



If you would like an activity/service not reflected on the calendar, please see the RSC/Administrator."

All activities & locations are subject to change:

Monthly wellness checks 1st thru the 7th

MEMORIAL DAY

MAY 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

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

Meeting Places

- RTR** Room to Room
- ACT** Activity Room
- L** Lobby
- FL** Front Lobby
- S** Store
- CA** Computer Area
- Dr** Dining Room
- 3rd** Heritage Woods Theater 3rd Floor
- O** Outing
- OS** Outside
- LB** Library

Please wear your mask whenever you are out of your apartment.

Thank you for your patience at this time!

01	02	03	04	05	06	07
07:00 Catholic Mass/TV CH 3 11:00 Church Services /TV Ch 11 02:00 Church Services with Paul 03:00 Senior Steppers /Stay 6 feet apart	10:00 Check out a Book (Library 2nd Floor) 02:00 Adult Coloring ,Word Searches & Puzzels (self) 06:00 Senior Steppers /Stay 6 feet apart 06:30 Wheel of Fortune/TV	10:00 Country Store 01:00 Sittercise 02:00 AseraCare Hospice Bingo 06:30 Wheel of Fortune/TV	Night of Yom HaAztmaut 10:00 Computer/Tablet Class 01:30 Smoothie Bar with Karen 02:15 Lets Play Keno 06:30 Wheel of Fortune/TV	Yom HaAztmaut All Day Doctor's Appointments 01:30 Menu Chat 02:00 Sittercise 06:30 Wheel of Fortune/TV	08:30 Coffee & Donuts with Friends 10:00 Country Store 01:00 Sittercise 02:00 Bingo 06:30 Wheel of Fortune/TV	09:00 Bible Study with Friends 09:00 Muffins for Mom's 10:00 Heriage Woods Weekend Puzzle Packets 02:00 Resident Choice "Movie" 03:00 Senior Steppers /Stay 6 feet apart
08 07:00 Catholic Mass/TV CH 3 11:00 Church Services /TV Ch 11 02:00 Church Services with Paul 03:00 Senior Steppers /Stay 6 feet apart	09 08:00 Carousel Family Diner " Breakfast " 02:00 Resident Council 03:30 Walmart (Sign up) 06:30 Wheel of Fortune/TV	10 10:00 Country Store 01:00 Sittercise 02:00 Horizon Home Health Bingo 06:30 Wheel of Fortune/TV	11 10:00 May Trivia 11:00 Bandana Bar-B-Q 02:30 May Birthday Party 06:30 Wheel of Fortune/TV	12 All Day Doctor's Appointments 10:00 Bible Study with Nasayra 02:00 Sittercise 06:30 Wheel of Fortune/TV	13 10:00 Country Store 01:00 Sittercise 02:00 Bingo 06:30 Wheel of Fortune/TV	14 09:00 Bible Study with Friends 10:00 Heriage Woods Weekend Puzzle Packets 02:00 Resident Choice "Movie" 03:00 Senior Steppers /Stay 6 feet apart
15 07:00 Catholic Mass/TV CH 3 11:00 Church Services /TV Ch 11 02:00 Church Services with Paul 03:00 Senior Steppers /Stay 6 feet apart	16 10:00 Cooking Demo with Dawn 02:00 Crafts 04:00 Turoni 's Pizza (Newburgh) 06:30 Wheel of Fortune/TV	17 10:00 Country Store 01:00 Sittercise 02:00 Bingo 06:30 Wheel of Fortune/TV	18 Night of Lag B'Omer 10:00 Dice Game 02:00 Marshall's Department Store 04:00 Milk and Bread Delivery (sign up) 06:30 Wheel of Fortune/TV	19 Lag B'Omer All Day Doctor's Appointments 02:00 Southern Care Hospice Sittercise 05:30 Ice-cream Social 06:30 Wheel of Fortune/TV	20 09:30 Health Pro -Heritage 10:00 Country Store 01:00 Sittercise 02:00 Bingo 06:30 Wheel of Fortune/TV	21 09:00 Bible Study with Friends 10:00 Heriage Woods Weekend Puzzle Packets 02:00 Resident Choice "Movie" 03:00 Senior Steppers /Stay 6 feet apart
22 07:00 Catholic Mass/TV CH 3 11:00 Church Services /TV Ch 11 02:00 Church Services with Paul 03:00 Senior Steppers /Stay 6 feet apart	23 10:00 Check out a Book (Library 2nd Floor) 02:00 Resident Choice "Movie" 06:30 Wheel of Fortune/TV	24 10:00 Country Store 01:00 Sittercise 02:00 Bingo 06:30 Wheel of Fortune/TV	25 10:00 Senior Steppers /Stay 6 feet apart 11:00 May Cookout (11a-1pm) 02:00 Cards with Friends 06:30 Wheel of Fortune/TV	26 All Day Doctor's Appointments 02:00 Sittercise 06:30 Wheel of Fortune/TV	27 10:00 Country Store 01:00 Sittercise 02:00 Bingo 06:30 Wheel of Fortune/TV	28 09:00 Bible Study with Friends 10:00 Heriage Woods Weekend Puzzle Packets 02:00 Resident Choice "Movie" 03:00 Senior Steppers /Stay 6 feet apart
29 07:00 Catholic Mass/TV CH 3 11:00 Church Services /TV Ch 11 02:00 Church Services with Paul 03:00 Senior Steppers /Stay 6 feet apart	30 Memorial Day 10:00 Check out a Book (Library 2nd Floor) 02:00 Patio with friends 06:30 Wheel of Fortune/TV	31 10:00 Country Store 01:00 Sittercise 02:00 Bingo 03:30 Walmart (Sign up)		Open to the Public May 7 Muffins for Mom 9am May 10 Health Fair 1-3pm May 19 Ice-cream Social 530pm		