



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

AUGUST 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
- L** Lobby
- OS** Outside
- RTR** Room to Room
- O** Outing
- CA** Computer Area
- B** Bistrol
- AR** Art Room
- LB** Library
- 3rd** Heritage Woods Theater 3rd Floor
- Dr** Dining Room

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

Thank you for your patience at this time!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																											
<p>01</p> <p>08:30 Milk and Bread Delivery (sign up for delivery) RTR</p> <p>10:45 Kipplee's O</p> <p>02:30 IN2L Lets Play Family Feud ACT</p> <p>06:30 Wheel of Fortune/TV L</p>	<p>02</p> <p>10:00 Country Store S</p> <p>01:15 Sittercise ACT</p> <p>02:00 AseraCare Hospice Bingo ACT</p> <p>05:30 Dollar Tree O</p>	<p>03</p> <p>10:00 iN2L Computer/Tablet Class CA</p> <p>02:00 Lets Play Keno ACT</p> <p>06:30 Wheel of Fortune/TV L</p>	<p>04</p> <p>All Day Doctor's Appointments</p> <p>01:30 Menu Chat ACT</p> <p>02:00 Senior Steppers /Stay 6 feet apart OS</p> <p>05:30 Music with Larry B</p>	<p>05</p> <p>08:30 Coffee & Donuts with Friends ACT</p> <p>10:00 Country Store S</p> <p>01:15 Sittercise ACT</p> <p>02:00 Bingo ACT</p> <p>06:30 Wheel of Fortune/TV L</p>	<p>06 Night of Tisha B'Av</p> <p>09:30 iN2L Bible Study with Friends AR</p> <p>10:00 Heritage Woods Weekend Puzzle Packets ACT</p> <p>01:00 Walmart (Sign up in advance) O</p> <p>03:00 Senior Steppers /Stay 6 feet apart L</p>	<p>07 Tisha B'Av</p> <p>07:00 Catholic Mass/TV CH 3 RTR</p> <p>11:00 Church Services /TV Ch 11 ACT</p> <p>02:00 Church Services with Paul ACT</p> <p>03:00 Senior Steppers /Stay 6 feet apart L</p>	<p>08</p> <p>10:00 Check out a Book (Library 2nd Floor) LB</p> <p>02:00 Resident Council ACT</p> <p>05:30 Movie Night with Dawn 3rd</p> <p>06:30 Wheel of Fortune/TV L</p>	<p>09</p> <p>10:00 Country Store S</p> <p>01:15 Sittercise ACT</p> <p>02:00 Horizon Home Health Bingo ACT</p> <p>06:30 Wheel of Fortune/TV L</p>	<p>10</p> <p>09:45 Baking Buddies ACT</p> <p>02:30 August Birthday ACT</p> <p>06:30 Wheel of Fortune/TV L</p>	<p>11</p> <p>All Day Doctor's Appointments</p> <p>10:00 Bible Study with Nasayra ACT</p> <p>02:00 Senior Steppers /Stay 6 feet apart OS</p> <p>06:30 Wheel of Fortune/TV L</p>	<p>12</p> <p>10:00 Town Hall ACT</p> <p>01:15 Sittercise ACT</p> <p>02:00 Bingo ACT</p> <p>03:15 Country Store S</p> <p>06:30 Wheel of Fortune/TV L</p>	<p>13</p> <p>09:30 iN2L Bible Study with Friends AR</p> <p>10:00 Heritage Woods Weekend Puzzle Packets ACT</p> <p>02:00 Resident Choice "Movie" 3rd</p> <p>03:00 Senior Steppers /Stay 6 feet apart L</p>	<p>14</p> <p>07:00 Catholic Mass/TV CH 3 RTR</p> <p>11:00 Church Services /TV Ch 11 ACT</p> <p>02:00 Church Services with Paul ACT</p> <p>03:00 Senior Steppers /Stay 6 feet apart L</p>	<p>15</p> <p>10:45 Canton Inn (Chinese) O</p> <p>02:30 Melon Monday ACT</p> <p>06:30 Wheel of Fortune/TV L</p>	<p>16</p> <p>10:00 Country Store S</p> <p>01:15 Sittercise ACT</p> <p>02:00 Bingo ACT</p> <p>06:30 Wheel of Fortune/TV L</p>	<p>17</p> <p>09:45 Kraken Attack Dice Game ACT</p> <p>01:00 Walmart (Sign up) O</p> <p>04:00 Senior Steppers /Stay 6 feet apart OS</p> <p>06:30 Wheel of Fortune/TV L</p>	<p>18</p> <p>All Day Doctor's Appointments</p> <p>02:00 Senior Steppers /Stay 6 feet apart OS</p> <p>06:30 Wheel of Fortune/TV L</p>	<p>19</p> <p>09:30 IN2L Health Pro - Heritage ACT</p> <p>10:00 Country Store S</p> <p>10:50 Sweet Dreams A La Mode- Ice-Cream Truck OS</p> <p>02:00 Bingo ACT</p> <p>06:30 Wheel of Fortune/TV L</p>	<p>20</p> <p>09:30 iN2L Bible Study with Friends AR</p> <p>10:00 Heritage Woods Weekend Puzzle Packets ACT</p> <p>02:00 Resident Choice "Movie" 3rd</p> <p>03:00 Senior Steppers /Stay 6 feet apart L</p>	<p>21</p> <p>07:00 Catholic Mass/TV CH 3 RTR</p> <p>11:00 Church Services /TV Ch 11 ACT</p> <p>02:00 Church Services with Paul ACT</p> <p>03:00 Senior Steppers /Stay 6 feet apart L</p>	<p>22</p> <p>09:45 Dollar Tree (Sign up) L</p> <p>01:30 Games with Dawn ACT</p> <p>06:30 Wheel of Fortune/TV L</p>	<p>23</p> <p>10:00 Country Store S</p> <p>01:15 Sittercise ACT</p> <p>02:00 Bingo ACT</p> <p>06:30 Wheel of Fortune/TV L</p>	<p>24</p> <p>08:00 Merry Go Round Restaurant O</p> <p>01:30 Baking Buddies ACT</p> <p>06:30 Wheel of Fortune/TV L</p>	<p>25</p> <p>All Day Doctor's Appointments</p> <p>02:00 Senior Steppers /Stay 6 feet apart OS</p> <p>06:30 Wheel of Fortune/TV L</p>	<p>26</p> <p>10:00 Country Store S</p> <p>01:15 Sittercise ACT</p> <p>02:00 Bingo ACT</p> <p>06:30 Wheel of Fortune/TV L</p>	<p>27</p> <p>09:30 iN2L Bible Study with Friends AR</p> <p>10:00 Heritage Woods Weekend Puzzle Packets ACT</p> <p>03:00 Senior Steppers /Stay 6 feet apart L</p> <p>06:30 Family Night Bingo Dr</p>	<p>28</p> <p>07:00 Catholic Mass/TV CH 3 RTR</p> <p>11:00 Church Services /TV Ch 11 ACT</p> <p>02:00 Church Services with Paul ACT</p> <p>05:30 in2L Crafts with Dawn ACT</p>	<p>29</p> <p>10:00 Check out a Book (Library 2nd Floor) LB</p> <p>02:00 Playing Cards with Friends(independent) ACT</p> <p>06:30 Wheel of Fortune/TV L</p>	<p>30</p> <p>10:00 Country Store S</p> <p>12:00 Bingo ACT</p> <p>01:15 Sittercise ACT</p> <p>06:30 Wheel of Fortune/TV L</p>	<p>31</p> <p>10:00 Hobby Lobby O</p> <p>02:00 Games ACT</p> <p>04:00 Music with Tony L</p> <p>06:30 Wheel of Fortune/TV L</p>	<p><u>Open to the public</u></p> <p>17th Wine Down Wednesday 4p-530p Referral Services</p> <p>19th Sweet Dream A La Mode (Ice- Cream truck) 10:50a</p> <p>19th Baked Potato's & tour 4p-6p</p>	<p>25th National Banana Split Day 2p</p> <p>27th Family Bingo Night -6:30pm</p>	