



CHRISTOPHER HEIGHTS™

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NATIONAL ASSISTED LIVING WEEK* SEPTEMBER 13-19, 2026		10:30 Gentle Seated Exercise 11:00 Rosary 2:00 Chaffin Church Worship 3:15 Social Hour in the Pub 6:00 Wii Bowling	10:30 Exercise Class 11:00 Rosary 12:00 Patio Picnic 2:00 Blood Pressure Clinic 3:15 Social Hour in the Pub / Serving Shrimp Cocktail 6:00 Evening Movie	10:30 Exercise Class 11:00 Rosary 2:00 Long Word Short 3:15 Social Hour in the Pub / Serving "The Broadway" Ice Cream In the Pub 6:00 Wii Bowling	10:15 QIGONG with Dawna 11:00 Rosary 2:00 Bingo-3rd Floor 3:15 Social Hour in the Pub 6:00 Family Feud Night	10:30 "The Purl Girls" Knitting 10:30 Exercise Class 2:00 Corn Hole 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 / Serving Cheese & Crackers 6:00 Sing-A-Long	LABOR DAY! 10:30 Exercise Class 11:00 Rosary 2:00 Battle Bags Toss Game 3:15 Social Hour in the Pub / Serving Delightful Dips 6:00 Ladder Ball	10:30 Gentle Seated Exercise 11:00 Rosary 1:30 Great Plates Food Meeting 2:00 Resident Town Hall 3:15 Social Hour in the Pub 6:00 Wii Bowling	10:30 Exercise Class 11:00 Rosary 12:00 Patio Picnic 2:00 Mass St. Louis 3:15 Social Hour in the Pub / Serving Shrimp Cocktail 5:30 Putnam Senior Dance 6:00 Evening Movie	10:30 Exercise Class 11:00 Rosary 1:30 "Puff" Paint & Sip / in the Pub 3:15 Social Hour in the Pub / Serving "The Broadway" Ice Cream In the Pub 6:00 Wii Bowling	PATRIOT DAY! 10:30 Stretch & Breathe Class 11:00 Rosary 2:00 Bingo-3rd Floor 3:15 Social Hour in the Pub 6:00 Family Feud Night	10:30 "The Purl Girls" Knitting 10:30 Exercise Class 2:00 Golf Putt 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 / Serving Cheese & Crackers 6:00 Sing-A-Long	PETTING ZOO 10:30 Exercise Class 11:00 Rosary 1:30 Petting Zoo outside (weather permitting) 3:15 Social Hour in the Pub / Serving Delightful Dips 6:00 Evening Movie	10:30 Gentle Seated Exercise 11:00 Rosary 2:00 Book Club Discussion 2:00 Games in the Pub 3:15 Social Hour in the Pub 6:00 Wii Bowling	10:30 Exercise Class 11:00 Rosary 12:00 Last Patio Picnic 2:00 Chain Reaction 3:15 Social Hour in the Pub / Serving Shrimp Cocktail 6:00 Evening Movie	ANZIO'S BRICK OVEN PIZZA OUTSIDE FOR LUNCH 10:30 Exercise Class 11:00 Rosary 2:00 "Shining Through The Years" Sharing our Biggest Accomplishments with each other 3:15 Social Hour in the Pub 6:00 Wii Bowling	10:15 QIGONG with Dawna 11:00 Rosary 2:00 Special "Double Prize" Bingo-3rd Floor 3:15 Social Hour in the Pub/ Serving The "Broadway Ice Cream" 6:00 Family Feud Night	10:30 "The Purl Girls" Knitting 10:30 Exercise Class 2:00 St. Anthony's Communion & Prayer 3:15 Social Hour in the Pub: Serving Hot Appetizers 6:00 Resident Movie Night
10:00 Pastor John Shaw Worship 10:30 "The Purl Girls" Knitting 1:30 Movie Matinee 2:00 BINGO-3rd Floor 3:15 Social Hour / Serving Cheese & Crackers 6:00 Sing-A-Long	9:30 Outing to Woodstock Orchard 10:30 Exercise 11:00 Rosary 2:00 Mass Sacred Heart 3:15 Social Hour in the Pub / Serving Delightful Dips 6:00 Tea Time with Debbie/ in the Pub	FIRST DAY OF AUTUMN! 10:30 Gentle Seated Exercise 11:00 Rosary 2:00 Hot Mulled Apple Cider in the Pub 3:15 Social Hour in the Pub 6:00 Wii Bowling	10:30 Exercise Class 11:00 Rosary 2:00 Pastor John /Dudley Cong. Church 3:15 Social Hour in the Pub / Serving Shrimp Cocktail 6:00 Evening Movie	10:30 Exercise Class 11:00 Rosary 1:30 Assorted Crafts / Sign Up at Desk 3:15 Social Hour in the Pub / Serving "The Broadway" Ice Cream In the Pub 6:00 Wii Bowling	10:30 Stretch & Breathe Class 11:00 Rosary 2:00 Bingo-3rd Floor 3:15 Social Hour in the Pub 6:00 Family Feud Night	10:30 "The Purl Girls" Knitting 10:30 Exercise Class 2:00 Battle Bags Toss Game 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 / Serving Cheese & Crackers 6:00 Sing-A-Long	10:30 Exercise Class 11:00 Rosary 2:00 Sifu Gary Tai Chi Class 3:15 Social Hour in the Pub / Serving Delightful Dips 6:00 Bean Bag in a Bucket	10:30 Gentle Seated Exercise 11:00 Rosary 2:00 Golf Putt 3:15 Social Hour in the Pub 6:00 Wii Bowling	10:30 Exercise Class 11:00 Rosary 2:00 Health Seminar "Healthy Eating" 3:15 Social Hour in the Pub / Serving Shrimp Cocktail 6:00 Evening Movie		FALL Sweet FALL	