



CHRISTOPHER HEIGHTS™

# August 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1  
 10:30 Stretch & Breathe Class  
 2:00 BINGO-3rd Floor  
 3:15 Social Hour in the Pub  
 6:00 Agree to Disagree

2  
 10:30 "The Purl Girls" Knitting  
 10:30 Exercise  
 2:00 Common Word  
 3:15 Social Hour in the Pub:  
 Serving Hot Appetizers  
 6:00 Resident Movie Night

3  
 10:30 "The Purl Girls" Knitting  
 1:30 Movie Matinee  
 2:00 BINGO-3rd Floor  
 3:15 Social Hour in the Pub /  
 Serving Cheese & Crackers  
 6:00 Hangman Word Game

4  
 10:30 Exercise Class  
 2:00 Mass St. Joe's  
 3:15 Social Hour in the Pub /  
 Serving Delightful Dips  
 6:00 Evening Movie

5  
 10:30 Seated Tai Chi  
 2:00 Chaffin Church Worship  
 3:15 Social Hour in the Pub  
 6:00 Prize Drop

6  
 10:30 Exercise Class  
 12:00 Patio Picnic  
 2:00 UMass Blood Pressure Clinic  
 3:15 Social Hour in the Pub / Serving  
 Shrimp Cocktail  
 5:30 Putnam Senior Dance / Fun in the  
 Sun theme / sign up at the desk  
 6:00 Evening Movie

7  
 10:30 Chair Dancing with Jackie  
 1:30 Great Plates Food Meeting  
 2:00 Resident Town Hall  
 3:15 Social Hour in the Pub /  
 Serving "The Broadway"  
 Ice Cream  
 6:00 Alzheimer's Program for  
 Families with Gina / Tri Valley

8  
 10:30 Stretch & Breathe Class  
 2:00 Book Club Discussion  
 2:00 Long Word Short in the Pub  
 3:15 Social Hour in the Pub  
 6:00 Corn Hole

9  
 10:30 "The Purl Girls" Knitting  
 10:30 Exercise  
 2:00 Trivia Time / Patio or Pub  
 3:15 Social Hour in the Pub:  
 Serving Hot Appetizers  
 6:00 Resident Movie Night

10  
 10:30 "The Purl Girls" Knitting  
 1:30 Movie Matinee  
 2:00 BINGO-3rd Floor  
 3:15 Social Hour in the Pub /  
 Serving Cheese & Crackers  
 6:00 Hangman Word Game

11  
 10:30 Exercise Class  
 2:00 Birthday Party with Terry  
 Bradley  
 3:15 Social Hour in the Pub /  
 Serving Cupcakes  
 6:00 Monday Melodies

12  
 10:30 Seated Tai Chi  
 2:00 BINGO-3rd Floor  
 3:15 Social Hour in the Pub  
 6:00 Ball in a Bucket Toss

13  
 10:30 Exercise Class  
 12:00 Patio Picnic  
 2:00 Mass St. Louis  
 3:15 Social Hour in the Pub /  
 Serving Shrimp Cocktail  
 6:00 Evening Movie

14  
 10:30 Drum Fit for Seniors  
 1:30 Summer Craft in the Pub Sign  
 Up at desk  
 3:15 Social Hour in the Pub / Serving  
 "The Broadway" Ice Cream  
 6:30 The Great Garage Band Reunion  
 Outside (weather permitting)

15  
 10:30 Stretch & Breathe Class  
 2:00 Poodles Visit  
 3:15 Social Hour in the Pub  
 6:00 Washer Toss

16  
 10:30 "The Purl Girls" Knitting  
 10:30 Exercise  
 2:00 St. Anthony's Communion  
 & Prayer  
 3:15 Social Hour in the Pub:  
 Serving Hot Appetizers  
 6:00 Resident Movie Night

17  
 10:30 "The Purl Girls" Knitting  
 1:30 Movie Matinee  
 2:00 BINGO-3rd Floor  
 3:15 Social Hour in the Pub /  
 Serving Cheese & Crackers  
 6:00 Hangman Word Game

18  
 10:30 Exercise Class  
 2:00 Mass Sacred Heart  
 3:15 Social Hour in the Pub /  
 Serving Delightful Dips  
 6:00 Jokes with Debbie

19  
 10:30 Seated Tai Chi  
 2:00 Golf Putt  
 3:15 Social Hour in the Pub  
 6:00 Wii Wheel of Fortune

20  
 10:30 Exercise Class  
 12:00 Patio Picnic  
 2:00 Independent Activity in  
 the Pub  
 3:15 Social Hour in the Pub /  
 Serving Shrimp Cocktail  
 6:00 Evening Movie

21  
 Rain Date for the Great Garage  
 Band Reunion  
 10:30 Chair Dancing with Jackie  
 2:00 Elaine Davies "The Flower Guild  
 of the National Cathedral"  
 Program  
 3:15 Social Hour in the Pub / Serving  
 "The Broadway" Ice Cream  
 6:00 Wii Bowling

22  
 10:30 Stretch & Breathe Class  
 2:00 BINGO-3rd Floor  
 3:15 Social Hour in the Pub  
 6:00 Large Crossword Puzzle on  
 TV Screen

23  
 10:30 "The Purl Girls" Knitting  
 10:30 Exercise  
 2:00 Battle Bags Toss Game  
 3:15 Social Hour in the Pub:  
 Serving Hot Appetizers  
 6:00 Resident Movie Night

24  
 10:30 "The Purl Girls" Knitting  
 1:30 Movie Matinee  
 2:00 BINGO-3rd Floor  
 3:15 Social Hour in the Pub / Serving Cheese & Crackers  
 6:00 Hangman Word Game

25  
 10:30 Exercise Class  
 2:00 Chain Reaction Word Game  
 3:15 Social Hour in the Pub /  
 Serving Delightful Dips  
 6:00 Monday Melodies

26  
 10:30 Exercise  
 2:00 P.E. James / Singer Guitarist  
 3:15 Social Hour in the Pub  
 6:00 Corn hole

27  
 10:30 Exercise Class  
 12:00 Patio Picnic  
 2:00 Pastor John /Dudley Cong.  
 Church  
 3:15 Social Hour in the Pub /  
 Serving Shrimp Cocktail  
 6:00 Evening Movie

28  
 10:30 Drum Fit for Seniors  
 2:00 BINGO-3rd Floor  
 3:15 Social Hour in the Pub /  
 Serving "The Broadway"  
 Ice Cream  
 6:00 Wii Bowling

29  
 10:30 Exercise  
 2:00 Ladder Ball  
 3:15 Social Hour in the Pub  
 6:00 Friday Night Movie

30  
 10:30 "The Purl Girls" Knitting  
 10:30 Exercise  
 2:00 Long Word Short  
 3:15 Social Hour in the Pub:  
 Serving Hot Appetizers  
 6:00 Resident Movie Night

31  
 10:30 "The Purl Girls" Knitting  
 1:30 Movie Matinee  
 2:00 BINGO-3rd Floor  
 3:15 Social Hour in the Pub / Serving Cheese & Crackers  
 6:00 Hangman Word Game