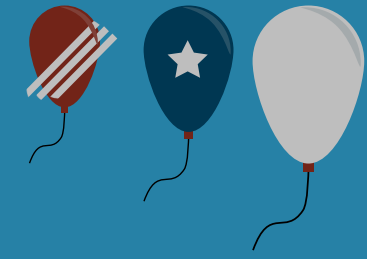
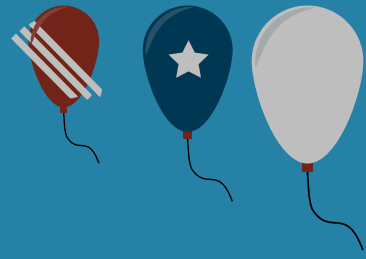


If you would like an activity/service not reflected on the calendar, please see the RSC/Administrator.

All activities & locations are subject to change:

Monthly wellness checks 1st thru the 7th

# HAPPY LABOR DAY



SEPTEMBER 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
- AR** Art Room (2nd Floor)
- 3rd** Heritage Woods Theater 3rd Floor
- RTR** Room to Room
- O** Outing
- OS** Outside
- Dr** Dining Room
- AR** Art Room



	<p><u>Open to the Public</u></p> <p>September 4<sup>th</sup> until November 10</p> <p><b>Can Food Drive</b></p>	<p>September 10-16</p> <p>Assisted Living Week</p>			<p><b>01</b></p> <p>8:30 Coffee &amp; Donuts with Friends <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>02</b></p> <p>10:00 Adult Coloring, Word Searches with Friends <b>ACT</b></p> <p>12:30 Prayer Warriors <b>AR</b></p> <p>2:00 "Singing with Friends" Choir Group <b>ACT</b></p> <p>3:00 Bible Study with Friends <b>ACT</b></p> <p>5:30 Resident Choice " Movie"(3rd Friends)</p>
<p><b>03</b></p> <p>7:00 Catholic Mass/TV CH 3 <b>RTR</b></p> <p>11:00 Church Services /TV Ch 11 <b>ACT</b></p> <p>3:00 Senior Steppers with Friends <b>L</b></p>	<p><b>04 Labor Day</b></p> <p>7:30 Fishing Trip (Sign up ) <b>O</b></p> <p>10:00 Senior Steppers (Independent walking) <b>OS</b></p> <p>2:00 Lets Play Keno <b>ACT</b></p> <p>6:30 Wheel of Fortune/TV <b>L</b></p>	<p><b>05</b></p> <p>10:00 Bible Study <b>ACT</b></p> <p>10:45 The Tin Fish <b>O</b></p> <p>1:45 Sittercise <b>ACT</b></p> <p>2:30 Bingo <b>ACT</b></p> <p>3:30 Country Store <b>S</b></p>	<p><b>06</b></p> <p>10:00 Let's Play Price is Right <b>ACT</b></p> <p>1:30 Oak St. Health Ice-cream Social <b>ACT</b></p> <p>4:00 Picnic in the Park <b>ACT</b></p> <p>6:30 Wheel of Fortune/TV <b>L</b></p>	<p><b>07</b></p> <p>All Day Doctor's Appointments</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>08</b></p> <p>9:40 Walmart (Sign up) <b>L</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>6:30 Wheel of Fortune/TV <b>L</b></p>	<p><b>09</b></p> <p>10:00 Adult Coloring, Word Searches with Friends <b>ACT</b></p> <p>12:30 Prayer Warriors <b>AR</b></p> <p>2:00 "Singing with Friends" Choir Group <b>ACT</b></p> <p>3:00 Bible Study with Friends <b>ACT</b></p> <p>5:30 Resident Choice " Movie"(3rd Friends)</p>
<p><b>10</b></p> <p>7:00 Catholic Mass/TV CH 3 <b>RTR</b></p> <p>11:00 Church Services /TV Ch 11 <b>ACT</b></p> <p>11:00 Special Grandparent Day Cookout <b>Dr</b></p> <p>3:00 Senior Steppers with Friends <b>L</b></p>	<p><b>11</b></p> <p>10:00 Resident Council <b>ACT</b></p> <p>2:00 Music Accordion Player <b>ACT</b></p> <p>4:00 Picnic in the Park <b>O</b></p>	<p><b>12</b></p> <p>10:00 Bible Study <b>ACT</b></p> <p>11:00 Sweet Dreams A La Mode- Ice-Cream Truck <b>OS</b></p> <p>1:15 Senior Steppers (Independent walking) <b>ACT</b></p> <p>2:00 Bingo <b>ACT</b></p> <p>3:00 Country Store <b>S</b></p>	<p><b>13</b></p> <p>10:00 Delivering Hygiene products <b>O</b></p> <p>2:00 September Birthday Bash <b>ACT</b></p> <p>4:00 Music with Tony Givens <b>Dr</b></p> <p>6:30 Wheel of Fortune/TV <b>L</b></p>	<p><b>14</b></p> <p>All Day Doctor's Appointments</p> <p>11:00 Cheese Queen Food Truck <b>OS</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>15</b></p> <p>9:30 Health Pro -Heritage Managing Incontinence <b>ACT</b></p> <p>10:00 Pineapple Palm Boutique <b>AR</b></p> <p>1:15 Senior Steppers (Independent walking) <b>OS</b></p> <p>2:00 LiL Rexing Farm <b>ACT</b></p> <p>6:30 Wheel of Fortune/TV <b>L</b></p>	<p><b>16</b></p> <p>10:00 Adult Coloring, Word Searches with Friends <b>ACT</b></p> <p>12:30 Prayer Warriors <b>AR</b></p> <p>1:30 The Boom Squad -Music <b>OS</b></p> <p>2:30 Family Bingo <b>Dr</b></p> <p>5:30 Resident Choice " Movie"(3rd Friends)</p>
<p><b>17</b></p> <p>7:00 Catholic Mass/TV CH 3 <b>RTR</b></p> <p>11:00 Church Services /TV Ch 11 <b>ACT</b></p> <p>3:00 Senior Steppers with Friends <b>L</b></p>	<p><b>18</b></p> <p>10:00 Hand &amp; Foot Game with Hands &amp; Foot Card game with Freda <b>ACT</b></p> <p>2:00 4 Girls and a Song <b>ACT</b></p> <p>3:10 September Trivia Games <b>ACT</b></p> <p>6:30 Wheel of Fortune /TV <b>L</b></p>	<p><b>19</b></p> <p>10:00 Bible Study <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>10:45 Jalisco Mexican Restaurant <b>O</b></p> <p>2:15 Crafts <b>AR</b></p> <p>6:30 Wheel of Fortune/TV <b>L</b></p>	<p><b>21</b></p> <p>All Day Doctor's Appointments</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>22</b></p> <p>10:00 CAR SHOW <b>OS</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>6:30 Wheel of Fortune/TV <b>L</b></p>	<p><b>23</b></p> <p>10:00 Adult Coloring, Word Searches with Friends <b>ACT</b></p> <p>12:30 Prayer Warriors <b>AR</b></p> <p>2:00 "Singing with Friends" Choir Group <b>ACT</b></p> <p>3:00 Bible Study with Friends <b>ACT</b></p> <p>5:30 Resident Choice " Movie"(3rd Friends)</p>
<p><b>24</b></p> <p>7:00 Catholic Mass/TV CH 3 <b>RTR</b></p> <p>11:00 Church Services /TV Ch 11 <b>ACT</b></p> <p>3:00 Senior Steppers with Friends <b>L</b></p>	<p><b>25</b></p> <p>9:45 World Wide Missions <b>O</b></p> <p>2:00 Lets Play Kings in the Corner <b>ACT</b></p> <p>4:00 Dairy Queen Night <b>O</b></p> <p>6:30 Wheel of Fortune/TV <b>L</b></p>	<p><b>26</b></p> <p>10:00 Bible Study <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>27</b></p> <p>9:45 Baking Buddies <b>ACT</b></p> <p>2:00 Lets Play Nickels <b>ACT</b></p> <p>6:30 Wheel of Fortune/TV <b>L</b></p>	<p><b>28</b></p> <p>All Day Doctor's Appointments</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>29</b></p> <p>9:40 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>6:30 Wheel of Fortune/TV <b>L</b></p>	<p><b>30</b></p> <p>10:00 Adult Coloring, Word Searches with Friends <b>ACT</b></p> <p>12:30 Prayer Warriors <b>AR</b></p> <p>2:00 "Singing with Friends" Choir Group <b>ACT</b></p> <p>3:00 Bible Study with Friends <b>ACT</b></p> <p>5:30 Resident Choice " Movie"(3rd Friends)</p>