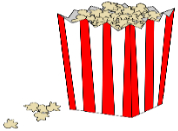
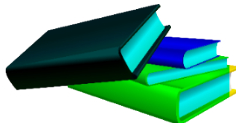


THE HEIGHTS ACTIVITY  
SEPTEMBER 2026



| SUNDAY                                                                                                                                                                                                                                                                                                               | MONDAY                                                                                                                                                                                                                                                                                                                                                                                                      | TUESDAY                                                                                                                                                                                                                                                                                                                      | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                             | THURSDAY                                                                                                                                                                                                                                                                                                                                                             | FRIDAY                                                                                                                                                                                                                                                                                                                       | SATURDAY                                                                                                                                                                                                                                                                                                                                                    |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>Calendar subject to change, please see your weekly activity schedule for the most up to date info.</div> <div></div>                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                             | <div>I</div> <div>9:30 NOVA Hearing-PDR<br/>10:00 The Closer-MT<br/>10:30 Campus Tour w/ Roseanne-HL<br/>11:00 Setback-GR<br/>12:00 Van to Olive Garden<br/>1:30 Movie-MT<br/>1:30 AHILA Food Cmt Meeting-HR<br/>1:30 Rock Steady Boxing<br/>2:30 Red &amp; Yellow-AR<br/>7:00 Movie-MT</div>                                | <div>2</div> <div>9:25 Exercise with Max-AR<br/>10:00 Grantchester-MT<br/>10:00 Bridge Club-GR<br/>10:30 Parkinson's Support Group Mtg-AR<br/>11:00 Word Games-TR<br/>1:00 Mahjong-GR<br/>1:00 Van to Walmart-HL<br/>1:30 Movie-MT<br/>2:00 Billiards-GR<br/>2:30 Make &amp; Take Craft-HR<br/>3:45 Choir Practice-AR<br/>7:00 Movie-MT</div>                                         | <div>3</div> <div>9:00 &amp; 12:00 Van to Stop &amp; Shop-HL<br/>9:30 AHILA Grounds Cmt Mtg-HR<br/>10:00 Best Medicine<br/>11:00 Setback-GR<br/>1:30 Movie-MT<br/>2:00 Van to Elizabeth Park-HL<br/>2:30 Steve Moran-AR<br/>7:00 Movie-MT</div>                                                                                                                      | <div>4</div> <div>9:25 Exercise w/ Basha-AR<br/>10:00 The West Wing-MT<br/>10:30 Coloring Corner-HR<br/>10:30 Cribbage-GR<br/>1:00 Shabbat-HR<br/>1:30 Movie-MT<br/>2:30 Bingo - AR<br/>4:00 Social Hour -AR<br/>7:00 Movie-MT</div>                                                                                         | <div>5</div> <div>9:30 Reform Shabbat Service-MT<br/>10:00 Stretch &amp; Relaxation Class with Diane - AR<br/>1:00 Van to Lil' Plant Shop -HL<br/>2:00 Movie MT<br/>3:00 Yiddish Language Class-HR<br/>3:00 Resident Run Saturday Fun-GR<br/>4:30 Movie-MT<br/>7:00 Movie-MT</div>                                                                          |
| <div>6</div> <div>9:30 Van to Church of Christ Congregational &amp; Bethany Lutheran-HL<br/>11:00 Catholic Mass-MT<br/>2:00 Movie-MT<br/>2:00 Mahjong-GR<br/>4:30 Movie-MT<br/>7:00 Movie-MT</div> <div></div>                    | <div>7</div> <div>LABOR DAY<br/>Mark is off today<br/>No Transportation</div> <div>10:00 Grey's Anatomy-MT<br/>11:00 Gin Rummy-GR<br/>11:00 Scrabble-GR<br/>11:00 Rabbi Jaffee-TR<br/>12:00 *Labor Day Picnic*<br/>2:00 Billiards<br/>3:00 Avery Actors-AR<br/>3:00 Gone with the Wind<br/>7:00 Movie-MT</div>                                                                                              | <div>8</div> <div>10:00 The Closer-MT<br/>10:00 AHILA House Cmt Mtg-HR<br/>11:00 Setback-GR<br/>1:30 Movie-MT<br/>1:30 Rock Steady Boxing<br/>2:30 Kathleen Such-AR<br/>7:00 Rosh Hashanah-HR<br/>7:00 Movie-MT</div>                                                                                                        | <div>9</div> <div>9:25 Exercise with Max-AR<br/>10:00 Grantchester-MT<br/>10:00 Bridge Club-GR<br/>11:00 Word Games-TR<br/>11:00 AHILA Comm Cmt.<br/>1:00 Birthday Cmt Mtg-HR<br/>1:00 Van to Trader Joe's-HL<br/>1:00 Mahjong-GR<br/>1:30 Movie-MT<br/>2:00 Billiards-GR<br/>2:45 Ashly Cruz-NPL<br/>7:00 Movie-MT</div>                                                             | <div>10</div> <div>9:00 &amp; 12:00 Van to Stop &amp; Shop-HL<br/>10:00 Best Medicine-MT<br/>10:30 AHILA Council Mtg-HR<br/>11:00 Setback-GR<br/>1:00 Knitting Circle-HR<br/>1:30 Movie-MT<br/>2:00 Van to Elizabeth Pk<br/>2:30 Bill Shontz-AR<br/>7:00 Movie-MT</div>                                                                                              | <div>Patriot Day<br/>Rosh Hashanah begins at Sundown</div> <div>9:00 Podiatrist<br/>9:25 Exercise-AR<br/>10:00 The West Wing<br/>10:30 Cribbage-GR<br/>10:30 Oil Painting-HR<br/>11:00 Day of Reflection<br/>1:00 Shabbat-HR<br/>1:30 Movie-MT<br/>2:30 Bingo - AR<br/>4:00 Social Hour -AR<br/>7:00 Movie-MT</div>          | <div>12</div> <div>9:30 Reform Shabbat Service-MT<br/>1:00 Van to Kohl's<br/>2:00 Movie-MT<br/>3:00 Yiddish Language Class-HR<br/>3:00 Resident Run Saturday Fun-GR<br/>4:30 Movie-MT<br/>7:00 Movie-MT</div>                                                                                                                                               |
| <div>13</div> <div>9:30 Van to Church of Christ Congregational &amp; Bethany Lutheran-HL<br/>11:00 Catholic Mass-MT<br/>2:00 Movie-MT<br/>2:00 Mahjong-GR<br/>2:30 Avery Actors Present: The Wizard of Oz-AR<br/>4:30 Movie-MT<br/>7:00 Movie-MT</div> <div>National Grandparents Day</div>                          | <div>14</div> <div>9:25 Exercise w/-AR<br/>10:00 Library Cmt Mtg-L<br/>10:00 Grey's Anatomy-MT<br/>11:00 Grieve &amp; Believe Support Group-HR<br/>11:00 Scrabble-GR<br/>11:00 Gin Rummy -GR<br/>1:00 Van to Newington<br/>2:00 Cornhole-AR<br/>2:00 Billiards-GR<br/>3:00 Fit Trail Walk w/ Mark<br/>4:00 Wii Bowling-MT<br/>7:00 Movie-MT</div>                                                           | <div>15</div> <div>10:00 The Closer-MT<br/>11:00 Resident Meeting-AR<br/>1:30 Movie-MT<br/>1:30 Rock Steady Boxing-TR<br/>2:30 Blaise Tramazzo-AR<br/>7:00 Movie-MT</div> <div></div>                                                     | <div>16</div> <div>9:25 Exercise w/-AR<br/>10:00 Grantchester-MT<br/>10:00 Bridge Club-GR<br/>11:00 Dance for PD-AR<br/>11:00 Word Games-TR<br/>1:00 Mahjong-GR<br/>1:30 Movie-MT<br/>2:00 Billiards-GR<br/>2:30 Caregiver Support Group-HR<br/>2:30 Roger Hart-New England Road Trip-AR<br/>7:00 Movie-MT</div>                                                                      | <div>17</div> <div>9:00 &amp; 12:00 Van to Stop &amp; Shop-HL<br/>10:00 Tai-Chi-TR<br/>10:00 Best Medicine-MT<br/>11:00 Setback-GR<br/>11:00 Avery Book Club<br/>1:30 Movie-MT<br/>2:00 Van to Elizabeth Park-HL<br/>2:30 Sheri Ziccardi-AR<br/>7:00 Movie-MT</div> <div></div> | <div>18</div> <div>9:25 Exercise w/ Mark<br/>10:00 The West Wing<br/>10:30 Coloring Corner<br/>10:30 Cribbage-GR<br/>1:00 Shabbat-HR<br/>1:30 Movie-MT<br/>2:30 Bingo - AR<br/>4:00 Social Hour -AR<br/>7:00 Movie-MT</div> <div></div> | <div>19</div> <div>9:30 Reform Shabbat Service-MT<br/>10:00 Stretch &amp; Balance w/ Diane-AR<br/>1:00 Van to Target<br/>2:00 Movie -MT<br/>3:00 Yiddish Language Class-HR<br/>3:00 Resident Run Saturday Fun-GR<br/>4:30 Movie-MT<br/>7:00 Movie-MT</div> <div></div> |
| <div>20</div> <div>9:30 Van to Church of Christ Congregational &amp; Bethany Lutheran-HL<br/>11:00 Catholic Mass-MT<br/>2:00 Movie-MT<br/>2:00 Mahjong-GR<br/>4:30 Movie-MT<br/>7:00 Movie-MT</div>                                                                                                                  | <div>21</div> <div>9:25 Exercise with Mark-AR<br/>10:00 Grey's Anatomy-MT<br/>11:00 Gin Rummy-GR<br/>11:00 Scrabble-GR<br/>1:00 Van to Bishops Corner<br/>2:00 Billiards-GR<br/>2:00 Cornhole-AR<br/>3:00 Fit Trail Walk w/ Mark<br/>4:00 Wii Bowling-MT<br/>7:00 Movie-MT</div>                                                                                                                            | <div>22</div> <div>10:00 The Closer-MT<br/>11:00 Setback-GR<br/>11:00 Bill's Lemonade Stand<br/>12:00 Van to Coyote Flacco<br/>1:30 Movie-MT<br/>1:30 Rock Steady Boxing-TR<br/>2:30 Ryan Mitten-AR<br/>7:00 Movie-MT</div> <div></div>   | <div>23</div> <div>9:25 Exercise with Mark -AR<br/>10:00 Grantchester-MT<br/>11:00 Word Games-TR<br/>11:45 Birthday Luncheon<br/>1:00 Mahjong-GR<br/>1:00 Van to West Farms-HL<br/>1:30 Movie-MT<br/>2:00 Billiards-GR<br/>2:00 Senior Seminar Series Cmt<br/>2:30 Healing Bowls-TR<br/>4:00 Veteran's Ceremony-AR<br/>7:00 Movie-MT</div>                                            | <div>24</div> <div>9:00 &amp; 12:00 Van to Stop &amp; Shop-HL<br/>10:00 Suits-MT<br/>1:00 Knitting Circle-HR<br/>1:30 Speak Steady Parkinson's Program-MT<br/>2:00 Van to Elizabeth Park-HL<br/>2:30 Ben &amp; Ed Show-AR<br/>7:00 Movie-MT</div>                                                                                                                    | <div>25</div> <div>9:25 Exercise w/ Mark<br/>10:00 The West Wing<br/>10:30 Painting w/ Watercolors-HR<br/>10:30 Cribbage-GR<br/>11:00 Cottage Conversation Please<br/>1:30 Movie-MT<br/>1:00 Shabbat-HR<br/>2:30 Bingo - AR<br/>4:00 Social Hour-AR<br/>7:00 Movie-MT</div>                                                  | <div>26</div> <div>9:00-1:00 Family Swim<br/>9:30 Reform Shabbat Service-MT<br/>1:00 Van to Hobby Lobby-HL<br/>2:00 Movie-MT<br/>2:30 Pastel Drawing Class-HR<br/>3:00 Resident Run Saturday Fun-GR<br/>4:30 Movie-MT<br/>7:00 Movi</div>                                                                                                                   |
| <div>27</div> <div>9:30 Van to Church of Christ Congregational &amp; Bethany Lutheran-HL<br/>11:00 Catholic Mass-MT<br/>2:00 Movie-MT<br/>2:00 Mahjong-GR<br/>2:30 Bingo-AR<br/>4:30 Movie-MT<br/>7:00 Movie-MT</div> <div></div> | <div>28</div> <div>9:25 Exercise with Mark -AR<br/>10:00 Grey's Anatomy-MT<br/>11:00 Scrabble-GR<br/>11:00 Gin Rummy-GR<br/>1:00 Van to Newington-HL<br/>2:00 AHILA Program Cmt Mtg-HR<br/>2:00 Billiards-GR<br/>2:00 Cornhole-AR<br/>3:00 Fit Trail Walk-HL<br/>4:00 Wii Bowling-MT<br/>7:00 Movie-MT</div> <div></div> | <div>29</div> <div>10:00 The Closer -MT<br/>11:00 Setback-GR<br/>12:00 Van to A.C. Peterson's Restaurant-HL<br/>1:30 Movie-MT<br/>1:30 Rock Steady Boxing<br/>2:30 Rob the Drummer<br/>7:00 Sukkot-HR<br/>7:00 Movie-MT</div> <div></div> | <div>30</div> <div>9:25 Exercise with -AR<br/>10:00 Grantchester-MT<br/>10:00 Bridge Club-GR<br/>11:00 Word Games-TR<br/>1:00 Mahjong-GR<br/>1:00 Van to Walmart-HL<br/>1:30 Movie-MT<br/>2:00 Billiards-GR<br/>2:30 Chair Yoga-TR<br/>3:30 Choir Practice-AR<br/>7:00 Movie-MT</div> <div></div> | <div>Check out the latest activity on Channel 918 on TV in your Heights apartment</div> <div></div>                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                             |

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