

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 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Dimensions of Wellness

- Physical
- Spiritual
- Social
- Intellectual
- Nutritional
- Purposeful

Meeting Places

- ACT** Activity Room
- AD** All Day
- L** Lobby
- RTR** Room to Room
- OS** Outside
- LB** Library
- Dr** Dining Room
- S** Store
- O** Outing
- AR** Art Room

Please remember to check the daily sign up sheets for walking and sitting outdoors. The sign up sheet is necessary at this time to assist in maintaining the required 6ft social distance requirement. Please wear your mask whenever you are out of your apartment.

May 30	May 31 Memorial Day						01
07:00 Catholic Mass/TV CH 3 RTR 09:00 Christian Program / TV Ch 17 AD 02:00 Senior Steppers /Stay 6 feet apart OS	11:30 Memorial Day Cookout for Residents Dr 03:00 Patio Chatters (Stay 6 feet apart & Mask) OS			May 6 th -12 th Start of Nurses Week May 12 th Open House May 12 th National Receptionist Day			09:00 Heritage Woods Weekend Puzzle Packets ACT 01:30 Kentucky Derby Day 2021 (TV's) AD 03:30 Senior Steppers /Stay 6 feet apart L
02 07:00 Catholic Mass/TV CH 3 RTR 09:00 Christian Program / TV Ch 17 AD 09:00 Garden Club (Working on Flower Boxes) OS 02:00 Sittercise (Self) RTR	03 10:00 Check out a Book (Librabry 2nd Floor) LB 10:00 Patio Chatters (Stay 6 feet apart & Mask) OS 02:00 Senior Steppers /Stay 6 feet apart OS 06:15 Bingo Dr	04 10:30 Country Store/Mobile Cart RTR 01:30 Sittercise ACT 02:30 Let's Play Keno Dr 04:00 Senior Steppers /Stay 6 feet apart ACT	05 10:30 Let's Play the Wii ACT 11:30 Cinco De Mayo Celebration Dr 01:30 Menu Chat Dr 02:00 Bible Study with Charles ACT	06 All Day Doctor's Appointments 10:00 Adult Coloring ,Word Searches & Puzzels ACT 02:00 Zoom with Family & Friends (Contact Activities 24hrs in advance) RTR 06:30 Wheel of Fortune/TV RTR	07 10:00 Mother's Day Crafts AD 01:30 Sittercise ACT 02:30 Bingo Dr 03:45 Country Store /Mobile Cart S	08 09:00 Heritage Woods Weekend Puzzle Packets ACT 02:00 Resident Choice "Movie" RTR 03:30 Senior Steppers /Stay 6 feet apart L	
09 07:00 Catholic Mass/TV CH 3 RTR 08:00 Muffins for Mom's (Residents) Dr 09:00 Christian Program / TV Ch 17 AD	10 10:15 Sittercise/Trivia Time ACT 02:00 Resident Council ACT 02:45 Let's Play Flip Over ACT 06:30 Wheel of Fortune/TV L	11 10:30 Country Store/Mobile Cart RTR 01:30 Sittercise ACT 02:30 Bingo Dr	12 10:00 Bible Study with Nasayra ACT 01:00 Walmart (Sign up in advance) O 06:00 Senior Steppers /Stay 6 feet apart L	13 All Day Doctor's Appointments 10:00 Adult Coloring ,Word Searches & Puzzels ACT 02:00 Zoom with Family & Friends (Contact Activities 24hrs in advance) ACT 06:30 Wheel of Fortune/TV RTR	14 10:30 Country Store S 01:30 Sittercise ACT 02:30 Bingo Dr 06:30 Wheel of Fortune/TV L	15 09:00 Heritage Woods Weekend Puzzle Packets ACT 02:00 Resident Choice "Movie" RTR 03:30 Senior Steppers /Stay 6 feet apart L	
16 07:00 Catholic Mass/TV CH 3 RTR 09:00 Christian Program / TV Ch 17 AD 02:00 Sittercise (Self) RTR 06:00 Senior Steppers /Stay 6 feet apart OS	17 10:00 Let's Race (Remote Control Cars) OS 02:00 Panting Class AR 03:45 Milk and Bread Delivery (sign up for delivery) ACT	18 10:30 Country Store/Mobile Cart RTR 01:30 Sittercise ACT 02:30 Bingo Dr 03:45 Country Store Mobile Cart S	19 09:45 Kohls (Sign up in advance) O 02:00 Bible Study with Charles ACT 06:00 Senior Steppers /Stay 6 feet apart OS	20 All Day Doctor's Appointments 10:00 Adult Coloring ,Word Searches & Puzzels ACT 01:30 Health Pro Rehab ACT 06:30 Wheel of Fortune/TV RTR	21 10:30 Country Store S 01:30 Sittercise ACT 02:30 Bingo Dr 06:30 Wheel of Fortune/TV L	22 09:00 Heritage Woods Weekend Puzzle Packets ACT 02:00 Resident Choice "Movie" RTR 03:30 Senior Steppers /Stay 6 feet apart L	
23 07:00 Catholic Mass/TV CH 3 RTR 09:00 Christian Program / TV Ch 17 AD	24 10:00 Garden Club OS 02:00 Word Puzzels (Self) ACT 06:30 Wheel of Fortune/TV RTR	25 10:30 Country Store/Mobile Cart RTR 01:30 Senior Steppers /Stay 6 feet apart OS 02:30 Bingo Dr	26 10:00 Cooking demo with the Chef Dr 02:00 Bible Study with Charles ACT	27 All Day Doctor's Appointments 10:00 Adult Coloring ,Word Searches & Puzzels ACT 02:00 Zoom with Family & Friends (Contact Activities 24hrs in advance) ACT 06:30 Wheel of Fortune/TV RTR	28 10:30 Country Store S 01:30 Senior Steppers /Stay 6 feet apart OS 02:30 Bingo Dr	29 09:00 Heritage Woods Weekend Puzzle Packets ACT 02:00 Resident Choice "Movie" RTR 03:30 Senior Steppers /Stay 6 feet apart L	