

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 2023**

**SUNDAY**

**MONDAY**

**TUESDAY**








**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**Dimensions of Wellness**

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

**Meeting Places**

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

	<b>OPEN TO THE PUBLIC</b>	Aug 6 Ice- Cream Social 530pm (ACT)	<b>01</b> 10:00 Bible Study 10:00 Country Store 12:00 Sittercise 2:00 Bingo 4:00 Pizza Night	<b>02</b> 10:00 Lets Play Family Feud 1:15 Sittercise 2:00 Left, Right, Center (Game) 6:30 Wheel of Fortune/TV	<b>03</b> All Day Doctor's Appointments 10:00 Church Services with Jim Vessel or Allen 2:00 Puzzles ,word searches with friends 3:00 Senior Steppers (Independent walking) 5:30 "Sing-along with Friends" Choir Group	<b>04</b> 8:30 Coffee & Donuts with Friends 10:00 Country Store 1:15 Sittercise 2:00 Bingo 6:30 Wheel of Fortune/TV	<b>05</b> 10:00 Adult Coloring ,Word Searches with Friends 12:30 Prayer Warriors 2:00 "Singing with Friends" Choir Group 3:00 Bible Study with Friends 5:30 Resident Choice " Movie"( Friends)
	<b>06</b> 7:00 Catholic Mass/TV CH 3 11:00 Church Services /TV Ch 11 2:00 Walmart (Sign up) 3:00 Senior Steppers with Friends 5:30 Ice Cream Social	<b>07</b> 10:00 Check out a Book (Library 2nd Floor) 2:00 Games with Friends (Independent) 6:30 Wheel of Fortune /TV	<b>08</b> 10:00 Bible Study 10:00 Country Store 1:15 Sittercise 2:00 Bingo 4:00 The Red Barn Farm	<b>09</b> 10:45 Bar Louie Restaurant 2:15 August Birthday Bash 6:30 Wheel of Fortune/TV	<b>10</b> All Day Doctor's Appointments 10:00 Church Services with Jim Vessel or Allen 2:00 Puzzles ,word searches with friends 3:00 Senior Steppers (Independent walking) 5:30 "Sing-along with Friends" Choir Group	<b>11</b> 10:00 Country Store 1:15 Sittercise 2:00 Bingo 6:30 Wheel of Fortune/TV	<b>12</b> 10:00 Adult Coloring ,Word Searches with Friends 12:30 Prayer Warriors 2:00 "Singing with Friends" Choir Group 3:00 Bible Study with Friends 5:30 Resident Choice " Movie"( Friends)
	<b>13</b> 7:00 Catholic Mass/TV CH 3 11:00 Church Services /TV Ch 11 3:00 Senior Steppers with Friends	<b>14</b> 10:00 Resident Council 1:30 Target (Sign up) 6:30 Wheel of Fortune/TV	<b>15</b> 10:00 Bible Study 10:00 Country Store 1:15 Sittercise 2:00 Bingo 6:30 Wheel of Fortune/TV	<b>16</b> 10:45 Cork N Cleaver Restaurant 2:15 Keno 6:30 Wheel of Fortune/TV	<b>17</b> All Day Doctor's Appointments 10:00 Church Services with Jim Vessel or Allen 2:00 Puzzles ,word searches with friends 3:00 Senior Steppers (Independent walking) 5:30 "Sing-along with Friends" Choir Group	<b>18</b> 9:30 Health Pro -Heritage Living with Parkinson's Disease 10:00 Country Store 1:15 Sittercise 2:00 Bingo 6:30 Wheel of Fortune/TV	<b>19</b> 10:00 Adult Coloring ,Word Searches with Friends 12:30 Prayer Warriors 1:30 Walmart (Sign up) 2:00 "Singing with Friends" Choir Group 3:00 Bible Study with Friends
	<b>20</b> 7:00 Catholic Mass/TV CH 3 11:00 Church Services /TV Ch 11 2:15 VFW Bingo(See Dawn) 3:00 Senior Steppers with Friends	<b>21</b> 10:00 Check out a Book (Library 2nd Floor) 2:00 4 Girls and a Song 5:30 Senior Steppers (Independent walking)	<b>22</b> 10:00 Bible Study 10:00 Country Store 1:15 Sittercise 2:00 Bingo 6:30 Wheel of Fortune/TV	<b>23</b> 10:00 August Trivia 2:00 Crafts 6:30 Wheel of Fortune/TV	<b>24</b> All Day Doctor's Appointments 10:00 Church Services with Jim Vessel or Allen 2:00 Puzzles ,word searches with friends 3:00 Senior Steppers (Independent walking) 5:30 "Sing-along with Friends" Choir Group	<b>25</b> 10:00 Country Store 1:15 Senior Steppers (Independent walking) 2:00 Games with Friends (Independent) 6:30 Wheel of Fortune/TV	<b>26</b> 10:00 Adult Coloring ,Word Searches with Friends 12:30 Prayer Warriors 2:00 "Singing with Friends" Choir Group 3:00 Bible Study with Friends 5:30 Resident Choice " Movie"( Friends)
	<b>27</b> 7:00 Catholic Mass/TV CH 3 11:00 Church Services /TV Ch 11 3:00 Senior Steppers with Friends	<b>28</b> 10:00 Dollar Tree (Sign up) 2:00 Games with Dawn 6:30 Wheel of Fortune/TV	<b>29</b> 10:00 Bible Study 10:00 Country Store 1:15 Sittercise 2:00 Bingo 6:30 Wheel of Fortune/TV	<b>30</b> 10:00 Individual Singing (Everyone Welcome) 2:00 "Penny" Auction 6:30 Wheel of Fortune/TV	<b>31</b> All Day Doctor's Appointments 10:00 Church Services with Jim Vessel or Allen 2:00 Puzzles ,word searches with friends 3:00 Senior Steppers (Independent walking) 5:30 "Sing-along with Friends" Choir Group	