



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



JUNE 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Open to the Public  
 June 2 Music with Larry 5:30 Patio  
 June 9 Family Bingo 6:30pm DR  
 June 18 Donuts with Dad 9am ACT  
 June 29 Movie Night 7:15 pm Patio

**01**  
 10:00 Making Dog treats ACT  
 01:30 Smoothie Bar Dr  
 04:00 Cracker Barrel O  
 06:30 Wheel of Fortune/TV L

**02**  
 All Day Doctor's Appointments  
 01:30 Menu Chat ACT  
 02:00 Sittercise ACT  
 05:30 Music with Larry L

**03**  
 08:30 Coffee & Donuts with Friends ACT  
 02:00 Bingo ACT  
 06:30 Wheel of Fortune/TV L

**04 Night of Shavuot**  
 09:00 Bible Study with Friends ACT  
 10:00 Hertiage Woods Weekend Puzzle Packets ACT  
 02:00 Resident Choice "Movie" 3rd  
 03:00 Senior Steppers /Stay 6 feet apart OS

**05 Shavuot**  
 07:00 Catholic Mass/TV CH 3 RTR  
 11:00 Church Services /TV Ch 11 ACT  
 02:00 Church Services with Paul ACT  
 03:00 Senior Steppers /Stay 6 feet apart L

**06 Shavuot**  
 09:00 Milk and Bread Delivery (sign up) RTR  
 10:30 Mandarin House (KY) O  
 03:00 Computer/Tablet Class ACT  
 06:30 Wheel of Fortune/TV L

**07**  
 10:00 Country Store S  
 01:00 Sittercise ACT  
 02:00 AseraCare Hospice Bingo ACT  
 06:30 Wheel of Fortune/TV L

**08**  
 10:00 June Crafts ACT  
 02:00 May Birthday Party ACT  
 06:30 Wheel of Fortune/TV L

**09**  
 All Day Doctor's Appointments  
 10:00 Bible Study with Nasayra ACT  
 02:00 Sittercise ACT  
 06:30 Family Bingo Dr

**10**  
 10:00 Town Hall ACT  
 02:00 Bingo ACT  
 06:30 Wheel of Fortune/TV L

**11**  
 09:00 Bible Study with Friends ACT  
 10:00 Hertiage Woods Weekend Puzzle Packets ACT  
 02:00 Resident Choice "Movie" 3rd  
 03:00 Senior Steppers /Stay 6 feet apart OS

**12**  
 07:00 Catholic Mass/TV CH 3 RTR  
 11:00 Church Services /TV Ch 11 ACT  
 02:00 Church Services with Paul ACT  
 03:00 Senior Steppers /Stay 6 feet apart L

**13**  
 10:00 Check out a Book (Library 2nd Floor) LB  
 02:00 Resident Council ACT  
 06:00 Patio with friends OS  
 06:30 Wheel of Fortune/TV L

**14**  
 10:00 Country Store S  
 02:00 Horizon Home Health Bingo ACT  
 06:30 Wheel of Fortune/TV L

**15**  
 09:50 Cooking Demo with Dawn ACT  
 01:30 Kohls (Sign up ) O  
 04:00 Popcorn to go ACT  
 06:30 Wheel of Fortune/TV L

**16**  
 All Day Doctor's Appointments  
 02:00 Sittercise ACT  
 02:00 Southern Care Hospice Sittercise ACT  
 06:30 Wheel of Fortune/TV L

**17**  
 09:30 Health Pro -Heritage ACT  
 02:00 Bingo ACT  
 06:30 Wheel of Fortune/TV L

**18**  
 09:00 Donuts with dad's ACT  
 09:00 Bible Study with Friends AR  
 10:00 Hertiage Woods Weekend Puzzle Packets ACT  
 02:00 Resident Choice "Movie" 3rd  
 03:00 Senior Steppers /Stay 6 feet apart OS

**19 Father's Day**  
 07:00 Catholic Mass/TV CH 3 RTR  
 11:00 Church Services /TV Ch 11 ACT  
 02:00 Church Services with Paul ACT  
 03:00 Senior Steppers /Stay 6 feet apart L

**20**  
 10:00 Check out a Book (Library 2nd Floor) LB  
 01:00 Walmart (Sign up) O  
 06:30 Wheel of Fortune/TV L

**21**  
 10:00 Country Store S  
 01:00 Sittercise ACT  
 02:00 Bingo ACT  
 06:30 Wheel of Fortune/TV L

**22**  
 10:00 Games with Dawn ACT  
 01:30 JC Penney's O  
 06:30 Wheel of Fortune/TV L

**23**  
 10:00 Check out a Book (Library 2nd Floor) ACT  
 02:00 Sittercise ACT  
 06:30 Wheel of Fortune/TV L

**24**  
 10:00 Games with Friends ACT  
 02:00 Bingo ACT  
 06:30 Wheel of Fortune/TV L

**25**  
 09:00 Bible Study with Friends AR  
 10:00 Hertiage Woods Weekend Puzzle Packets ACT  
 02:00 Resident Choice "Movie" 3rd  
 03:00 Senior Steppers /Stay 6 feet apart OS

**26**  
 07:00 Catholic Mass/TV CH 3 RTR  
 11:00 Church Services /TV Ch 11 ACT  
 02:00 Church Services with Paul ACT  
 03:00 Senior Steppers /Stay 6 feet apart L

**27**  
 10:00 Making Jewelry ACT  
 11:00 Hacienda Mexican Restaurant O  
 06:30 Wheel of Fortune/TV L

**28**  
 10:00 Country Store S  
 01:00 Sittercise ACT  
 02:00 Bingo ACT  
 06:30 Wheel of Fortune/TV L

**29**  
 10:00 Baking Buddies ACT  
 02:00 Lets Play Keno ACT  
 06:30 Wheel of Fortune/TV L  
 07:15 Movie Night OS

**30**  
 All Day Doctor's Appointments  
 02:00 Sittercise ACT  
 06:30 Wheel of Fortune/TV L

**04 Night of Shavuot**  
 09:00 Bible Study with Friends ACT  
 10:00 Hertiage Woods Weekend Puzzle Packets ACT  
 02:00 Resident Choice "Movie" 3rd  
 03:00 Senior Steppers /Stay 6 feet apart OS

Dimensions of Wellness

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

Meeting Places

- ACT Activity Room
- Dr Dining Room
- O Outing
- L Lobby
- 3rd Heritage Woods Theater 3rd Floor
- OS Outside
- RTR Room to Room
- S Store
- LB Library
- AR Art Room

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

*Thank you for your patience at this time!*