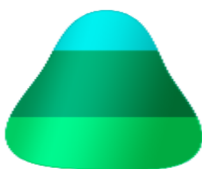


THE HEIGHTS

ACTIVITY

CALENDAR OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PLEASE NOTE: The calendar is subject to change. Please check The Heights Weekly Activity Schedule.	The Villager Gift Shop Hours Monday – Friday 10:00 am – 2:00 pm	Tune in to TV Channel 918 in your Heights apartment for the latest updates in our community!!		1 9:00 & 12:00 Van to Stop & Shop-HL 9:30 AHILA Grounds Committee Meeting-HR 10:00 Best Medicine-MT 11:00 Setback-GR 1:30 Movie-MT 2:00 Van to Elizabeth Pk 2:30 Catholic Mass-CH 2:30 Tom Stankus-AR 7:00 Movie-MT	2 9:25 Exercise w/ Mark 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	3 9:00 Family Swim 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
4 9:30 Van to Church of Christ Congregational, Bethany Lutheran & St. Mark's-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 	5 9:25 Exercise w/ Mark-AR 10:00 Library Cmt Mtg-L 10:00 Grey's Anatomy -MT 11:00 Scrabble & Gin Rummy-GR 11:00 Rabbi Jaffee-HR 1:00 Van to Bishops Corner 2:00 Planting w/ Jeff-HR 2:00 Billiards-GR 2:00 Cornhole w/ Mark-AR 3:00 Fit Trail w/ Mark-HL 3:00 Avery Actors-AR 4:00 Wii Bowling-MT 7:00 Movie-MT	6 9:30 NOVA Hearing Clinic-HR 10:00 The Closer-MT 11:00 Setback-GR 1:30-AHILA Food Cmt Mtg-HR 1:30 Rock Steady Boxing 1:30 Movie-MT 2:30 Brian Gillie-AR 7:00 Movie-MT	7 9:25 Exercise with Mark – AR 10:00 Grantchester-MT 10:00 Bridge Club-GR 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	8 9:00 & 12:00 Van to Stop & Shop-HL 10:00 Best Medicine-MT 10:30 AHILA Council Mtg 11:00 Setback-GR 1:00 Knitting Circle-HR 1:30 Movie-MT 2:00 Van to Elizabeth Pk 2:30 Jon Condie-AR 7:00 Movie-MT 	9 9:00 Podiatrist 9:25 Exercise w/ Mark 9:30 Van to Playhouse on Park-HL 10:00 AHILA Bake Sale 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	10 9:00 Family Swim 9:30 Reform Shabbat Service-MT 10:00 Stretch & Balance w/ Diane-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
11 9:30 Van to Church of Christ Congregational, Bethany Lutheran & St. Mark's-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	12 9:25 Exercise with Mark-AR 10:00 Grey's Anatomy-MT 11:00 Scrabble & Gin Rummy-GR 1:00 Van to Newton-HL 2:00 Billiards-GR 2:00 Cornhole w/ Mark-AR 3:00 Avery Actors-AR 3:00 Fit Trail Walk with Mark-HL 4:00 Wii Bowling-MT 7:00 Movie-MT	13 10:00 The Closer-MT 10:30 Campus Tour w/ Roseanne-HL 10:00 AHILA House Cmt Mtg-HR 11:00 Absentee Ballot Voting-AR 11:00 Setback-GR 1:00 Van to Rogers Orchards-HL 1:30 Movie-MT 1:30 Rock Steady Boxing 2:30 Jim Sheehan-AR 7:00 Movie-MT	14 9:25 Exercise w/ Mark-AR 10:00 Grantchester -MT 10:00 Bridge Club-GR 11:00 Word Games-TR 1:00 Mahjong-GR 1:30 Movie-MT 2:00 Billiards-GR 2:30 Chair Yoga w/ Jill-TR 3:30 Vintage Voices Choir Practice-AR 7:00 Fritz & Lois Schneider Senior Seminar Series (1 of 3)-AR 7:00 Movie-MT	15 9:00 & 12:00 Van to Stop & Shop-HL 10:00 Best Medicine-MT 11:00 Avery Heights Book Club-HR 1:30 Movie-MT 2:30 Paul Bisaccia-AR 2:00 Van to Elizabeth Pk 7:00 Movie-MT 	16 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	17 9:30 Reform Shabbat Service-MT 1:00 Van to Notable's Tour-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
18 9:30 Van to Church of Christ Congregational, Bethany Lutheran & St. Mark's Catholic Church-HL 11:00 Catholic Mass-MT 2:00 Mahjong-GR 2:00 Movie-MT 4:00 Playhouse on Park Cabaret-AR 4:30 Movie-MT 7:00 Movie-MT	19 9:25 Exercise with Mark-AR 10:00 Grey's Anatomy-MT 11:00 Scrabble & Gin Rummy -GR 11:00 Rabbi Jaffee-TR 1:00 Van to Bishop's Corner 2:00 Cornhole w/ Mark-AR 2:00 Billiards-GR 3:00 Avery Actors Rehearsal-AR 3:00 Fit Trail Walk with Mark-HL 4:00 Wii Bowling-MT 7:00 Movie-MT	20 10:00 The Closer-MT 11:00 Resident Meeting 1:30 Rock Steady Boxing 1:30 Memoir Course-HR 1:30 Movie-MT 2:30 Joel Blumert-AR 7:00 Movie-MT	21 *1:30-4:00 Flu & Covid Vaccine Clinic in the Library* 9:25 Exercise with Mark– AR 10:00 Grantchester-MT 10:00 Bridge Club-GR 11:00 Word Games-TR 11:00 Dance for PD-AR 12:00 Birthday Luncheon-AR 1:00 Mahjong-GR 1:00 Van to Trader Joe's-HL 1:30 Movie-MT 2:00 Billiards-GR 2:30 Healing Bowls-TR 7:00 Senior Seminar Series-AR 7:00 Movie-MT	22 9:00 & 12:00 Van to Stop & Shop-HL 10:00 Best Medicine-MT 11:00 Setback-GR 1:00 Knitting Circle-HR 1:30 Movie-MT 2:00 Van to Elizabeth Park 2:30 After All-AR 7:00 Movie-MT 	23 9:00 Podiatrist 9:25 Exercise w/ Mark 10:00 The West Wing 10:30 Cribbage-GR 10:30 Watercolor Painting-HR 1:00 Shabbat Service-HR 1:30 Movie-MT 2:30 Bingo – AR 4:00 Social Hour –AR 7:00 Movie-MT	24 9:30 Reform Shabbat Service-MT 10:00 Stretch & Balance w/ Diane-AR 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
25 9:30 Van to Church of Christ Congregational, Bethany Lutheran & St. Mark's-HL 11:00 Catholic Mass-MT 2:00 Movie-MT 2:00 Mahjong-GR 4:30 Movie-MT 7:00 Movie-MT 	26 9:25 Exercise with Mark-AR 10:00 Grey's Anatomy-MT 11:00 Scrabble & Gin Rummy-GR 11:00 Grieve & Believe-HR 1:00 Van to Newton-HL 2:00 AHILA Program Cmt Mtg-HR 2:00 Billiards-GR 2:00 Cornhole w/ Mark-TR 3:00 Fit Trail Walk with Mark-HL 3:00 Avery Actors-AR 4:00 Wii Bowling-MT 7:00 Movie-MT	27 10:00 The Closer-MT 11:00 Setback-GR 11:00 Bill's Lemonade Stand-HR 12:00 Van to Elaine's Restaurant-HL 1:30 Memoir Course-HR 1:30 Movie-MT 1:30 Rock Steady Boxing 2:30 Kevin Gomes-AR 7:00 Movie-MT	28 9:25 Exercise w/ Mark– AR 10:00 Grantchester-MT 10:00 Bridge Club-GR 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 Chair Yoga -TR 3:30 Choir Practice-AR 7:00 Fritz & Lois Schneider Senior Seminar Series (3 of 3) 7:00 Movie-MT 	29 9:00 & 12:00 Van to Stop & Shop-HL 10:00 Best Medicine-MT 11:00 Setback-GR 1:30 Movie-MT 2:00 Van to Elizabeth Park 2:30 Vincent Rodriguez 7:00 Movie-MT 	30 9:25 Exercise w/ Mark 10:00 The West Wing 10:30 Cribbage-GR 10:30 Coloring Corner 11:00 Cottage Conversation Please-AR 1:00 Shabbat-HR 1:30 Movie-MT 2:30 Bingo – AR 4:00 Social Hour –AR 7:00 Movie-MT	31 8:30 Van to Alzheimer's Walk @ Rentschler Field-HL 9:00 Family Swim 9:30 Reform Shabbat Service-MT 2:00 Movie-MT 3:00 Resident Run Saturday Fun-GR 4:30 Movie-MT 7:00 Movie-MT 

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