



CHRISTOPHER HEIGHTS™

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NATIONAL ASSISTED LIVING WEEK BEGINS ON SEPTEMBER 7TH! This year's theme is "Ageless Adventure" Watch for exciting happenings during Assisted Living Week!	LABOR DAY! 10:30 Exercise Class 2:00 Mass St. Joe's 3:15 Social Hour in the Pub / Serving Delightful Dips 6:00 Chain Reaction Word Game	10:30 Seated Tai Chi 2:00 Chaffin Church Worship 3:15 Social Hour in the Pub 6:00 Higher / Lower Card Game	10:30 Exercise Class 2:00 Blood Pressure Clinic 3:15 Social Hour in the Pub / Serving Shrimp Cocktail 6:00 Evening Movie	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 Wii Bowling	10:30 Stretch & Breathe Class 2:00 Fill in the Blanks 3:15 Social Hour in the Pub 6:00 Golf Putt	10:30 "The Purl Girls" Knitting 10:30 Exercise 1:30 - 2:00 Walk & Talk 2:15 Wii Jeopardy 3:15 Social Hour in the Pub: Serving Hot Appetizers 6:00 Resident Movie Night
GRANDPARENTS DAY! 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 Sing A Long	10:30 Exercise Class 1:30 Author Henry Quinlan / "Creativity & Keeping the Brain & Body Healthy" 3:15 Social Hour in the Pub / Serving Delightful Dips 6:00 Evening Movie	10:30 Seated Tai Chi 12:15 Jerry's Soft Serve Truck Outside (Weather Permitting) 2:00 The Ben & Brad Show 3:15 Social Hour in the Pub 6:00 Ball in a Bucket Toss	ANZIO'S BRICK OVEN PIZZA FOR LUNCH (Outside Weather Permitting) 10:30 Exercise Class 2:00 Mass St. Louis 3:15 Social Hour in the Pub / Serving Shrimp Cocktail 6:00 Evening Movie	FRIED DOUGH TRUCK & PETTING ZOO! 10:30 Drum Fit for Seniors 12:30 Fried Dough Truck Outside (weather permitting) 1:30 Records & Burpee Petting Zoo /Outdoors (weather permitting) 3:15 Social Hour in the Pub / Serving "The Broadway" Ice Cream 6:00 Wii Bowling	RAIN DATE FOR PETTING ZOO & FRIED DOUGH TRUCK! 10:30 Stretch & Breathe Class 1:30 Staff & Residents' Games 3:15 Social Hour in the Pub 6:00 Ladder Ball	10:30 "The Purl Girls" Knitting 10:30 Exercise 1:30 - 2:00 Walk & Talk 2:15 Trivia Time / Patio or Pub 3:15 Social Hour in the Pub: Serving Hot Appetizers 6:00 Resident Movie Night
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	10:30 Exercise Class 2:00 Mass Sacred Heart 3:15 Social Hour in the Pub / Serving Delightful Dips 6:00 Left, Right, Center Game	10:30 Seated Tai Chi 2:00 Book Club Discussion 3:15 Social Hour in the Pub 6:00 Golf Putt	10:30 Exercise Class 2:00 Health Seminar "Better Breathing" 3:15 Social Hour in the Pub / Serving Shrimp Cocktail 6:00 Evening Movie	10:30 Chair Dancing with Jackie 2:00 Connect 4 in the Pub 3:15 Social Hour in the Pub / Serving "The Broadway" Ice Cream 6:00 Wii Bowling	10:30 Stretch & Breathe Class 2:00 Poodles Visit 3:15 Social Hour in the Pub 6:00 Prize Drop	10:30 "The Purl Girls" Knitting 10:30 Exercise 2:00 St. Anthony's Communion & Prayer 2:30 Walk & Talk 3:15 Social Hour in the Pub: Serving Hot Appetizers 6:00 Resident Movie Night
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 Sing A Long	10:30 Exercise Class 2:00 Birthday Party with John Grundstrom 3:15 Social Hour in the Pub / Serving Delightful Dips 6:00 Name That Tune	10:30 Seated Tai Chi 2:00 BINGO-3rd Floor 3:15 Social Hour in the Pub 6:00 Wii Wheel of Fortune	10:30 Exercise Class 2:00 Pastor John /Dudley Cong. Church 3:15 Social Hour in the Pub / Serving Shrimp Cocktail 6:00 Evening Movie	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	10:30 Stretch & Breathe Class 2:00 Higher / Lower Card Game 3:15 Social Hour in the Pub 6:00 Corn Hole	10:30 "The Purl Girls" Knitting 10:30 Exercise 1:30 - 2:00 Walk & Talk 2:15 Ladder Ball 3:15 Social Hour in the Pub: Serving Hot Appetizers 6:00 Resident Movie Night
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	10:30 Exercise Class 1:30 Fall Craft / in the Pub/ Sign up at desk 3:15 Social Hour in the Pub / Serving Delightful Dips 6:00 Long Word Short	10:30 Seated Tai Chi 2:00 BINGO-3rd Floor 3:15 Social Hour in the Pub 6:00 Ball in a Bucket Toss				