2:30 Chair Yoga w/ Jill-TR 7:00 Movie-MT</p>	<p>9</p> <p>9:00 & 12:00 Van to Stop & Shop 10:00 Law & Order-MT 10:30 AHILA Council Mtg-HR 11:00 Setback-GR 1:00 Knitting Circle 1:30 Movie-MT 2:30 Joel Blumert-AR 7:00 Movie-MT</p> 	<p>10</p> <p>9:25 Exercise w/ Mark 10:00 The West Wing 10:30 Cribbage-GR 10:30 Oil Painting-HR 1:00 Shabbat-HR 1:30 Movie-MT 2:30 Bingo-AR 4:00 Social Hour-AR 7:00 Movie-MT</p> 	<p>11</p> <p>9:30- Reform Shabbat Service-MT 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>12</p> <p>9:30 Van to Church of Christ Congregational 10:15 Van to Emmanuel Baptist-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>13</p> <p>9:25 Exercise w/ Mark-AR 10:00 Grey's Anatomy-MT 11:00 Scrabble-GR 11:00 Grieve & Believe Support Group Mtg-HR 1:00 Van to Newington-HL 2:00 Billiards-GR 2:00 Cornhole w/ Mark 3:00 Avery Actors Rehearsal-AR 3:00 Fit Trail Walk w/ Mark-HL 4:00 Wii Bowling-MT 7:00 Movie-MT</p>	<p>14</p> <p>10:00 Registrar of Voters-AR 10:00 The Closer-MT 10:30 Campus Tour w/ Roseanne-HL 10:30 AHILA House Cmt Mtg-HR 11:00 Setback-GR 12:00 Van to Shady Glen Restaurant-HL 1:30 Movie-MT 1:30 Rock Steady Boxing-TR 2:30 Jim Sheehan-AR 7:00 Movie-MT</p> 	<p>15</p> <p>9:25 Exercise w/ Mark - AR 10:00 White Collar-MT 11:00 Dance for PD-AR 11:00 Word Games-TR 1:00 Van to West Farms Mall-HL 1:00 Mahjong-GR 1:30 Movie-MT 2:00 Billiards-GR 2:30 Healing Bowls w/ Marie Menut-TR 7:00 Movie-MT</p> 	<p>16</p> <p>9:15 Van to Playhouse on Park-HL 10:00 Law & Order-MT 10:00 Tai-Chi Class-AR 1:00 Van to Stop & Shop-HL 1:30 Movie-MT 3:00 Van to Stop & Shop-HL 2:30 Jon Condie-AR 7:00 Movie-MT</p>	<p>17</p> <p>9:25 Exercise w/ Mark 10:00 The West Wing 10:30 Coloring Corner 10:30 Cribbage-GR 1:30 Movie-MT 1:00 Shabbat-HR 2:30 Bingo-AR 4:00 Social Hour-AR 7:00 Movie-MT</p>	<p>18</p> <p>9:30- Reform Shabbat Service-MT 10:00 Stretch & Balance Class-AR 1:00 Van to Playhouse on Park-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>19</p> <p>9:30 Van to Asylum Hill Congregational & Bethany Lutheran-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 2:00 Mahjong-GR 4:30 Movie-MT 7:00 Movie-MT</p>	<p>20</p> <p>9:25 Exercise w/ Mark-AR 10:00 Grey's Anatomy-MT 11:00 Scrabble-GR 11:00 Rabbi Jaffee-HR 1:00 Van to Bishop's Corner-HL 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>21</p> <p>10:00 The Closer-MT 11:00 Monthly Resident Meeting-AR 1:30 Movie-MT 2:30 Jim Harkins-AR 7:00 Movie-MT</p> 	<p>22</p> <p>9:25 Exercise w/ Mark-AR 10:00 White Collar -MT 11:00 Word Games-TR 11:45 July Birthday Luncheon 1:00 Van to Stew Leonard's 1:30 Movie-MT 2:00 Senior Seminar Series Cmt Mtg-HR 2:30 Chair Yoga w/ Jill-TR 3:30 Sing A Long w/ Richard Wang-AR 7:00 Tisha B'Av Service-HR 7:00 Movie-MT</p>	<p>23</p> <p>9:00 & 12:00 Van to Stop & Shop 10:00 Law & Order-MT 1:00 Knitting Circle 1:30 Movie-MT 2:30 Ryan Mitten-AR 2:30 Classical Concert-CH 7:00 Movie-MT</p> 	<p>24</p> <p>9:25 Exercise w/ Mark 10:00 The West Wing 10:30 Cribbage-GR 10:30 Painting w/ Watercolors-HR 1:00 Shabbat-HR 1:30 Movie-MT 2:30 Bingo-AR 4:00 Social Hour-AR 7:00 Movie-MT</p>	<p>25</p> <p>9:30- Reform Shabbat Service-MT 1:00 Van to Target-HL 2:30 Pastel Drawing Class-HR 2:00 Movie-MT 3:00 Resident Run Saturday Fun!-GR 4:30 Movie-MT 7:00 Movie-MT</p>
<p>26</p> <p>9:30 Van to Church of Christ Congregational 10:15 Van to Emmanuel Baptist-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>27</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 AHILA Program Cmt Mtg-HR 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>28</p> <p>10:00 Registrar of Voters-AR 10:00 The Closer-MT 11:00 Bill's Lemonade Stand-HR 11:00 Setback-GR 12:00 Van to A.C. Petersen Farms Restaurant-HL 1:30 Rock Steady Boxing-TR 1:30 Movie-MT 2:30 Jose Paulo-AR 7:00 Movie-MT</p> 	<p>29</p> <p>9:25 Exercise w/ Jill-AR 10:00 White Collar-MT 11:00 Word Games-TR 1:00 Van to Berlin Tpke-HL 1:00 Mahjong-GR 1:30 Movie-MT 2:00 Billiards-GR 2:30 Roger Hart Photography-AR 7:00 Movie-MT</p>	<p>30</p> <p>9:00 & 12:00 Van to Stop & Shop 10:00 Law & Order-MT 11:00 Setback-GR 1:30 Movie-MT 2:30 Bill Shontz-AR 7:00 Movie-MT</p> 	<p>31</p> <p>9:25 Exercise w/ Jill-AR 10:00 The West Wing 10:30 Coloring Corner 10:30 Cribbage-GR 1:30 Movie-MT 1:00 Shabbat-HR 2:30 Bingo-AR 4:00 Social Hour-AR 7:00 Movie-MT</p> 	<p>The Villager Gift Shop Hours</p> <p>Monday - Friday 10:00 - 2:00</p>

KEY: AR= Adams Room/ MT = Movie Theater/ CH=Chapel/ DR= Dining Room/ FL= Fireside Lounge/ GR= Game Room/ HL= Heights Lobby/ HR= Hobby Room/ NDR= Noble Dining Room/ TR= Thompson Room/L=Library/ PDR=Private Dining Room