




CHRISTOPHER HEIGHTS™

February 2022

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>ACTIVITIES ARE SUBJECT TO CHANGE Please check the daily notices on the bulletin boards.</p>	<p>10:00 ■ P Morning Gather 10:30 ■ MR Exercise Class 1:30 ■ DR Valentine's Card Making 3:00 ■ P Pub Time</p>	<p>GROUNDHOG DAY 10:00 ■ P Morning Gather 10:30 ■ MR Exercise Class 1:30 ■ MR Golf/Putting 3:00 ■ P Pub Time</p>	<p>10:00 ■ MR Chair Pilates Class w/ Instructor Caitlin 11:00 ■ MR Beating the Winter Blues Talk by Encompass 1:30 ■ P LCR (Dice Game) 3:00 ■ P Pub Time</p>	<p>WEAR RED DAY! 10:00 ■ MR Fall Prevention Exercise Program w/ Instructor Jessica 1:30 ■ MR Ladder Toss 3:00 ■ P Pub Time</p>	<p>10:00 ■ P Prize BINGO w/ Grace Baptist Church 2:00 ■ MR Movie</p>
<p>10:00 ■ MR Ecumenical Service 2:00 ■ MR Movie</p>	<p>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</p>	<p>10:00 ■ P Morning Gather 10:30 ■ MR Exercise Class 1:30 ■ P LCR (Dice Game) 3:00 ■ P Pub Time</p>	<p>10:00 ■ P Morning Gather 10:30 ■ MR Exercise Class 1:30 ■ DR BINGO \$ 3:00 ■ P Pub Time</p>	<p>10:00 ■ P Performance by Dave Andrews on the Guitar 1:30 ■ P Long Word, Short Game 3:00 ■ P Pub Time</p>	<p>10:00 ■ P Morning Gather 10:30 ■ MR Exercise Class w/ Instructor Heather 1:30 ■ MR Lawn Darts 3:00 ■ P Pub Time</p>	<p>10:00 ■ P Morning Gather by Residents 2:00 ■ MR Movie</p>
<p>10:00 ■ MR Ecumenical Service 2:00 ■ MR Movie 6:30 ■ MR Super Bowl LVI</p>	<p>VALENTINE'S DAY 10:00 ■ P Morning Gather 10:30 ■ MR Exercise Class 1:30 ■ MR Bowling 3:00 ■ P Pub Time/Valentine's Party</p>	<p>10:00 ■ P Morning Gather 10:30 ■ MR Exercise Class 1:30 ■ P Trivia 3:00 ■ P Pub Time</p>	<p>9:30 ■ Medical Visits by Charles River Medical Associates 10:00 ■ P Morning Gather 10:30 ■ MR Exercise Class 2:00 ■ DR Resident Council & Food Committee Meeting 3:00 ■ P Pub Time</p>	<p>10:00 ■ P Morning Gather 10:30 ■ MR Exercise Class 1:30 ■ P Spelling Bee 3:00 ■ P Pub Time</p>	<p>10:30 ■ MR Performance by Kalifornia Karl 1:30 ■ MR Beanbag Toss 3:00 ■ P Pub Time</p>	<p>10:00 ■ P Morning Gather by Residents 2:00 ■ MR Movie</p>
<p>10:00 ■ MR Ecumenical Service 2:00 ■ MR Movie</p>	<p>PRESIDENTS DAY 10:00 ■ P Morning Gather by Residents 2:00 ■ MR Movie</p>	<p>10:00 ■ P Morning Gather 10:30 ■ MR Exercise Class 11:00 ■ P CHM Chorus Meet 2:00 ■ P Birthday Party 3:00 ■ P Pub Time</p>	<p>10:00 ■ P Morning Gather 10:30 ■ MR Exercise Class 1:30 ■ MR Golf/Putting 3:00 ■ P Pub Time</p>	<p>10:00 ■ P Morning Gather 10:30 ■ MR Exercise Class 2:00 ■ P Presentation: Music of Colonial New England Bay Psalm Book to Regimental Ball 3:00 ■ P Pub Time</p>	<p>10:00 ■ P Morning Gather 10:30 ■ MR Exercise Class 1:30 ■ P Long Word, Short Game 3:00 ■ P Pub Time</p>	<p>10:00 ■ P Morning Gather by Residents 2:00 ■ MR Movie</p>
<p>10:00 ■ MR Ecumenical Service 2:00 ■ MR Movie</p>	<p>10:00 ■ P Morning Gather 10:30 ■ MR Exercise Class 1:30 ■ MR Beanbag Toss 3:00 ■ P Pub Time</p>	<p><i>Happy Valentine's Day</i></p>	<p>Medical Visit Dr. Steven Coffin Wednesday, 2/16 3rd Floor Nurses' Station Call their office to make an appointment, 508-665-4393.</p>	