







CHRISTOPHER HEIGHTS™

January 2026

- P Pub
- DR Dining Room
- MR Media Room
- LR Living Room
- RV Room Visits

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Happy New Year! 1 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Adult Coloring 1:30 P Bingo 3:00 P Pub Time 6:00 LR Who, What Where Am I - Trivia	2 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Stretch & Strength Class w/ Patty 1:30 MR Bowling 3:00 P Pub Time w/ Hot Appetizers 6:00 MR Movie - TBA	3 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 P Bingo 1:30 MR Beanbag Toss 3:00 P Pub Time 6:00 MR Movie - TBA
4 10:00 MR Catholic Service - Everyone Is Welcome 10:30 P Coffee Social & Daily Chronicle 1:30 P LCR 3:00 P Pub Time 6:00 MR Movie - TBA	5 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Chair Yoga w/ Toni 1:30 P Group Crossword 3:00 P Pub Time 6:00 MR Netflix TV Series “A Man on the Inside”	6 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 P Health Talk w/ Metrowest Homecare and Hospice 1:30 P Easy Bracelet Beading Craft 3:00 P Pub Time 6:00 LR Hangman - Word Game	7 9:30 P Independent Coffee Social 10:00 P Blood Pressure Clinic 10:15 P Daily Chronicle 10:30 MR Gentle Stretch & Strength w/ Patty 1:30 P Bingo 3:00 P Pub Time 6:00 MR TV Concert - TBA	8 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Cardio Chair Dancing w/ Patty 1:30 P Performance: VioLynne 3:00 P Pub Time 6:00 MR Karaoke	9 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Stretch & Strength Class w/ Patty 1:30 MR Balloon Volleyball 3:00 P Pub Time w/ Hot Appetizers 6:00 MR Movie - TBA	10 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Mini Golf 1:30 P Bingo 3:00 P Pub Time 6:00 MR Movie - TBA
11 10:00 MR Catholic Service - Everyone Is Welcome 10:30 P Coffee Social & Daily Chronicle 1:30 P LCR 3:00 P Pub Time 6:00 MR Movie - TBA	12 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Exercise w /Heather 10:30 RV Room Visits w/ Monty the Dog 1:30 P Let’s Play Jeopardy - Trivia Game 3:00 P Pub Time 6:00 MR Netflix TV Series “A Man on the Inside”	13 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Drumfit w/ Patty 1:30 MR Nature Connection 3:00 P Pub Time 6:00 P LCR for Scratch Tickets	14 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Gentle Stretch & Strength w/ Patty 1:00 P Performance The Rob Show 3:00 P Pub Time 6:00 MR TV Concert - TBA	15 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Cardio Chair Dancing w/ Patty 1:30 P Bingo 3:00 P Pub Time 6:00 LR Name That Tune	16 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Stretch & Strength Class w/ Patty 1:30 P Horse Racing 3:00 P Pub Time w/ Hot Appetizers 6:00 MR Movie - TBA	17 9:30 P Independent Coffee Social & Daily Chronicle 10:00 P BINGO w/ Barbara & Andrea 1:30 MR Beanbag Toss 3:00 P Pub Time 6:00 MR Movie - TBA
18 10:00 MR Catholic Service - Everyone Is Welcome 10:30 P Coffee Social & Daily Chronicle 1:30 P LCR 3:00 P Pub Time 6:00 MR Movie - TBA	Martin Luther King Jr. Day 19 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Chair Yoga w/ Toni 1:30 MR Bingo 3:00 P Pub Time 6:00 MR Netflix TV Series “A Man on the Inside”	20 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR CaptionCall Talk (No Cost captioning phone service) 1:30 DR Ceramics w/ Diane 3:00 P Pub Time 6:00 LR Hangman - Word Game	21 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Gentle Stretch & Strength w/ Patty 1:30 P Bowling 3:00 P Pub Time 6:00 MR TV Concert - TBA	22 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Cardio Chair Dancing w/ Patty 1:30 P Performance: Bob Gilbert Theatre Group 3:00 P Pub Time 6:00 P Long Word - Short Words	23 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Stretch & Strength Class w/ Patty 1:30 P Valentine’s Day Craft 3:00 P Pub Time w/ Hot Appetizers 6:00 MR Movie - TBA	24 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Mini Golf 1:30 P Bingo 3:00 P Pub Time 6:00 MR Movie - TBA
25 10:00 MR Catholic Service - Everyone Is Welcome 10:30 P Coffee Social & Daily Chronicle 1:30 P LCR 3:00 P Pub Time 6:00 MR Movie - TBA	26 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Exercise w /Heather 10:30 RV Room Visits w/ Monty the Dog 1:30 P Let’s Play Jeopardy - Trivia Game 3:00 P Pub Time 6:00 MR Netflix TV Series “A Man on the Inside”	27 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Drumfit w/ Patty 10:45 DR Parkinson’s Peer Group Meeting / 2nd Floor 1:30 P Monthly Birthday Party w/ The Halfwits 3:00 P Pub Time 6:00 P Horse Racing	28 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Gentle Stretch & Strength w/ Patty 1:30 DR Resident Council Meeting 3:00 P Pub Time 6:00 MR TV Concert - TBA	29 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Cardio Chair Dancing w/ Patty 1:30 P Bingo for Prizes 3:00 P Pub Time 6:00 LR Name That Tune	30 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Stretch & Strength Class w/ Patty 1:30 MR Balloon Volleyball 3:00 P Pub Time w/ Hot Appetizers 6:00 MR Movie - TBA	31 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 P Bingo 1:30 MR Beanbag Toss 3:00 P Pub Time 6:00 MR Movie - TBA