


June 2021

Heritage Woods of Moline

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		6	7	8	9	10
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	MEETING PLACES		DIMENSIONS OF WELLNESS

9:00am Transport Doctor Day, *lby*
 10:00am Country Store, *Activity Room*
 1:30pm Smart Buck Walk, *lby*

10:00am Resident Council, *Dining Room*
 2:00pm Bingo, *Dining Room*
 3:00pm Yoga Class, *Dining Room*

9:00am Transport Doctor Day, *lby*
 10:00am Country Store, *Activity Room*
 2:00pm Bingo, *Dining Room*

10:00am Donuts & Coffee, *Activity Room*
 2:00pm Happy Hour & Music, *Dining Room*
 3:00pm Exercise Class, *Activity Room*

9:30am Word Search, *YA*
 1:30pm Adult Coloring, *YA*

10:00am Heritage Church Service Channel 6, *YA*
 10:00am Resident Choice, *Activity Room*

10:00am Manicures, *Activity Room*
 2:00pm Bingo, *Dining Room*
 3:00pm Exercise Class, *Dining Room*

9:00am Transport Doctor Day, *lby*
 10:00am Country Store, *Activity Room*
 1:30pm Smart Buck Walk, *lby*

10:00am Food Committee, *Dining Room*
 2:00pm Blackjack, *Activity Room*
 3:00pm Yoga Class, *Dining Room*

9:00am Transport Doctor Day, *lby*
 10:00am Country Store, *Activity Room*
 2:00pm Bingo, *Dining Room*

10:00am Cinnamon rolls & coffee, *Activity Room*
 2:00pm S'mores on the Patio, *Dining Room*
 3:00pm Exercise Class, *Activity Room*

9:30am Word Search, *YA*
 1:30pm Adult Coloring, *YA*

10:00am Heritage Church Service Channel 6, *YA*
 10:00am Resident Choice, *Activity Room*

10:00am High Low Game, *Activity Room*
 2:00pm Bingo, *Dining Room*
 3:00pm Exercise Class, *Dining Room*

9:00am Transport Doctor Day, *lby*
 10:00am Country Store, *Activity Room*
 1:30pm Smart Buck Walk, *lby*

10:00am Current Events, *Activity Room*
 1:30pm Ride & Ice-cream, *lby*
 3:00pm Yoga Class, *Dining Room*

9:00am Transport Doctor Day, *lby*
 10:00am Country Store, *Activity Room*
 2:00pm Bingo, *Dining Room*

10:00am Yogurt Parfaits, *Activity Room*
 2:00pm Certified Nurse Appreciation Day, *Dining Room*
 3:00pm Exercise Class, *Activity Room*

9:30am Word Search, *YA*
 1:30pm Adult Coloring, *YA*

10:00am Heritage Church Service Channel 6, *YA*
 10:00am Resident Choice, *Activity Room*

10:00am Longest Day of the YEAR, *Activity Room*
 2:00pm Bingo, *Dining Room*
 3:00pm Exercise Class, *Dining Room*

9:00am Transport Doctor Day, *lby*
 10:00am Country Store, *Activity Room*
 1:30pm Smart Buck Walk, *lby*

10:00am Paint by Diamonds, *Activity Room*
 2:00pm Party on the Patio with Karen Michaels, *Dining Room*
 3:00pm Yoga, *Dining Room*

9:00am Transport Doctor Day, *lby*
 10:00am Country Store, *Activity Room*
 2:00pm Bingo, *Dining Room*

10:00am Coffee Conversation, *Activity Room*
 2:00pm Happy Hour, *Dining Room*
 3:00pm Exercise Class, *Activity Room*

9:30am Word Search, *YA*
 1:30pm Adult Coloring, *YA*

10:00am Heritage Church Service Channel 6, *YA*
 10:00am Resident Choice, *Activity Room*

10:00am Manicures, *Activity Room*
 2:00pm Bingo, *Dining Room*
 3:00pm Exercise Class, *Dining Room*

9:00am Transport Doctor Day, *lby*
 10:00am Country Store, *Activity Room*
 1:30pm Smart Buck Walk, *lby*

10:00am Blackjack, *Activity Room*
 1:30pm Walk by the River, *lby*
 3:00pm Wellness Checks & Exercise, *Dining Room*



MEETING PLACES
lby - Lobby
YA - Your Apartment
 AR- Activity Room
 DR- Dining Room
 If you would like to request a activity/service not reflected on the calendar, please notify the RSC or Administrator. Activities are subject to change.

DIMENSIONS OF WELLNESS

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