Heritage Woods of Belvidere
An Affordable Assisted Lifestyle Community for the Older Adult

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.

JULY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jul 31 09:00a All Day Puzzle Packets!! RA 09:00a St. James mass COM 06:00p Bible fellowship w/ Ali COM				<u>Open to the public events:</u> -July birthday celebration 7/25 @ 2pm	**01** 10:00a IN2L Game day COM 02:00p Bags/Cornhole game COU 05:00p Dominoes COM	**02** 09:00a All Day Puzzle Packets!! RA 12:00p Card games COM 02:00p Bingo DIN
03 09:00a All Day Puzzle Packets!! RA 09:00a St. James mass COM 06:00p Classic movie night w/ Ali COM	**04** Independence Day 10:00a IN2L exercise COM 02:00p Crocheting circle COM 05:00p Dominoes COM	**05** 10:00a Coffee talk w/ Mickey COM 02:00p Discovery series w/ Healthpros COM 03:00p Country store CS	**06** 10:00a IN2L lead Rosary service COM 01:00p Wii bowling DIN 03:00p Wine Down Wednesday (Happy Hour) COM	**07** 11:00a Lunch @ Firebox Pizza lb 01:00p Men's group COM 02:00p Bingo DIN 03:00p Country store ACT	**08** 10:00a Craft Corner COM 02:00p Trivia Night COM 05:00p Dominoes COM	**09** 09:00a All Day Puzzle Packets!! RA 12:00p Card games COM 02:00p Bingo DIN
10 09:00a All Day Puzzle Packets!! RA 09:00a St. James mass COM 06:00p Bible fellowship w/ Ali COM	**11** 10:00a IN2L exercise COM 01:00p Veterans club meting COM 02:00p Resident Council meeting DIN 05:00p Dominoes COM	**12** 10:00a Coffee talk w/ Mickey COM 02:00p Exercise class w/ Healthpros COM 03:00p Country store CS	**13** 10:00a IN2L lead Rosary service COM 01:00p Wii bowling DIN 05:00p Brodie and Zoey- Therapy dogs t.v.L	**14** 10:00a Precious & Tessa (therapy dogs) RA 12:00p Ida Public Library Book Mobile lb 01:00p Men's group COM 02:00p Bingo DIN 03:00p Country store ACT	**15** 10:00a IN2L Game day COM 02:00p Walk in the park (Belvidere Park)- RSVP lb 05:00p Dominoes COM	**16** 09:00a All Day Puzzle Packets!! RA 12:00p Card games COM 02:00p Bingo DIN
17 09:00a All Day Puzzle Packets!! RA 09:00a St. James mass COM	**18** 10:00a IN2L exercise COM 02:00p Crocheting circle COM 05:00p Dominoes COM	**19** 10:00a Coffee talk w/ Mickey COM 02:00p Exercise Class w/ Healthpros COM 03:00p Country store CS	**20** 10:00a IN2L lead Rosary service COM 01:00p Wii bowling DIN 03:00p Wine Down Wednesday (Happy Hour) COM	**21** 10:00a Shopping trip to Walmart lb 01:00p Men's group COM 02:00p Bingo DIN 03:00p Country store ACT	**22** 10:00a Music Therapy w/ Melanie COM 02:00p Ice cream social COM 05:00p Dominoes COM	**23** 09:00a All Day Puzzle Packets!! RA 12:00p Card games COM 02:00p Bingo DIN
24 09:00a All Day Puzzle Packets!! RA 09:00a St. James mass COM	**25** 10:00a IN2L exercise COM 01:00p Make a difference Monday COM 02:00p July Bday celebration DIN 05:00p Dominoes COM	**26** 10:00a Coffee talk w/ Mickey COM 02:00p Exercise class w/ Healthpros COM 03:00p Country store CS	**27** 10:00a IN2L lead Rosary service COM 01:00p Wii bowling DIN 05:00p Brodie and Zoey- Therapy dogs t.v.L	**28** 10:00a Precious & Tessa (therapy dogs) RA 12:00p Ida Public Library Book Mobile lb 01:00p Men's group COM 02:00p Bingo DIN 03:00p Country store ACT	**29** 10:00a IN2L Game day COM 12:00p $mart Buck$ Drawing RA 02:00p Walk in the park (Spencer Park)- RSVP lb 05:00p Dominoes COM	**30** 09:00a All Day Puzzle Packets!! RA 12:00p Card games COM 02:00p Bingo DIN

Dimensions of Wellness

- Physical
- Emotional
- Spiritual
- Environmental
- Vocational
- Social
- Intellectual

Meeting Places

COM	Community Room
lb	Lobby
COU	Courtyard
RA	Resident apartment
DIN	Dining Room
CS	Country Store

Happy Birthday:

-Roger W. 7/5

-Rolleen C. 7/6

-Susan B. 7/11

-Donald C. 7/12

-Marciana E. 7/13

-Richard S. 7/20

-Dorothy C. 7/25

-June S. 7/28

-Joy K. 7/29

-Rita A. 7/30

-JoAnn M. 7/31