

JULY 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

All activities are subject to change.

If you would like an activity/service not reflected on the calendar, please see RSC/Administrator.

Monthly wellness checks will be the 1st week of the month.



Heritage Woods
of Belvidere
AFFORDABLE ASSISTED LIFESTYLE COMMUNITY

Dimensions of Wellness

- Physical
- Spiritual
- Social
- Intellectual
- Nutritional
- Purposeful

Meeting Places

- ACT** Activity Room
- DIN** Dining Room
- COM** Community Room
- COU** Courtyard

Happy Birthday:

-Rolleen C. 7/6

-Donald C. 7/12

-Marciana E. 7/13

-Harriet M. 7/19

-Richard S. 7/20

-Barbara B. 7/22

-Dorothy C. 7/25

-June S. 7/28

-Greg G. 7/28

-Joy K. 7/29

			<p>Open to the public events:</p> <p>-Gorgeous Grandma Day July 22nd 1pm</p> <p>-Birthday celebration w/ The 45's July 30th 2pm</p>	<p>01</p> <p>10:00a \$ Meijer shopping trip-RSVP lb</p> <p>01:00p Men's group ACT</p> <p>02:00p Bingo DIN</p> <p>03:00p Country store ACT</p>	<p>02</p> <p>10:00a Drum Circle exercise COM</p> <p>05:00p Card games COM</p>	<p>03</p> <p>09:00a All Day Puzzle Packets!! RA</p> <p>02:00p Bingo DIN</p> <p>06:00p Movie and popcorn t.v.L</p>
<p>04 Independence Day</p> <p>06:30a Sunday Mass CH. 3 (NBC) RA</p> <p>09:00a All Day Puzzle Packets!! RA</p> <p>09:00a St. James mass COM</p>	<p>05</p> <p>10:00a Chair yoga COM</p> <p>01:00p Make a difference Monday COM</p> <p>02:00p Movie Monday COM</p> <p>05:00p Dominoes COM</p>	<p>06</p> <p>10:00a Coffee talk w/ Mickey COM</p> <p>11:00a Bean bag toss COU</p> <p>03:00p Country store ACT</p> <p>03:00p Discovery series w/ health pros COM</p>	<p>07</p> <p>10:00a Baking club ACT</p> <p>01:00p Wii bowling COM</p> <p>03:00p Veterans club ACT</p> <p>05:00p Brodie and Zoey- Therapy dogs t.v.L</p>	<p>08</p> <p>10:00a Lunch at steak-n-shake \$\$-RSVP lb</p> <p>01:00p Men's group COM</p> <p>02:00p Bingo DIN</p> <p>03:00p Country store ACT</p>	<p>09</p> <p>10:00a Picnic in Belvidere park-RSVP lb</p> <p>02:00p Chair chi COM</p> <p>05:00p Card games COM</p>	<p>10</p> <p>09:00a All Day Puzzle Packets!! RA</p> <p>02:00p Bingo DIN</p> <p>05:30p Classic movie night w/ Ali t.v.L</p>
<p>11</p> <p>06:30a Sunday Mass CH. 3 (NBC) RA</p> <p>09:00a All Day Puzzle Packets!! RA</p> <p>09:00a St. James mass COM</p> <p>06:00p Bible fellowship w/ Ali COM</p>	<p>12</p> <p>10:00a Chair yoga COM</p> <p>02:00p Resident council meeting DIN</p> <p>05:00p Dominoes COM</p>	<p>13</p> <p>10:00a Coffee talk w/ Mickey COM</p> <p>02:00p Hangman COM</p> <p>03:00p Country store ACT</p>	<p>14</p> <p>10:00a Art class COM</p> <p>01:00p Wii bowling COM</p> <p>05:00p Brodie and Zoey- Therapy dogs t.v.L</p>	<p>15</p> <p>10:00a \$ Dollar tree shopping trip-RSVP lb</p> <p>01:00p Men's group COM</p> <p>02:00p Bingo DIN</p> <p>03:00p Country store ACT</p>	<p>16</p> <p>10:00a Drum Circle exercise COM</p> <p>02:00p Fishing Trip-Bauman park-RSVP lb</p> <p>05:00p Card games COM</p>	<p>17</p> <p>09:00a All Day Puzzle Packets!! RA</p> <p>02:00p Bingo DIN</p> <p>06:00p Movie and popcorn t.v.L</p>
<p>18</p> <p>06:30a Sunday Mass CH. 3 (NBC) RA</p> <p>09:00a All Day Puzzle Packets!! RA</p> <p>09:00a St. James mass COM</p>	<p>19</p> <p>10:00a Chair yoga COM</p> <p>01:00p Make a difference Monday COM</p> <p>02:00p Movie Monday COM</p> <p>05:00p Dominoes COM</p>	<p>20</p> <p>10:00a Coffee talk w/ Mickey COM</p> <p>02:00p National Ice cream soda day activity COM</p> <p>03:00p Poker w/ Scott COM</p> <p>03:00p Country store ACT</p>	<p>21</p> <p>10:00a Gardening club COM</p> <p>01:00p Wii bowling COM</p> <p>05:00p Brodie and Zoey- Therapy dogs t.v.L</p>	<p>22</p> <p>10:00a Lunch at steak-n-shake \$\$-RSVP lb</p> <p>01:00p Men's group ACT</p> <p>01:00p Gorgeous Grandma Day COM</p> <p>02:00p Bingo DIN</p> <p>03:00p Country store ACT</p>	<p>23</p> <p>10:00a Chair chi COM</p> <p>01:00p \$ Nickel World arcade-RSVP lb</p> <p>05:00p Card games COM</p> <p>05:30p Summer Luau COU</p>	<p>24</p> <p>09:00a All Day Puzzle Packets!! RA</p> <p>02:00p Bingo DIN</p> <p>06:00p Movie and popcorn t.v.L</p>
<p>25</p> <p>06:30a Sunday Mass CH. 3 (NBC) RA</p> <p>09:00a All Day Puzzle Packets!! RA</p> <p>09:00a St. James mass COM</p> <p>06:00p Bible fellowship w/ Ali COM</p>	<p>26</p> <p>10:00a Chair yoga COM</p> <p>01:00p Healthy Cookin' demo w/ Nicole ACT</p> <p>02:00p Jeopardy COM</p> <p>05:00p Dominoes COM</p>	<p>27</p> <p>10:00a Coffee talk w/ Mickey COM</p> <p>01:00p Tie pillow making COM</p> <p>03:00p Country store ACT</p>	<p>28</p> <p>10:00a Universal yums COM</p> <p>01:00p Wii bowling COM</p> <p>05:00p Brodie and Zoey- Therapy dogs t.v.L</p>	<p>29</p> <p>10:00a Walmart shopping trip-RSVP lb</p> <p>01:00p Men's group COM</p> <p>02:00p Bingo DIN</p> <p>03:00p Country store ACT</p>	<p>30</p> <p>10:00a Drum Circle exercise COM</p> <p>12:00p Smart Buck\$ Drawing RA</p> <p>02:00p Birthday celebration w/ The 45's COU</p> <p>05:00p Card games COM</p>	<p>31</p> <p>09:00a All Day Puzzle Packets!! RA</p> <p>02:00p Bingo DIN</p> <p>06:00p Movie and popcorn t.v.L</p>