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

HAPPY LABOR DAY

SEPTEMBER 2022

Dimensions of Wellness

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

Meeting Places

ACT	Activity Room
ACT	Activity Room
FRO	Front Lobby
DIN	Dining Room
DIN	Dining Room
FRO	Front Lobby
AP	Apartments
TV	TV Lounge
CON	Conference Room
TV	TV Lounge

Wellness Checks

1st Floor- September 6th

2nd Floor- September 7th

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				01 All Day Drink Some Cider Day 09:30 iN2L Tai Chi Exercise ACT 10:00 Country Store ACT 10:00 Daily Chronical Sheet FRO 02:00 Worship DIN 02:30 Apple Cider Social DIN	**02** All Day Fungus Friday 09:30 iN2L Chair Exercise ACT 10:00 Daily Chronical Sheet FRO 10:00 Independent Nature Walks FRO 10:30 Manicures ACT 02:00 Bingo DIN	**03** All Day Play Outside Day 10:00 Daily Chronical Sheet FRO 10:00 Independent TV AP 10:00 Puzzle Packet FRO 01:00 Color your Stress Away AP 01:30 UNO Card Game ACT
04 All Day Eat an Extra Dessert Day 09:30 Mass (Channel 9) AP 10:00 Daily Chronical Sheet FRO 10:00 Independent TV AP 10:00 Puzzle Packet FRO 10:30 Worship on Channel 15 TBN AP 01:30 Mexican Train Dominoes ACT	**05** Labor Day All Day Labor Day 10:00 Daily Chronical Sheet FRO 10:30 Labor Day Coloring Contest FRO 10:30 Labor Day Puzzle Packet FRO 11:00 Labor Day Lunch Cook-Out DIN 02:00 Bingo DIN	**06** All Day Cheese Only Day 09:00 Walmart FRO 10:00 Daily Chronical Sheet FRO 02:30 Happy Hour w/ Cheese & Crackers DIN 02:30 iN2l: Piggy Bank Game DIN	**07** All Day Coffee Ice Cream Day 09:30 iN2L Chair Exercises ACT 10:00 Country Store ACT 10:00 Daily Chronical Sheet FRO 10:00 Rosary with Barb TV 02:00 Residents Show & Tell DIN	**08** All Day Grow a Pet Day 09:30 iN2L Tai Chi Exercise ACT 10:00 Country Store ACT 10:00 Daily Chronical Sheet FRO 02:00 Worship DIN 02:30 Food Committee CON 02:30 Grow a Pet DIN	**09** All Day Happy Birthday, Colonel Sanders 09:30 iN2L Chair Exercise ACT 10:00 Daily Chronical Sheet FRO 10:00 Independent Nature Walks FRO 10:30 Manicures ACT 02:00 Bingo DIN	**10** All Day Happy Birthday, Arnold Palmer 10:00 Daily Chronical Sheet FRO 10:00 Independent TV AP 10:00 Puzzle Packet FRO 11:00 We will be serving Arnold Palmer signature drink at lunch!! 01:00 Color your Stress Away AP 01:30 UNO Card Game ACT
11 All Day Grandparents Day 09:30 Mass (Channel 9) AP 10:00 Daily Chronical Sheet FRO 10:00 Puzzle Packet FRO 10:30 Worship on Channel 15 TBN AP 01:30 Mexican Train Dominoes ACT 02:00 Grandparents Day Ice Cream Social DIN	**12** All Day Chocolate Milkshake Day 09:00 Store Drop Off FRO 10:00 Daily Chronical Sheet FRO 02:00 Bingo DIN	**13** All Day Blue Foods Day 09:00 Walmart FRO 10:00 Catholic Mass ACT 10:00 Daily Chronical Sheet FRO 02:30 iN2L: Bible Trivia ACT 03:00 Tails Newspaper Donation Outing FRO	**14** All Day School Lunch Box Day 09:30 iN2L Chair Exercises ACT 10:00 Country Store ACT 10:00 Daily Chronical Sheet FRO 10:00 Rosary with Barb TV 11:00 Brown Paper Bag Lunch AP 02:00 Afternoon Movie w/ Snacks: School House Rock TV	**15** All Day Make a Hat Day 09:30 iN2L Tai Chi Exercise ACT 10:00 Country Store ACT 10:00 Daily Chronical Sheet FRO 02:00 Worship DIN 02:30 Resident Council DIN	**16** All Day Guacamole Day 09:30 iN2L Chair Exercise ACT 10:00 Daily Chronical Sheet FRO 10:00 Independent Nature Walks FRO 10:30 Manicures ACT 02:00 Bingo DIN	**17** All Day Eat an Apple Day (International) 10:00 Daily Chronical Sheet FRO 10:00 Independent TV AP 10:00 Puzzle Packet FRO 01:00 Color your Stress Away AP 01:30 UNO Card Game ACT
18 All Day Cheeseburger Day 09:30 Mass (Channel 9) AP 10:00 Daily Chronical Sheet FRO 10:00 Independent TV AP 10:00 Puzzle Packet FRO 10:30 Worship on Channel 15 TBN AP 01:30 Mexican Train Dominoes ACT	**19** All Day Premiere of The Mary Tyler Moore Show 09:00 Store Drop Off FRO 10:00 Daily Chronical Sheet FRO 02:00 Bingo DIN	**20** All Day "Back to School" Memories Day 09:00 Walmart FRO 10:00 Daily Chronical Sheet FRO 02:30 Back to School social w/ school snacks DIN	**21** All Day World Alzheimer's Day 09:30 iN2L Chair Exercises ACT 10:00 Country Store ACT 10:00 Daily Chronical Sheet FRO 10:00 Rosary with Barb TV 02:00 Arm Chair Travel w/ Universal Yums Box DIN	**22** All Day Ice Cream Cone Day 09:30 iN2L Tai Chi Exercise ACT 10:00 Country Store ACT 10:00 Daily Chronical Sheet FRO 02:00 Worship DIN 02:30 Old Fashion Ice Cream Cone Social DIN	**23** All Day Funny Sayings Friday 09:30 iN2L Chair Exercise ACT 10:00 Daily Chronical Sheet FRO 10:00 Independent Nature Walks FRO 10:30 Manicures ACT 02:00 Bingo DIN	**24** All Day Cruise Ship Day 10:00 Daily Chronical Sheet FRO 10:00 Independent TV AP 10:00 Puzzle Packet FRO 01:00 Color your Stress Away AP 01:30 UNO Card Game ACT
25 Night of Rosh Hashanah All Day One-Hit Wonder Day 09:30 Mass (Channel 9) AP 10:00 Daily Chronical Sheet FRO 10:00 Independent TV AP 10:00 Puzzle Packet FRO 10:30 Worship on Channel 15 TBN AP 01:30 Mexican Train Dominoes ACT	**26** Rosh Hashanah All Day Johnny Appleseed's Birthday 09:00 Store Drop Off FRO 10:00 Daily Chronical Sheet FRO 02:00 Bingo DIN	**27** Rosh Hashanah All Day Chocolate Milk Day 09:00 Walmart FRO 10:00 Daily Chronical Sheet FRO 02:00 September Birthday Party with Live Music w/ Joe DIN	**28** All Day National Women's Health and Fitness Day 09:30 iN2L Chair Exercises ACT 10:00 Country Store ACT 10:00 Daily Chronical Sheet FRO 10:00 Rosary with Barb TV 02:00 iN2l: Trivia Game ACT	**29** All Day Singing Cowboy Day 09:30 iN2L Tai Chi Exercise ACT 10:00 Country Store ACT 10:00 Daily Chronical Sheet FRO 02:00 Worship DIN 02:30 Bakers Corner: Apple Turnover ACT	**30** All Day Frisbee Day 09:30 iN2L Chair Exercise ACT 10:00 Daily Chronical Sheet FRO 10:00 Independent Nature Walks FRO 10:30 Manicures ACT 02:00 Bingo DIN	