

# Heritage Woods of Minooka

MAY 2024

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

**Meeting Places**  
 DR Dining Room  
 L Lobby  
 AR Activity Room  
 CS Country Store  
 3rd Living Room 3rd Floor  
 Lib. Library



**01**  
 All Day Daily Chronicles & Daily Puzzle  
 8:30a Morning News! AR  
 9:15a Communion with Jim AR  
 10:15a Exercise with Therapy! AR  
 10:30a UMC Senior Lunch and Bingo Outing! L  
 2:00p BINGO! DR  
 3:30p Country Store CS  
 6:00p Cards with Friends! AR

**02**  
 12:00a HealthPro Discovery Series! AR  
 All Day Daily Chronicles & Daily Puzzle  
 9:00a Medical Appointment 9-4 p.m. L  
 12:00p Bus Trip - Families of Faith Senior Church Service L  
 2:00p Wii Bowling AR  
 6:30p Motorcycle Ministry - Families of Faith AR

**03**  
 All Day Daily Chronicles & Daily Puzzle  
 8:50a Morning Stretch AR  
 10:00a Fascinating Moments in History! AR  
 1:30p Chair Exercise AR  
 2:00p Resident Council AR  
 3:00p Tech Time! AR  
 3:30p Country Store CS

**04**  
 All Day Daily Chronicles & Daily Puzzle  
 1:00p Walking Club L  
 1:30p Bunco and Card Games! 3rd L  
 2:00p Conversation Time! L  
 6:00p Catholic Mass with Father Hilt AR

**05**  
 All Day Daily Chronicles & Daily Puzzle  
 9:00a Crochet Club 3rd  
 10:00a Bus Trip - Families of Faith Senior Church Service L  
 1:00p Walking Club L  
 1:30p Yahtzee! AR  
 7:00p Poker Night! AR

**06**  
 All Day Daily Chronicles & Daily Puzzle  
 8:50a Morning Stretch AR  
 10:00a Piano Melodies AR  
 1:30p Chair Exercise AR  
 2:00p BINGO! DR  
 3:00p Bible Teaching with David 3rd  
 3:30p Country Store CS  
 7:00p Trivial Pursuit! AR

**07**  
 All Day Daily Chronicles & Daily Puzzle  
 9:30a Shopping Trip - Jewel/Walgreens/Dollar General L  
 10:00a Creative Coloring Lib.  
 1:00p Pass the Pig! AR  
 1:30p Scrabble! Lib.  
 3:00p Brain Teasers! AR

**08**  
 All Day Daily Chronicles & Daily Puzzle  
 8:30a Morning News! AR  
 8:50a Morning Stretch AR  
 9:15a Communion with Jim AR  
 11:00a Lunch Outing! L  
 2:00p BINGO! DR  
 3:30p Country Store CS  
 6:00p Cards with Friends! AR

**09**  
 All Day Daily Chronicles & Daily Puzzle  
 9:00a Medical Appointment 9-4 p.m. L  
 12:00p Bus Trip - Families of Faith Senior Church Service L  
 2:00p Culinary Adventures with Tammie! DR  
 2:00p Wii Bowling AR

**10**  
 All Day Daily Chronicles & Daily Puzzle  
 8:50a Morning Stretch AR  
 10:00a Community Coffee Klatsch! AR  
 1:30p Chair Exercise AR  
 2:00p Ukulele Sing-a-Long! AR  
 3:00p Tech Time! AR  
 3:30p Country Store CS

**11**  
 All Day Daily Chronicles & Daily Puzzle  
 1:00p Walking Club L  
 1:30p Bunco and Card Games! 3rd L  
 2:00p Conversation Time! L  
 2:00p Live Music from the Twilight Troubador! AR  
 6:00p Catholic Mass with Father Hilt AR

**12**  
 All Day Daily Chronicles & Daily Puzzle  
 9:00a Crochet Club 3rd  
 10:00a Bus Trip - Families of Faith Senior Church Service L  
 1:00p Walking Club L  
 1:30p Yahtzee! AR  
 7:00p Poker Night! AR

**13**  
 All Day Daily Chronicles & Daily Puzzle  
 8:50a Morning Stretch AR  
 10:00a Piano Melodies AR  
 1:30p Chair Exercise AR  
 2:00p BINGO! DR  
 3:00p Bible Teaching with David 3rd  
 3:30p Country Store CS  
 7:00p Trivial Pursuit! AR

**14**  
 All Day Daily Chronicles & Daily Puzzle  
 10:00a Creative Coloring Lib.  
 1:00p Current Events AR  
 1:30p Afternoon Shopping Trip - Walmart! L  
 1:30p Scrabble! Lib.  
 2:00p Three Rivers Library Visit with Debbie! AR  
 2:00p Visit with Beany! L

**15**  
 12:00a Health and Wellness with Jen! AR  
 All Day Daily Chronicles & Daily Puzzle  
 8:30a Morning News! AR  
 8:50a Morning Stretch AR  
 9:15a Communion with Jim AR  
 10:15a Exercise with Therapy! AR  
 11:30a Card Party and Luncheon - Joliet VFW L  
 2:00p Bingo! DR  
 3:30p Country Store CS  
 6:00p Cards with Friends! AR

**16**  
 All Day Daily Chronicles & Daily Puzzle  
 9:00a Medical Appointment 9-4 p.m. L  
 12:00p Bus Trip - Families of Faith Senior Church Service L  
 2:00p Health and Wellness with Jen! AR  
 2:00p Wii Bowling AR  
 6:00p Movie Night! AR

**17**  
 All Day Daily Chronicles & Daily Puzzle  
 8:50a Morning Stretch AR  
 10:00a Armchair Traveler! AR  
 1:30p Chair Exercise AR  
 2:00p Birthday Month Celebration! DR  
 3:00p Tech Time! AR  
 3:30p Country Store CS

**18**  
 All Day Daily Chronicles & Daily Puzzle  
 1:00p Walking Club L  
 1:30p Bunco and Card Games! 3rd L  
 2:00p Conversation Time! L  
 6:00p Catholic Mass with Father Hilt AR

**19**  
 All Day Daily Chronicles & Daily Puzzle  
 9:00a Crochet Club 3rd  
 10:00a Bus Trip - Families of Faith Senior Church Service L  
 1:00p Walking Club L  
 1:30p Yahtzee! AR  
 7:00p Poker Night! AR

**20**  
 All Day Daily Chronicles & Daily Puzzle  
 8:50a Morning Stretch AR  
 10:00a Piano Melodies AR  
 1:30p Chair Exercise AR  
 2:00p BINGO w/Greg from Arcadia! DR  
 3:00p Bible Teaching with David 3rd  
 3:30p Country Store CS  
 7:00p Trivial Pursuit! AR

**21**  
 All Day Daily Chronicles & Daily Puzzle  
 9:30a Shopping Trip - Dollar Tree L  
 10:00a Creative Coloring Lib.  
 1:30p Scrabble! Lib.  
 3:00p Crafts with Kevin! AR

**22**  
 All Day Daily Chronicles & Daily Puzzle  
 9:15a Communion with Jim AR  
 10:00a Celebration of Seniors At Jennifer's Garden L  
 2:00p Bingo! DR  
 3:30p Country Store CS  
 6:00p Cards with Friends! AR

**23**  
 All Day Daily Chronicles & Daily Puzzle  
 9:00a Medical Appointment 9-4 p.m. L  
 12:00p Bus Trip - Families of Faith Senior Church Service L  
 2:00p Wii Bowling AR

**24**  
 All Day Daily Chronicles & Daily Puzzle  
 8:50a Morning Stretch AR  
 10:00a Scenic Drive! L  
 1:30p Chair Exercise AR  
 2:00p Happy Hour/Smart Bucks Raffle DR  
 3:00p Tech Time! AR  
 3:30p Country Store CS

**25**  
 All Day Daily Chronicles & Daily Puzzle  
 1:00p Walking Club L  
 1:30p Bunco and Card Games! 3rd L  
 2:00p Conversation Time! L  
 2:00p Frank Rossi! DR  
 2:00p Frank Rossi! DR  
 6:00p Catholic Mass with Father Hilt AR

**26**  
 All Day Daily Chronicles & Daily Puzzle  
 9:00a Crochet Club 3rd  
 10:00a Bus Trip - Families of Faith Senior Church Service L  
 1:00p Walking Club L  
 1:30p Yahtzee! AR  
 7:00p Poker Night! AR

**27**  
 All Day Daily Chronicles & Daily Puzzle  
 9:00a Channahon Memorial Day Ceremony Outing L  
 2:00p BINGO! DR  
 3:00p Bible Teaching with David 3rd  
 3:30p Country Store CS  
 7:00p Trivial Pursuit! AR

**28**  
 All Day Daily Chronicles & Daily Puzzle  
 9:30a Shopping Trip - Walmart! L  
 10:00a Creative Coloring Lib.  
 1:30p Scrabble! Lib.  
 2:00p Three Rivers Library Visit with Debbie! AR  
 2:00p Visit with Beany! L  
 3:00p Karaoke! AR

**29**  
 All Day Daily Chronicles & Daily Puzzle  
 8:30a Morning News! AR  
 8:50a Morning Stretch AR  
 9:15a Communion with Jim AR  
 10:15a Exercise with Therapy! AR  
 2:00p Community Bingo! DR  
 3:30p Country Store CS  
 6:00p Cards with Friends! AR

**30**  
 All Day Daily Chronicles & Daily Puzzle  
 9:00a Medical Appointment 9-4 p.m. L  
 12:00p Bus Trip - Families of Faith Senior Church Service L  
 2:00p Wii Bowling AR  
 6:00p Men's Club! AR

**31**  
 All Day Daily Chronicles & Daily Puzzle  
 8:50a Morning Stretch AR  
 1:30p Chair Exercise AR  
 3:00p Tech Time! AR  
 3:30p Country Store CS

**Dimensions of Wellness**

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