



CHRISTOPHER HEIGHTS™

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 "The Purl Girls" Knitting 1:30 Movie "Kindergarten Cop 2" 2:00 Walk & Talk 3:15 Social Hour in the Pub 6:00 Sunday Night Melodies	2 10:30 Stretch / Breathe with Yoga Balls 11:00 Rosary 2:00 Mass St. Joe's 3:15 Social Hour in the Pub / Serving Ice Cream 6:30 BINGO-3rd Floor	3 9:30 Change Starts with You 9:30 Hometown Bank in Library 10:30 Drum Fit for Seniors 11:00 Rosary 2:00 Connections Church Worship (Protestant) 3:15 Social Hour in the Pub 6:00 Learn Wii Bowling	4 10:30 Exercise Class 11:00 Rosary 2:00 Blood Pressure & Balance Clinic 3:15 Social Hour in the Pub 6:00 Movie "Firewall"	5 10:30 TOWN HALL 11:00 Rosary 2:00 Painting Halloween Dough Ornaments / Pub 3:15 Social Hour in the Pub 6:00 Wii Bowling League	6 9:30 Weekly Gratitudes 10:30 Strength / Resist. Bands 11:00 Rosary 2:00 Birthday Party with Michael Anthony (Neil Diamond Show) And Tony Funches (The Platters) 3:15 Social Hour / in the Pub 6:30 BINGO-3rd Floor	7 10:30 "The Purl Girls" Knitting 10:30 Exercise 2:00 Book Club Discussion with Randa 3:15 Social Hour in the Pub: Serving Hot Appetizers 6:00 Movie "Crocodile Dundee"
8 10:30 "The Purl Girls" Knitting 1:30 Movie "Crocodile Dundee" 2:00 Walk & Talk 3:15 Social Hour in the Pub 6:00 Sunday Night Melodies Country Music	9 Columbus Day 10:30 Exercise 11:00 Rosary 2:00 Common Word 3:15 Social Hour in the Pub / Serving Ice Cream 6:30 BINGO-3rd Floor	10 10:30 Exercise 11:00 Rosary 1:30 Great Plates Food Meeting Game in Pub to Follow 3:15 Social Hour in the Pub 6:00 Learn Wii Bowling	11 10:30 Exercise Class 11:00 Rosary 2:00 Mass St. Louis 3:15 Social Hour in the Pub 6:00 - 9:00p.m. Senior Dance/ Putnam Elks 6:00 Movie "Irreconcilable Differences"	12 10:30 Drum Fit for Seniors 11:00 Rosary 1:30 Movie Matinee "Book Club 2" The Next Chapter 3:15 Social Hour in the Pub 6:00 Wii Bowling League	13 9:30 Weekly Gratitudes 10:30 Strength Training with Resistance Bands 2:00 BINGO-3rd Floor 3:15 Social Hour / in the Pub 6:00 Golf	14 10:30 "The Purl Girls" Knitting 10:30 Exercise 2:00 Ladder Ball 3:15 Social Hour in the Pub: Serving Hot Appetizers 6:00 Movie "Bye Bye Birdie"
15 10:30 "The Purl Girls" Knitting 1:30 Movie "Bye Bye Birdie" 2:00 Walk & Talk 3:15 Social Hour in the Pub 6:00 Sunday Night Melodies	16 10:30 Stretch / Breathe with Yoga Balls 11:00 Rosary 2:00 Mass Sacred Heart 3:15 Social Hour in the Pub / Serving Ice Cream 6:30 BINGO-3rd Floor	17 9:30 Change Starts with You 9:30 Hometown Bank in Library 10:30 Drum Fit for Seniors 11:00 Rosary 2:00 Dietitian Denise D. Program for Residents & Staff / 2nd Floor 3:15 Social Hour in the Pub 6:00 Learn Wii Bowling	18 10:30 Exercise Class 11:00 Rosary 2:00 Health Seminar "Summer Safety" 3:15 Social Hour in the Pub 6:00 Movie "Three Amigos"	19 10:30 Drum Fit for Seniors 11:00 Rosary 2:00 Misha Healing (The Power of Stones) with Lorelee Dubeau / Limited seating sign up at desk 3:15 Social Hour in the Pub 6:00 Wii Bowling League	20 9:30 Weekly Gratitudes 10:30 Strength Training with Resistance Bands 11:00 Rosary 2:00 BINGO-3rd Floor 3:15 Social Hour / in the Pub 6:00 Washer Toss	21 10:30 "The Purl Girls" Knitting 10:30 Exercise 2:00 St. Anthony Communion & Prayer 3:15 Social Hour in the Pub: Serving Hot Appetizers 6:00 Movie "Boystown"
22 10:30 "The Purl Girls" Knitting 1:30 Movie "Boystown" 2:00 Walk & Talk 3:15 Social Hour in the Pub 6:00 Sunday Night Melodies Hymn Music	23 10:30 Stretch / Breathe with Yoga Balls 11:00 Rosary 2:00 Fun Buzzer Trivia with a Twist 3:15 Social Hour in the Pub / Serving Ice Cream 6:30 BINGO-3rd Floor	24 VACCINE CLINIC TODAY! 10:30 Drum Fit for Seniors 11:00 Rosary 2:00 Long Word Short 3:15 Social Hour in the Pub 6:00 Learn Wii Bowling	25 10:30 Exercise Class 11:00 Rosary 2:00 Pastor John Dudley, Cong. Church 3:15 Social Hour in the Pub 6:00 Movie "Father Goose"	26 10:30 Drum Fit for Seniors 11:00 Rosary 1:30 Wii Bowling League 3:15 Social Hour in the Pub 6:00 Painting Class / Jean Walker In the Pub /Sign Up at Desk	27 9:30 Weekly Gratitudes 10:30 Strength Training with Resistance Bands 11:00 Rosary 2:00 BINGO-3rd Floor 3:15 Social Hour / in the Pub 6:00 Ladder Ball	28 MAKE A DIFFERENCE DAY! 10:30 "The Purl Girls" Knitting 10:30 Exercise 2:00 Wii Jeopardy 3:15 Social Hour in the Pub: Serving Hot Appetizers 6:00 Movie "Hocus Pocus 2"
29 10:30 "The Purl Girls" Knitting 1:30 Movie "Hocus Pocus 2" 2:00 Walk & Talk 3:15 Social Hour in the Pub 6:00 Sunday Night Melodies	30 10:30 Stretch / Breathe with Yoga Balls 11:00 Rosary 2:00 Golf Putt 3:15 Social Hour in the Pub / Serving Ice Cream 6:30 BINGO-3rd Floor	31 HAPPY HALLOWEEN! 9:30 Change Starts with You 9:30 Hometown Bank in Library 10:30 Drum Fit for Seniors 11:00 Rosary 2:00 "Price is Right" Halloween Theme / 2nd Floor 3:15 Social Hour in the Pub 6:00 Learn Wii Bowling				