

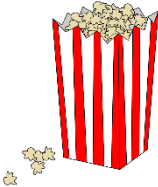
THE HEIGHTS ACTIVITY

AUGUST 2026



CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Tune in to channel 918 in your Heights Apartment for the latest info!!		Please Note: <u>This calendar is subject to change.</u> Please check your weekly activities schedule for any changes.			I 9:30 Reform Shabbat Service-MT 10:00 Stretch & Balance w/ Diane-AR 1:00 Van to Footprints 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

2 9:30 Van to Asylum Hill Congregational and Bethany Lutheran-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 2:00 Mahjong-GR 4:30 Movie-MT 7:00 Movie-MT 	3 9:25 Exercise w/ Basha 10:00 Library Cmt Mtg 10:00 Grey's Anatomy 11:00 Scrabble-GR 11:00 Rabbi Jaffee-HR 1:00 Van to Bishops Corner-HL 2:00 Jeff the Plant Guy 2:00 Billiards-GR 2:00 Cornhole w/ Sibby 3:00 Fit Trail Walk-HL 3:00 Avery Actors-AR 7:00 Movie-MT	4 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 Kevin Gomes-AR 7:00 Movie-MT	5 9:25 Exercise w/ Max -AR 10:00 Bridge Club-GR 10:00 Grantchester-MT 11:00 Word Games-TR 1:00 Van to Walmart-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	6 9:00 & 12:00 Van to Stop & Shop-HL 9:30 AHILA Grounds Cmt Mtg-HR 10:00 I Will Find You-MT 11:00 Setback-HR 1:30 Movie-MT 2:30 Judy & Mark-AR 7:00 Movie-MT 	7 9:25 Exercise w/ Basha 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	8 9:30 Reform Shabbat Service-MT 1:00 Van to The Li'l Plant Shop - 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
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9 9:30 Van to Church of Christ Congregational & Bethany Lutheran-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 	10 9:25 Exercise w/ TBD-AR 10:00 Grey's Anatomy-MT 11:00 Grieve & Believe Support Group-HR 11:00 Scrabble-GR 1:00 Van to Newington-HL 2:00 Billiards-GR 2:00 Cornhole w/ Joey-AR 2:30 Movie-MT 3:00 Avery Actors Rehearsal-AR 3:00 Fit Trail Walk-HL 7:00 Movie-MT	11 10:00 Van to Batchelder School for Democratic Primary voting-HL 10:00 The Closer-MT 10:00 AHILA House Cmt Mtg-HR 11:00 Setback-GR 12:00 Van to Elaine's 1:30 Rock Steady Boxing Class-TR 1:30 Movie-MT 2:30 Kathy Gregory-AR 7:00 Movie-MT	12 9:25 Exercise w/ Max -AR 10:00 Grantchester-MT 10:00 Bridge Club-GR 11:00 Word Games-TR 11:00 AHILA Comm. Cmt 12:00 Cottager Picnic-AR 1:00 AHILA Birthday Cmt 1:00 Mahjong-GR 1:00 Van to Trader Joe's 1:30 Movie-MT 2:00 Billiards-GR 2:30 Caregiver's Support Group Mtg-HR 2:30 Chair Yoga w/ Jill-TR 3:30 Avery Choir-AR 7:00 Movie-MT	13 9:00 & 12:00 Van to Stop & Shop-HL 10:00 Tai-Chi-TR 10:00 I Will Find You 10:30 AHILA Council Mtg-HR 11:00 Setback-GR 1:00 Knitting Circle 1:30 Movie-MT 2:30 James Michael 4:00 Walking Team Kick Off Mtg-AR 7:00 Movie-MT	14 9:00 Podiatrist 9:25 Exercise w/ TBD 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 	15 10:00 Stretch & 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
16 9:30 Van to Asylum Hill Congregational & Bethany Lutheran-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 2:00 Mahjong-GR 2:30 Avery Actors Presents: The Wizard of Oz-AR 4:30 Movie-MT 7:00 Movie-MT	17 9:25 Exercise with Jill-AR 10:00 Grey's Anatomy-MT 11:00 Scrabble-GR 1:00 Van to Bishops Corner 2:00 Billiards-GR 2:00 Cornhole w/ Joey-AR 2:30 Movie-MT 3:00 Fit Trail Walk-HL 7:00 Movie-MT	18 10:00 The Closer-MT 11:00 Resident Meeting 12:15 Van to Yanni's 1:30 Movie-MT 2:30 Quercus String Quartet-AR 7:00 Movie-MT 	19 9:25 Exercise with Max -AR 10:00 Grantchester-MT 10:00 Bridge Club-GR 11:00 Dance for PD-AR 11:00 Word Games-TR 1:00 Mahjong-GR 1:30 Movie-MT 2:00 Billiards-GR 2:30 Healing Bowls-TR 3:00 New Resident Photos 7:00 Movie-MT	20 9:00 & 12:00 Van to Stop & Shop-HL 10:00 I Will Find You 11:00 Setback-GR 11:00 Book Club-HR 1:30 Movie-MT 2:30 David Eberly-AR 7:00 Movie-MT	21 9:25 Exercise with Jill 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	22 9:30 Reform Shabbat Service-MT 1:00 Van to Target-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
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

23 9:30 Van to Church of Christ Congregational & Bethany Lutheran-HL 11:00 Catholic Mass-MT 2:00 Mahjong-GR 2:00 Movie-MT 2:30 Bingo-AR 4:30 Movie-MT 7:00 Movie-MT	24 9:25 Exercise w/ Max -AR 10:00 Grey's Anatomy-MT 11:00 Scrabble-GR 11:00 Rabbi Jaffee-HR 1:00 Van to Newington-HL 2:00 Billiards-GR 2:00 AHILA Program Cmt Mtg-HR 2:00 Cornhole w/ Sibby 2:30 Movie-MT 3:00 Fit Trail Walk-HL 7:00 Movie-MT	25 10:00 The Closer-MT 11:00 Bill's Lemonade Stand-HR 11:00 Setback-GR 12:00 Van to Shady Glen Restaurant-HL 1:30 Rock Steady Boxing-TR 1:30 Movie-MT 2:30 Vincent Rodriguez 7:00 Movie-MT	26 9:25 Exercise w/ Max-AR 10:00 Grantchester-MT 10:00 Bridge Club-GR 11:00 Word Games-TR 11:45 Birthday Luncheon 1:00 Van to West Farms-HL 1:30 Movie-MT 2:00 Billiards-GR 2:00 Senior Seminar Series Cmt Mtg-HR 3:30 Avery Choir-AR 7:00 Movie-MT	27 9:00 & 12:00 Van to Stop & Shop-HL 10:00 -MT 11:00 Setback-GR 1:00 Knitting Circle 1:30 Movie-MT 2:30 Jeff Wieselberg 7:00 Movie-MT	28 9:00 Podiatrist 9:25 Exercise w/ TBD 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- AR 7:00 Movie-MT	29 9:30 Reform Shabbat Service-MT 1:00 Van to Wadsworth Atheneum-HL 2:00 Movie-MT 3:00 Resident Run Saturday Fun-GR 4:30 Movie-MT 7:00 Movie-MT
30 9:30 Van to Asylum Hill Congregational & Bethany Lutheran-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 	31 9:25 Exercise w/ TBD-AR 10:00 Grey's Anatomy-MT 11:00 Scrabble-GR 1:00 Van to Bishops Corner-HL 2:00 Billiards-GR 2:00 Cornhole w/ Theresa 2:30 Movie-MT 3:00 Avery Actors-AR 3:00 Fit Trail Walk-HL 7:00 Movie-MT					

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