



CHRISTOPHER HEIGHTS™

January 2022

P Pub
DR Dining Room
MR Media Room
3rd Fl Nurses' Office

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



ACTIVITIES ARE SUBJECT TO CHANGE
Please check the daily notices on the bulletin boards.



Medical Visits
Dr. Steven Coffin
Charles River Medical Services
Wednesday 1/19
3rd Floor Nurses Office
Please call their office to make an appointment! 508-665-4393



Quote of the Month
"Kindness is like snow; it beautifies everything it covers."

NEW YEAR'S DAY!
10:00 P Prize BINGO w/ Grace Baptist Church
2:00 MR Movie

10:00 MR Ecumenical Service
2:00 MR Movie

10:00 P Morning Gather
10:30 MR Exercise Class
1:30 P Packing Away all the Holiday Decorations
3:00 P Pub Time

10:00 P Morning Gather
10:30 MR Exercise Class
2:00 MR Drumming Class w/ Steve Benedetto
3:00 P Pub Time
6:30 DR BINGO \$

10:00 P Morning Gather
10:30 MR Exercise Class
12:30 P New Comers Club Luncheon
1:30 MR Ladder Toss
3:00 P Pub Time

10:00 P Morning Gather
10:30 MR Exercise Class
11:00 MR Beating the Winter Blues
Talk by Encompass
1:30 MR Performance by Maya Harrington
3:00 P Pub Time
6:30 P Spelling Bee

10:00 MR Fall Prevention Exercise Program w/ Instructor Jessica
1:30 MR Golf/Putting
3:00 P Pub Time

10:00 P Morning Gather by Residents
2:00 MR Movie

10:00 MR Ecumenical Service
2:00 MR Movie

10:00 P Performance by Dave Andrews on the Guitar
1:30 MR Bean Bag Toss
3:00 P Pub Time

10:00 P Morning Gather
10:30 MR Exercise Class
1:30 DR Paint Your Own Pottery Class w/ Hannah
3:00 P Pub Time
6:30 DR BINGO \$

10:00 P Morning Gather
10:30 MR Exercise Class
2:00 DR Resident Council & Food Committee Meeting
3:00 P Pub Time

10:00 MR Chair Pilates Class w/ Caitlin
1:30 P LCR (Dice Game)
3:00 P Pub Time
6:30 P Spelling Bee

10:30 P Assabet Valley Tech Students assist with Tech Support
1:30 P Penny Ante
3:00 P Pub Time

10:00 P Morning Gather by Residents
2:00 MR Movie

10:00 MR Ecumenical Service
2:00 MR Movie

MARTIN LUTHER KING JR. DAY!
10:00 P Morning Gather by Residents
2:00 MR Movie

10:00 P Morning Gather
10:30 MR Exercise Class
2:00 DR Demonstration/Show by Fox Ballroom Dance Studio
3:00 P Pub Time
6:30 DR BINGO \$

9:30 3rd Fl Nurses' Office Medical Visits by Charles River Medical Associates
10:00 P Morning Gather
10:30 MR Exercise Class
1:30 MR Lawn Darts
3:00 P Pub Time

10:00 P Morning Gather
10:30 MR Exercise Class
11:00 P Sunshine/Welcoming Committee Meeting
2:00 DR Ladies Tea Social
3:00 P Pub Time
6:30 P Spelling Bee

10:00 MR Fall Prevention Exercise Program w/ Instructor Jessica
1:30 MR Golf/Putting
3:00 P Pub Time

10:00 P Morning Gather by Residents
2:00 MR Movie

10:00 MR Ecumenical Service
2:00 MR Movie

10:00 P Morning Gather
10:30 MR Exercise Class
1:30 P LCR (Dice Game)
3:00 P Pub Time

10:00 P Morning Gather
10:30 MR Exercise Class
11:00 P First CHM Chorus Meeting
2:00 P Birthday Party w/ Russ Carlton
3:00 P Pub Time
6:30 DR BINGO \$

10:00 P Morning Gather
10:30 MR Exercise Class
12:30 P Men's Lunch
1:30 P Community Project: Coloring Kits
3:00 P Pub Time

10:00 P Morning Gather
10:30 MR Exercise Class
1:30 P Long Word, Short Game
3:00 P Pub Time
6:30 P Spelling Bee

10:00 P Morning Gather
10:30 MR Balance/Exercise Class w/ Heather
2:00 MR Karaoke w/ Judy Capone
3:00 P Pub Time

10:00 P Morning Gather by Residents
2:00 MR Movie