



CHRISTOPHER HEIGHTS™

September 2026

- P

 Pub
- DR

 Dining Room
- MR

 Media Room
- Front Patio
- Back of the Building
- LR

 Living Room
- RV

 Room Visits

		1 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Drumfit w/ Patty 1:30 P Performance: Dave & Wally 3:00 P Pub Time 6:00 LR Hangman - Word Game	2 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	3 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Cardio Chair Dancing w/ Patty 1:30 P Smoothies w/ Chef Rami 3:00 P Pub Time 6:00 LR Who, What, Where Am I - Trivia	4 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Exercise Video 1:30 MR Balloon Volleyball 3:00 P Pub Time w/ Hot Appetizers 6:00 MR Movie - TBA	5 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Beanbag Toss 1:30 P Bingo 3:00 P Pub Time 6:00 MR Movie - TBA
6 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	7 Labor Day 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Chair Yoga w/ Toni 1:30 P Horse Racing 3:00 P Pub Time 6:00 MR Netflix Documentary Series - TBA	8 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Exercise Video 1:30 MR Nature Connection 3:00 P Pub Time 6:00 P Long Word - Short Words	9 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 P Performance: Dave Andrews 1:30 P Bingo 3:00 P Pub Time 6:00 MR TV Concert - TBA	10 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Exercise Video 1:30 MR Bowling 3:00 P Pub Time 6:00 LR Name That Tune	11 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Exercise Video 1:30 P Group Crossword Puzzle 3:00 P Pub Time w/ Hot Appetizers 6:00 MR Movie - TBA	12 Rosh Hashanah 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
13 National Grandparents Day 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	14 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 Documentary Series - TBA	15 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 P Performance: The Rob Show 1:30 DR Ceramics w/ Diane 3:00 P Pub Time 6:00 P LCR For Scratch Tickets	16 9:30 P Independent Coffee Social 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	17 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Cardio Chair Dancing w/ Patty 1:30 DR Fall Beading Craft 3:00 P Pub Time 6:00 LR Trivia & Other word Games	18 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Gentle Stretch & Strength w/ Patty 1:30 P Fun With Words & Rhymes 3:00 P Pub Time w/ Hot Appetizers 6:00 MR Movie - TBA	19 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
20 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	21 Yom Kippur 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Chair Yoga w/ Toni 1:30 Novelty Ice Cream Social 3:00 P Pub Time 6:00 MR Netflix Documentary Series - TBA	22 First Day of Fall 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 P Health Talk w/ Metrowest Homecare and Hospice 2:00 P Flying High Dog Show 3:00 P Pub Time 6:00 LR Hangman - Word Game	23 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Gentle Stretch & Strength w/ Patty 2:00 Fall Fest w/ The Brit Wits 6:00 MR TV Concert - TBA	24 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	25 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Gentle Stretch & Strength w/ Patty 1:30 P Horse Racing 3:00 P Pub Time w/ Hot Appetizers 6:00 MR Movie - TBA	26 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
27 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	28 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Exercise w /Heather 1:30 P Let's Play Jeopardy - Trivia Game 3:00 P Pub Time 6:00 MR Netflix Documentary Series - TBA	29 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Drumfit w/ Patty 1:45 P Resident Council Meeting 3:00 P Pub Time 6:00 P Long Word - Short Words	30 9:30 P Independent Coffee Social 10:15 P Daily Chronicle 10:30 MR Gentle Stretch & Strength w/ Patty 1:30 P Monthly Birthday Party w/ Sunnyside Swing Band 3:00 P Pub Time 6:00 MR TV Concert - TBA			