

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 2023**      **SUNDAY**      **MONDAY**      **TUESDAY**      **WEDNESDAY**      **THURSDAY**      **FRIDAY**      **SATURDAY**

**Dimensions of Wellness**

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

**Meeting Places**

- ACT** Activity Room
- L** Lobby
- S** Store
- O** Outing
- OS** Outside
- AR** Art Room (2nd Floor)
- 3rd** Heritage Woods Theater 3rd Floor
- RTR** Room to Room
- LB** Library
- AD** All Day
- AR** Art Room



	<p><u>Open to the Public</u></p> <p><b>May 5</b> Cinco De Mayo 2pm, Lobby</p> <p><b>May 6-12</b> Nurses' week</p> <p><b>May 9</b> Food Truck Cheese Queen Gourmet ,OS</p> <p><b>May 13</b> Muffins for Mom 10am, ACT</p>	<p><b>01</b></p> <p>10:00  Let's Play Hangman <b>ACT</b></p> <p>12:45  Walmart (Sign up) <b>O</b></p> <p>3:30  Senior Steppers /Stay 6 feet apart <b>L</b></p> <p>6:30  Wheel of Fortune/TV <b>L</b></p>	<p><b>02</b></p> <p>10:00  Country Store <b>S</b></p> <p>10:15  Puzzles ,word searches with friends <b>ACT</b></p> <p>1:15  Sittercise <b>ACT</b></p> <p>2:00  Bingo <b>ACT</b></p> <p>6:30  Wheel of Fortune(TV) <b>L</b></p>	<p><b>03</b></p> <p>10:45  Bubba's Restaurant <b>O</b></p> <p>2:15  Keno <b>ACT</b></p> <p>6:30  Wheel of Fortune/TV <b>L</b></p>	<p><b>04</b></p> <p>All Day  Doctor's Appointments</p> <p>10:00  Church Services with Jim Vessel <b>ACT</b></p> <p>2:00  Puzzles ,word searches with friends <b>ACT</b></p> <p>3:00  Senior Steppers (Independent walking) <b>OS</b></p> <p>5:30  "Sing-along with Friends" Choir Group <b>ACT</b></p>	<p><b>05</b></p> <p>8:30  Coffee &amp; Donuts with Friends <b>ACT</b></p> <p>10:00  Bingo <b>ACT</b></p> <p>1:15  Sittercise <b>ACT</b></p> <p>2:00  Cinco De Mayo Celebration <b>L</b></p> <p>6:30  Wheel of Fortune/TV <b>L</b></p>	<p><b>06</b></p> <p>10:00  Heriage Woods Weekend Puzzle Packets <b>ACT</b></p> <p>12:30  Prayer Warriors <b>AR</b></p> <p>2:00  Movie "Lets watch 80 for Brady" <b>ACT</b></p> <p>5:30  Resident Choice " Movie"( 3rd Friends)</p>	
	<p><b>07</b></p> <p>7:00  Cathoilic Mass/TV CH 3 <b>RTR</b></p> <p>11:00  Church Services /TV Ch 11 <b>ACT</b></p> <p>2:30  Bible Study with Friends <b>ACT</b></p> <p>3:00  Senior Steppers with Friends <b>L</b></p>	<p><b>08</b></p> <p>10:00  Resident Council <b>ACT</b></p> <p>12:30  Dollar Tree (Sign up) <b>O</b></p> <p>3:00  Senior Steppers with Friends <b>L</b></p> <p>6:30  Wheel of Fortune /TV <b>L</b></p>	<p><b>09</b></p> <p>10:00  Country Store <b>S</b></p> <p>11:00  Food Truck Cheese Queen Gourmet <b>OS</b></p> <p>1:15  Sittercise <b>ACT</b></p> <p>2:00  Bingo <b>ACT</b></p> <p>6:30  Wheel of Fortune (TV) <b>L</b></p>	<p><b>10</b></p> <p>10:45  Freddy's Restaurant <b>O</b></p> <p>2:15  May Birthday Bash <b>ACT</b></p> <p>6:30  Wheel of Fortune/TV <b>L</b></p>	<p><b>11</b></p> <p>All Day  Doctor's Appointments</p> <p>10:00  Church Services with Jim Vessel <b>ACT</b></p> <p>2:00  Puzzles ,word searches with friends <b>ACT</b></p> <p>3:00  Senior Steppers (Independent walking) <b>OS</b></p> <p>5:30  "Sing-along with Friends" Choir Group <b>ACT</b></p>	<p><b>12</b></p> <p>10:00  Country Store <b>S</b></p> <p>1:15  Sittercise <b>ACT</b></p> <p>2:00  Bingo <b>ACT</b></p> <p>6:30  Wheel of Fortune/TV <b>L</b></p>	<p><b>13</b></p> <p>9:30  Muffins for Mom's with Entertainment <b>ACT</b></p> <p>10:00  Heriage Woods Weekend Puzzle Packets <b>ACT</b></p> <p>12:30  Prayer Warriors <b>AR</b></p> <p>2:30  "Singing with Friends" Choir Group <b>ACT</b></p> <p>5:30  Resident Choice " Movie"( 3rd Friends)</p>	
	<p><b>14</b> <b>Mother's Day</b></p> <p>7:00  Cathoilic Mass/TV CH 3 <b>RTR</b></p> <p>11:00  Church Services /TV Ch 11 <b>ACT</b></p> <p>2:30  Bible Study with Friends <b>ACT</b></p> <p>3:00  Senior Steppers with Friends <b>L</b></p>	<p><b>15</b></p> <p>10:45  Mission BBQ <b>O</b></p> <p>2:00  4 Girls and a Song <b>ACT</b></p> <p>3:10  May Trivia <b>ACT</b></p> <p>6:30  Wheel of Fortune/TV(Lobby) <b>L</b></p>	<p><b>16</b></p> <p>10:00  Bingo <b>ACT</b></p> <p>1:15  Sittercise <b>ACT</b></p> <p>2:00  Animal Lovers, You don't want to miss ! <b>ACT</b></p> <p>3:00  Country Store <b>S</b></p>	<p><b>17</b></p> <p>7:45  Nellie's Restaurant <b>O</b></p> <p>2:00  Let's Play Bunco <b>ACT</b></p> <p>3:30  Singing with Earl <b>ACT</b></p> <p>6:30  Wheel of Fortune/TV <b>L</b></p>	<p><b>18</b></p> <p>All Day  Doctor's Appointments</p> <p>10:00  Church Services with Jim Vessel <b>ACT</b></p> <p>2:00  Puzzles ,word searches with friends <b>ACT</b></p> <p>3:00  Senior Steppers (Independent walking) <b>OS</b></p> <p>5:30  "Sing-along with Friends" Choir Group <b>ACT</b></p>	<p><b>19</b></p> <p>9:30  Health Pro -Heritage Lets Get Walking <b>ACT</b></p> <p>10:00  Country Store <b>S</b></p> <p>1:15  Sittercise <b>ACT</b></p> <p>2:00  Bingo <b>ACT</b></p> <p>6:30  Wheel of Fortune/TV <b>L</b></p>	<p><b>20</b></p> <p>8:30  Fishing Trip <b>O</b></p> <p>10:00  Heriage Woods Weekend Puzzle Packets <b>ACT</b></p> <p>12:30  Prayer Warriors <b>AR</b></p> <p>2:30  "Singing with Friends" Choir Group <b>ACT</b></p> <p>5:30  Resident Choice " Movie"( 3rd Friends)</p>	
	<p><b>21</b></p> <p>7:00  Cathoilic Mass/TV CH 3 <b>RTR</b></p> <p>11:00  Church Services /TV Ch 11 <b>ACT</b></p> <p>2:30  Bible Study with Friends <b>ACT</b></p> <p>3:00  Senior Steppers with Friends <b>L</b></p>	<p><b>22</b></p> <p>10:00  Barnes &amp; Noble Bookstore <b>O</b></p> <p>2:00  Mystery Drive <b>O</b></p> <p>6:30  Wheel of Fortune/TV <b>L</b></p>	<p>9:45  Walmart (Sign up) <b>O</b></p> <p>1:15  Sittercise <b>ACT</b></p> <p>2:00  Bingo <b>ACT</b></p> <p>3:00  Country Store <b>S</b></p>	<p><b>24</b></p> <p>10:00  Check out a Book (Library 2nd Floor) <b>LB</b></p> <p>2:00  Singing with Allan Gee <b>ACT</b></p> <p>5:00  Ice-cream Social with Friends <b>ACT</b></p> <p>6:30  Wheel of Fortune/TV <b>L</b></p>	<p><b>25</b></p> <p>10:00  Church Services with Jim Vessel <b>ACT</b></p> <p>2:00  Puzzles ,word searches with friends <b>ACT</b></p> <p>3:00  Senior Steppers (Independent walking) <b>OS</b></p> <p>5:30  "Sing-along with Friends" Choir Group <b>ACT</b></p>	<p><b>26</b></p> <p>10:00  Country Store <b>S</b></p> <p>1:00  Senior Steppers (Independent walking) <b>OS</b></p> <p>2:00  Bingo with Amber <b>ACT</b></p> <p>6:30  Wheel of Fortune/TV <b>L</b></p>	<p><b>27</b></p> <p>10:00  Heriage Woods Weekend Puzzle Packets <b>ACT</b></p> <p>12:30  Prayer Warriors <b>AR</b></p> <p>2:30  "Singing with Friends" Choir Group <b>ACT</b></p> <p>5:30  Resident Choice " Movie"( 3rd Friends)</p>	
	<p><b>28</b></p> <p>7:00  Cathoilic Mass/TV CH 3 <b>RTR</b></p> <p>11:00  Church Services /TV Ch 11 <b>ACT</b></p> <p>2:30  Bible Study with Friends <b>ACT</b></p> <p>3:00  Senior Steppers with Friends <b>L</b></p>	<p><b>29</b> <b>Memorial Day</b></p> <p>9:45  Crafts <b>ACT</b></p> <p>2:00  Music with Donnie (All your Favorites) <b>ACT</b></p> <p>3:00  Senior Steppers with Friends <b>L</b></p> <p>6:30  Wheel of Fortune/TV(Lobby) <b>L</b></p>	<p><b>30</b></p> <p>10:00  Country Store Senior Steppers (Independent walking) <b>S</b></p> <p>1:00  Steppers <b>L</b></p> <p>2:00  Bingo with Amber <b>ACT</b></p> <p>3:00  Patio with friends <b>AD</b></p> <p>6:30  Wheel of Fortune/TV <b>L</b></p>	<p><b>31</b></p> <p>10:00  Check out a Book (Library 2nd Floor) <b>LB</b></p> <p>2:00  Games with Friends (Independent) <b>ACT</b></p> <p>5:00  Ice-cream Social with Friends <b>AR</b></p> <p>6:30  Wheel of Fortune/TV <b>L</b></p>	<p><b>Pick a Horse</b></p> <p><b>May 1st though 5th</b></p>		<p><u>Kentucky Derby- Pick Your Horse</u></p> <p><b>\$5 - Winners' 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Place.</b></p> <p>All proceeds benefit the Alzheimer's Association</p> <p>Lunch on us May 9, for winners</p> <p>Food Truck Cheese Queen Gourmet</p>	