



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

HAPPY FOURTH OF JULY

JULY 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

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

Meeting Places

- ACT** Activity Room
- S** Store
- OS** Outside
- AR** Art Room
- 3rd** Heritage Woods Theater 3rd Floor
- L** Lobby
- RTR** Room to Room
- LB** Library
- CA** Computer Area
- B** Bistol
- O** Outing

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

Thank you for your patience at this time!

Jul 31	01	02	03	04 Independence Day	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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	10:00 Country Store S 01:15 Sittercise ACT 02:00 Bingo ACT 04:00 Backyard BBQ OS	09:30 iN2L Bible Study with Friends AR 10:00 Heriage Woods Weekend Puzzle Packets ACT 02:00 Resident Choice "Movie" 3rd 03:00 Senior Steppers /Stay 6 feet apart L	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	10:00 Check out a Book (Library 2nd Floor) LB 02:00 Adult Coloring ,Word Searches & Puzzles ACT 06:30 Wheel of Fortune/TV L	10:00 Country Store S 11:00 Milk and Bread Delivery (sign up) RTR 01:15 Sittercise ACT 02:00 AseraCare Hospice Bingo ACT 06:00 iN2L Random Trivia Night ACT	10:00 Computer/Tablet Class CA 02:00 Ice-cream Social B 03:30 Mandarin House O 06:30 Wheel of Fortune/TV L	All Day Doctor's Appointments 01:30 Menu Chat ACT 02:00 Senior Steppers /Stay 6 feet apart OS 06:30 Wheel of Fortune/TV L	10:00 Country Store S 01:15 Sittercise ACT 02:00 Bingo ACT 03:15 Country Store S 06:30 Wheel of Fortune/TV L	09:30 iN2L Bible Study with Friends AR 10:00 Heriage Woods Weekend Puzzle Packets ACT 02:00 Resident Choice "Movie" 3rd 03:00 Senior Steppers /Stay 6 feet apart L	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	10:00 Rescue Mission Thrift Store L 02:00 Resident Council ACT 06:30 Wheel of Fortune/TV L	10:00 Country Store S 01:15 Sittercise ACT 02:00 Horizon Home Health Bingo ACT 06:30 Wheel of Fortune/TV L	09:45 Walmart (Sign up) O 02:00 June & July Birthday Party ACT 06:00 July Crafts ACT 06:30 Wheel of Fortune/TV L	All Day Doctor's Appointments 10:00 Bible Study with Nasayra ACT 02:00 Senior Steppers /Stay 6 feet apart OS 06:30 Wheel of Fortune/TV L	09:30 Health Pro -Heritage ACT 10:00 Country Store S 10:30 Town Hall ACT 01:15 Sittercise ACT 06:30 Wheel of Fortune/TV L	09:30 iN2L Bible Study with Friends AR 10:00 Heriage Woods Weekend Puzzle Packets ACT 02:00 Resident Choice "Movie" 3rd 03:00 Senior Steppers /Stay 6 feet apart L	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	10:00 iN2L Trivia Mixed-up Summer Wear ACT 02:00 Melon Monday ACT 06:30 Wheel of Fortune/TV L	10:00 Country Store S 11:00 Milk and Bread Delivery (sign up) RTR 01:15 Sittercise ACT 02:00 Bingo ACT 06:30 Wheel of Fortune/TV L	10:00 Let's Play Keno ACT 01:00 Making Dog treats ACT 03:30 Bubba's 33 O 06:30 Wheel of Fortune/TV L	All Day Doctor's Appointments 02:00 Senior Steppers /Stay 6 feet apart OS 06:30 Wheel of Fortune/TV L	10:00 Country Store S 01:15 Sittercise ACT 02:00 Bingo ACT 06:30 Wheel of Fortune/TV L	09:30 iN2L Bible Study with Friends AR 10:00 Heriage Woods Weekend Puzzle Packets ACT 02:00 Resident Choice "Movie" 3rd 03:00 Senior Steppers /Stay 6 feet apart L	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	12:00 Check out a Book (Library 2nd Floor) LB 02:00 Playing Cards with Friends(independent) ACT 06:30 Wheel of Fortune/TV L	10:00 Country Store S 01:15 Sittercise ACT 02:00 Bingo ACT	10:00 Baking Buddies ACT 01:00 Walmart (Sign up) O 06:00 Mystery Trip O	All Day Doctor's Appointments 02:00 Senior Steppers /Stay 6 feet apart OS 06:30 Wheel of Fortune/TV L	10:00 Country Store S 01:15 Sittercise ACT 02:00 Bingo ACT 06:30 Wheel of Fortune/TV L	09:30 iN2L Bible Study with Friends AR 10:00 Heriage Woods Weekend Puzzle Packets ACT 02:00 Resident Choice "Movie" 3rd 03:00 Senior Steppers /Stay 6 feet apart L

