CHRISTOPHER HEIGHTS™ of Northampton
AN ASSISTED LIVING COMMUNITY

November 2026

Exercise
♪ Musical Performance
Van Trip
Movies & TV Series
✝ Catholic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daylight Saving Time Ends - Set Clocks Back 1 Hour/ Lee A. Birthday 1 7:30 Hot Breakfast - 2nd & 3rd FL Din RM 10:00 Televised Mass - Media Room✝ 1:30 Games - Chess, Checkers, Pitch, Cribbage - Pub 1:30 Men's Group - Classroom ***1:30 Series Matinee: All Creatures Great & Small - Media Room*** 2:15 Bingo - 2nd FL Din RM 3:30 Social Hour - Pub ***6:00 Series: Anne with An "E" - Media Room***	2 10:00 Northampton Shopping Trip - Walmart/Big Y/ Dollar Tree ***1:30 Outdoor Walking Group-weather permitting - Meet in Living Room*** 1:30 Writing Group #2 Classroom 2:30 Rummikub - Pub 2:30 Wheel of Fortune - Media Room 3:30 Exercise w/ Peter - Media Room 3:30 Social Hour - Pub ***6:30 Film: The Impossible - Media Room***	**Election Day/ Ray C. Birthday** 3 10:30 Chair Exercise Video - Media Room 1:30 Fall Trivia - Pub 2:30 Rummikub - Pub 3:00 Exercise & Massage w/ Peter - Media Room 3:30 Social Hour - Pub ***6:30 Series: Garage Sale Mysteries - Media Room***	**Joan S. Birthday** 4 7:30 Hot Breakfast - 2nd & 3rd FL Dining RM 10:30 Sunshine Village - Pub 1:30 Eucharistic Communion Service - Classroom✝ 2:15 Bingo - 2nd FL Dining RM ***2:15 Bright Spot Therapy Dog, Bodhi - Classroom*** 3:30 Exercise w/ Peter - Media Room 3:30 Social Hour - Pub ***6:30 Movie: Six Days Seven Nights - Media Room***	5 ***10:00 Rummikub Tournament - Pub*** ***10:45 Chair Yoga w/Jill - Media Rm Followed by fruit smoothies in Pub*** 1:30 Songbirds - Media Room 2:30 Rummikub/ Scrabble - Pub 2:30 Writing Group #1 Classroom 3:00 Exercise & Massage w/ Peter - Media Room 3:30 Social Hour - Pub ***6:30 Series: ER - Media Room***	6 9:30 Morning Social Hour w/Cindy - Pub 10:30 Chair Exercise Video - Media Room ***1:30 Expressive Chair Movement Class w/ Madelyn - Classroom*** 2:15 Bingo - 2nd FL Dining RM 3:30 Exercise w/ Peter - Media Room 3:30 Social Hour - Pub ***6:30 Classic TV Series Night: Touched By an Angel - Media Room***	7 10:30 Chair Exercise Video - Media Room 1:30 Games - Rummikub, Chess, Checkers, Cribbage - Pub ***2:30 Combo Compact - Media Room♪*** 3:30 Social Hour - Pub ***6:00 Series: When Calls the Heart - Media Room***
8 7:30 Hot Breakfast - 2nd & 3rd FL Din RM 10:00 Televised Mass - Media Room✝ 1:30 Games - Chess, Checkers, Pitch, Cribbage - Pub 1:30 Men's Group - Classroom ***1:30 Series Matinee: All Creatures Great & Small - Media Room*** 2:15 Bingo - 2nd FL Din RM 3:30 Social Hour - Pub ***6:00 Series: Anne with An "E" - Media Room***	9 ***9:30 Hadley Shopping Trip - Target/Trader Joe's & Marshalls*** ***1:30 Outdoor Walking Group-weather permitting - Meet in Living Room*** 1:30 Writing Group #2 Classroom 2:30 Rummikub - Pub 2:30 Wheel of Fortune - Media Room 3:30 Exercise w/ Peter - Media Room 3:30 Social Hour - Pub ***6:30 Film: Good Sam - Media Room***	10 10:30 Chair Exercise Video - Media Room ***1:30 Singing Bowls w/ Brya - Classroom*** 2:30 Rummikub - Pub 2:45 Prayer Group Meeting - Classroom 3:00 Exercise & Massage w/ Peter - Media Room 3:30 Social Hour - Pub ***6:30 Series: Garage Sale Mysteries - Media Room***	**Veterans Day** 11 7:30 Hot Breakfast - 2nd & 3rd FL Dining RM 10:30 Sunshine Village - Pub *1:15 All Residents Encouraged to Attend- Resident Council Meeting* 2:15 Bingo - 2nd FL Dining RM 3:30 Exercise w/ Peter - Media Room 3:30 Veterans Day Social Hour - Pub ***6:30 Movie: Top Gun: Maverick - Media Room***	12 9:30 Coffee & Conversation - Classroom ***10:45 Chair Yoga w/Jill - Media Rm Followed by fruit smoothies in Pub*** 1:30 Songbirds - Media Room 2:30 Rummikub/ Scrabble - Pub 2:30 Writing Group #1 Classroom 3:00 Exercise & Massage w/ Peter - Media Room 3:30 Social Hour - Pub ***6:30 Series: ER - Media Room***	13 10:30 Chair Exercise Video - Media Room ***1:30 Drum Circle Exercise w/Tara - Media Room*** 2:15 Bingo - 2nd FL Dining RM 3:30 Exercise w/ Peter - Media Room 3:30 Social Hour - Pub ***6:30 Classic TV Series Night: Touched By an Angel - Media Room***	14 10:30 Chair Exercise Video - Media Room 1:30 End of Life Care Planning w/Alison - Media Room 1:30 Games - Rummikub, Chess, Checkers, Cribbage - Pub ***2:30 Singing & Guitar w/ Doug Schmolze - Media Room♪*** 3:30 Social Hour - Pub ***6:00 Series: When Calls the Heart - Media Room***
Nancy W. Birthday 15 7:30 Hot Breakfast - 2nd & 3rd FL Din RM 10:00 Televised Mass - Media Room✝ 1:30 Games - Chess, Checkers, Pitch, Cribbage - Pub 1:30 Men's Group - Classroom ***1:30 Series Matinee: All Creatures Great & Small - Media Room*** 2:15 Bingo - 2nd FL Din RM 3:30 Social Hour - Pub ***6:00 Series: Anne with An "E" - Media Room***	**Jeannine H. Birthday** 16 ***10:00 Northampton Shopping Trip - Walmart/Big Y/ Dollar Tree*** ***1:30 Outdoor Walking Group-weather permitting - Meet in Living Room*** 1:30 Writing Group #2 Classroom ***2:30 Eventide Singers (a cappella group)- Media Room♪*** 2:30 Rummikub - Pub 3:30 Exercise w/ Peter - Media Room 3:30 Social Hour - Pub ***6:30 Film: Looking Through Water - Media Room***	17 10:30 Chair Exercise Video - Media Room 1:30 Eucharistic Communion Service - Classroom✝ 2:30 Rummikub - Pub 3:00 Exercise & Massage w/ Peter - Media Room 3:30 Social Hour - Pub ***6:30 Series: Garage Sale Mysteries - Media Room***	18 7:30 Hot Breakfast - 2nd & 3rd FL Dining RM 10:30 Sunshine Village - Pub 12:00 Birthday Meals P ***1:30 Health Presentation w/Alice - Media Room*** 2:15 Bingo - 2nd FL Dining RM 3:30 Exercise w/ Peter - Media Room 3:30 Social Hour - Pub ***6:30 Movie: New in Town- Media Room***	19 9:30 Coffee & Conversation - Classroom ***10:45 Chair Yoga w/Jill - Media Rm Followed by fruit smoothies in Pub*** 1:30 Songbirds - Media Room 2:30 Rummikub/ Scrabble - Pub 2:30 Writing Group #1 Classroom 3:00 Exercise & Massage w/ Peter - Media Room 3:30 Social Hour - Pub ***6:30 Series: ER - Media Room***	20 10:30 Chair Exercise Video - Media Room ***1:30 Expressive Chair Movement Class w/ Madelyn - Classroom*** 2:15 Bingo - 2nd FL Dining RM 3:30 Exercise w/ Peter - Media Room 3:30 Social Hour - Pub ***6:30 Classic TV Series Night: Touched By an Angel - Media Room***	21 10:30 Chair Exercise Video - Media Room 1:30 Games - Rummikub, Chess, Checkers, Cribbage - Pub ***2:30 Keyboards w/Len - Media Room♪*** 3:30 Social Hour - Pub ***6:00 Series: When Calls the Heart - Media Room***
22 7:30 Hot Breakfast - 2nd & 3rd FL Din RM 10:00 Televised Mass - Media Room✝ 1:30 Games - Chess, Checkers, Pitch, Cribbage - Pub 1:30 Men's Group - Classroom ***1:30 Series Matinee: All Creatures Great & Small - Media Room*** 2:15 Bingo - 2nd FL Din RM 3:30 Social Hour - Pub ***6:00 Series: Anne with An "E" - Media Room***	**Letitia C. Birthday** 23 ***9:30 Hadley Shopping Trip - Target/Trader Joe's & Marshalls*** ***1:30 Outdoor Walking Group-weather permitting - Meet in Living Room*** 1:30 Writing Group #2 Classroom 2:30 Rummikub - Pub 2:30 Wheel of Fortune - Media Room 3:30 Exercise w/ Peter - Media Room 3:30 Social Hour - Pub ***6:30 Film: The Long Game - Media Room***	24 10:30 Chair Exercise Video - Media Room 1:30 Dining Forum - Media Room 2:30 Rummikub - Pub 2:45 Prayer Group Meeting CL 3:00 Exercise & Massage w/ Peter - Media Room 3:30 Social Hour - Pub ***6:30 Series: Garage Sale Mysteries - Media Room***	25 7:30 Hot Breakfast - 2nd & 3rd FL Dining RM 10:30 Sunshine Village - Pub 1:15 Blood Pressure Clinic - Pub 2:00 Community Meeting - Media Room 3:30 Exercise w/ Peter - Media Room 3:30 Social Hour - Pub ***6:30 Movie: Little Women - Media Room***	**Thanksgiving** 26 9:30 Coffee & Conversation - Classroom ***10:45 Chair Yoga w/Jill - Media Rm Followed by fruit smoothies in Pub*** 1:30 Songbirds - Media Room 2:30 Rummikub/ Scrabble - Pub 2:30 Writing Group #1 Classroom 3:00 Exercise & Massage w/ Peter - Media Room 3:30 Social Hour - Pub ***6:30 Series: ER - Media Room***	27 10:30 Chair Exercise Video - Media Room ***10:30 Laura's Little Bites - 3rd FL Dining Room*** ***1:30 Matinee: Of Mice and Men - Media Room*** 2:15 Bingo - 2nd FL Dining RM 3:30 Exercise w/ Peter - Media Room 3:30 Social Hour - Pub ***6:30 Classic TV Series Night: Touched By an Angel - Media Room***	28 10:30 Chair Exercise Video - Media Room 1:30 Games - Rummikub, Chess, Checkers, Cribbage - Pub 1:30 Sewing w/Jamila - Classroom ***2:30 Piano w/Sandra Robinson - Media Room♪*** 3:30 Social Hour - Pub ***6:00 Series: When Calls the Heart - Media Room***
Elizabeth P. Birthday 29 7:30 Hot Breakfast - 2nd & 3rd FL Din RM 10:00 Televised Mass - Media Room✝ 1:30 Games - Chess, Checkers, Pitch, Cribbage - Pub 1:30 Men's Group - Classroom ***1:30 Series Matinee: All Creatures Great & Small - Media Room*** 2:15 Bingo - 2nd FL Din RM 3:30 Social Hour - Pub ***6:00 Series: Anne with An "E" - Media Room***	30 ***10:00 Forbes Library Van Trip - Meet in Pub*** ***1:30 Outdoor Walking Group-weather permitting - Meet in Living Room*** 1:30 Writing Group #2 Classroom 2:30 Rummikub - Pub 2:30 Wheel of Fortune - Media Room 3:30 Exercise w/ Peter - Media Room 3:30 Social Hour - Pub ***6:30 Film: Meet Joe Black - Media Room***	**Resident Council Meetings** Resident Council Meetings will be held in the Media Room on the 2nd Wednesday of each month. - Resident Volunteer Ambassador Nancy Winninger Resident Volunteer Ambassador Ruth Smith				

ALL EVENTS ARE SUBJECT TO CHANGE. PLEASE CHECK THE DAILY CALENDAR AND BULLETIN FOR UPDATES AND CHANGES.