

# July 2021

Heritage Woods of Moline

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>DIMENSIONS OF WELLNESS</b></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p> Physical</p> <p> Social</p> <p> Nutritional</p> </div> <div style="width: 45%;"> <p> Spiritual</p> <p> Intellectual</p> <p> Purposeful</p> </div> </div> <p>You must sign-up for all activity outings outside the community and all lunch-ins. There is a limit to how many can participate. Please go to front desk to sign-up</p>	<p><b>MEETING PLACES</b></p> <p><i>lby</i> - Lobby  <b>YA</b> - Your Apartment  <b>CR</b> - Conference Room  <b>PA</b> - Patio            DR- dining room            AR- Activity room</p>	<p>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.            Open to the public events:  <b>July 4<sup>th</sup> @ 2:00pm- Red, White and boom Bingo</b>  <b>July 15<sup>th</sup> @ 6:15pm- Family Night on the Patio</b></p>	 <p><i>Happy 4th of July</i></p>	<p style="text-align: center;">1</p> <p>9:00am Transport Doctor Day, <i>lby</i>   10:00am Country Store, <b>Activity Room</b>   2:00pm Bingo, <b>Dining Room</b></p>	<p style="text-align: center;">2</p> <p> 10:00am Cinnamon Rolls and Coffee, <b>Activity Room</b>   1:30pm Tie Die 4th of July Shirts "must sign up", <b>Activity Room</b>   3:00pm Exercise Class, <b>Activity Room</b></p>	<p style="text-align: center;">3</p> <p> 9:30am Word Search, <b>YA</b>   1:30pm Adult Coloring, <b>YA</b></p>
4	5	6	7	8	9	10
<p> 10:00am Heritage Church Service Channel 6, <b>YA</b>   10:00am Resident Choice, <b>Activity Room</b>  <b>2:00- Red, White and Boom Bingo, dining rm</b></p>	<p> 10:00am Memory Game, <b>Activity Room</b>   12:00pm Pizza Hut Lunch-in "must sign-up" \$5.00 per person, <b>CR</b>   3:00pm Exercise Class, <b>Dining Room</b></p>	<p>9:00am Transport Doctor Day, <i>lby</i>   10:00am Country Store, <b>Activity Room</b>   1:30pm Smart Buck Walk, <i>lby</i></p>	<p> 10:00am Resident Council, <b>Dining Room</b>   11:00am Picnic by River "must sign-up", <i>lby</i>   3:00pm Exercise Class, <b>Dining Room</b></p>	<p>9:00am Transport Doctor Day, <i>lby</i>   10:00am Country Store, <b>Activity Room</b>   2:00pm Bingo, <b>Dining Room</b></p>	<p> 10:00am Planning the calendar with donuts, <b>Activity Room</b>   2:00pm Happy Hour, <b>Dining Room</b>   3:00pm Exercise Class, <b>Activity Room</b></p>	<p> 9:30am Word Search, <b>YA</b>   1:30pm Adult Coloring, <b>YA</b></p>
11	12	13	14	15	16	17
<p> 10:00am Heritage Church Service Channel 6, <b>YA</b>   10:00am Resident Choice, <b>Activity Room</b></p>	<p> 10:00am Dollar General Store "must sign-up", <i>lby</i>   1:30pm Movie &amp; Fresh Popcorn "Blue Miracle", <b>Dining Room</b>   3:00pm Exercise Class, <b>Dining Room</b></p>	<p>9:00am Transport Doctor Day, <i>lby</i>   10:00am Country Store, <b>Activity Room</b>   1:30pm Smart Buck Walk, <i>lby</i></p>	<p> 10:00am Food Committee, <b>Dining Room</b>   1:30pm Drive &amp; Ice-cream, <i>lby</i>   3:00pm Exercise Class, <b>Dining Room</b></p>	<p>9:00am Transport Doctor Day, <i>lby</i>   10:00am Country Store, <b>Activity Room</b>   2:00pm Bingo, <b>Dining Room</b>            6:15pm Family Night Live entertainment on the Patio "open to the public", <b>PA</b></p>	<p> 10:00am Turnovers &amp; Coffee, <b>Activity Room</b>   1:30pm Painting Class, <b>Activity Room</b>   3:00pm Exercise Class, <b>Activity Room</b></p>	<p> 9:30am Word Search, <b>YA</b>   1:30pm Adult Coloring, <b>YA</b></p>
18	19	20	21	22	23	24
<p> 10:00am Heritage Church Service Channel 6, <b>YA</b>   10:00am Resident Choice, <b>Activity Room</b></p>	<p> 10:00am Manicures, <b>Activity Room</b>   2:00pm Bingo, <b>Dining Room</b>   3:00pm Exercise Class, <b>Dining Room</b></p>	<p>9:00am Transport Doctor Day, <i>lby</i>   10:00am Country Store, <b>Activity Room</b>   1:30pm Smart Buck Walk, <i>lby</i></p>	<p> 10:00am Candy Game, <b>Activity Room</b>   1:30pm Blackjack, <b>Activity Room</b>   3:00pm Exercise Class, <b>Dining Room</b></p>	<p>9:00am Transport Doctor Day, <i>lby</i>   10:00am Country Store, <b>Activity Room</b>   2:00pm Bingo, <b>Dining Room</b></p>	<p> 10:00am Cinnamon Rolls, Coffee &amp; Current Events, <b>Activity Room</b>   2:00pm Happy Hour, <b>Dining Room</b>   3:00pm Exercise Class, <b>Activity Room</b></p>	<p> 9:30am Word Search, <b>YA</b>   1:30pm Adult Coloring, <b>YA</b></p>
25	26	27	28	29	30	31
<p> 10:00am Heritage Church Service Channel 6, <b>YA</b>   10:00am Resident Choice, <b>Activity Room</b></p>	<p> 10:00am Manicures, <b>Activity Room</b>   1:30pm Movie &amp; Fresh Popcorn "50 First Dates", <b>Dining Room</b>   3:00pm Exercise Class, <b>Dining Room</b></p>	<p>9:00am Transport Doctor Day, <i>lby</i>   10:00am Country Store, <b>Activity Room</b>   1:30pm Smart Buck Walk, <i>lby</i></p>	<p> 10:00am High Low Game, <b>Activity Room</b>   2:00pm Smores on the Patio, <b>PA</b>   3:00pm Wellness Checks &amp; Exercise, <b>Activity Room</b></p>	<p>9:00am Transport Doctor Day, <i>lby</i>   10:00am Country Store, <b>Activity Room</b>   2:00pm Bingo, <b>Dining Room</b></p>	<p> 10:00am Dollar Tree, <i>lby</i>   2:00pm Name that Tune, <b>Dining Room</b>   3:00pm Exercise Class, <b>Activity Room</b></p>	<p> 9:30am Word Search, <b>YA</b>   1:30pm Adult Coloring, <b>YA</b></p>