




May 2021

Heritage Woods of Rockford

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
Please call Shannon at 815-332-3708 to Sign-Up for Activities. We still have restrictions on the number of residents that can be present during an activity.	1= 1st Floor Dining Room 2= 2nd Floor 3= 3rd Floor Multipurpose Room					Happy May Day Walking Warriors Exercise 2:00pm Bingo with Steve -1
2	3	4	5	6	7	8
6:30am TV Catholic Mass 8:30am City First Church on TV WIFR Channel 5 Walking Warriors Exercise 10:00am City First Church on TV WIFR Channel 5	9:30am Exercise with Mabel-3 Walking Warriors Exercise 10:00am-10:30am Country Store-2 3:30pm Piano with Paige -1	Walking Warriors Exercise Independent Activities 2:00pm Church Service and Bible Study with Pastor Karl -1 3:30pm Piano with Paige -1 Bus Run's for Medical Appointments	Cinco De Mayo 9:30am Exercise with Mabel-3 10:00am-10:30am Country Store-2 1:00pm Sign-Up for May Bus Outings -1 2:00pm Happy Hour to Go -1 3:30pm Piano with Paige -1	Walking Warriors Exercise Independent Activities 1:00pm Meijer's 3:30pm Piano with Paige -1	9:30am Exercise with Mabel -3 Walking Warriors Exercise 10:00am-10:30am Country Store -2 2:00pm Bingo-1 3:30pm Piano with Paige -1	Walking Warriors Exercise Independent Activities 2:00pm Bingo with Steve – 1 
9	10	11	12	13	14	15
Happy Mother's Day 6:30am TV Catholic Mass 8:30am City First Church on TV WIFR Channel 5 Walking Warriors Exercise 10:00am City First Church on TV WIFR Channel 5	9:30am Exercise with Mabel-3 Walking Warriors Exercise 10:00am -10:30am Country Store-2 2:00pm Bingo-1 3:30pm Piano with Paige -1	Walking Warriors Exercise Independent Activities 2:00pm Church Service and Bible Study with Pastor Karl -1 3:30pm Piano with Paige -1 Bus Run's for Medical Appointments	9:30am Exercise with Mabel -3 Walking Warriors Exercise 10:00am-10:30am Country Store-2 2:00pm Scattegories -1 3:30pm Piano with Paige -1	Walking Warriors Exercise Independent Activities 1:00pm Walmart 3:30pm Piano with Paige -1	9:30am Exercise with Mabel-3 Walking Warriors Exercise 10:00am -10:30am Country Store -2 2:00pm Bingo -1 3:30pm Piano with Paige -1	Armed Forces Day Walking Warriors Exercise Independent Activities 2:00pm Bingo with Steve - 1
16	17	18	19	20	21	22
6:30am TV Catholic Mass 8:30am City First Church on TV WIFR Channel 5 Walking Warriors Exercise 10:00am City First Church on TV WIFR Channel 5	9:30am Exercise with Mabel -3 Walking Warriors Exercise 10:00am-10:30am Country Store -2 2:00pm Bingo -1 3:30pm Piano with Paige -1	Walking Warriors Exercise Independent Activities 2:00pm Church Service and Bible Study with Pastor Karl -1 3:30pm Piano with Paige -1 Bus Run's for Medical Appointments	9:30am Exercise with Mabel -3 10:00am-10:30am Country Store-2 1:00pm Video Tour of the White House -3 2:00pm Resident Council/Food Committee -1 3:30pm Piano with Paige -1	Walking Warriors Exercise Independent Activities 1:30pm Walgreens TBD – Flower Planting- outside back patio 3:30pm Piano with Paige -1	9:30am Exercise with Mabel -3 Walking Warriors Exercise 10:00am -10:30am Country Store -2 2:00pm Bingo -1 3:30pm Piano with Paige -1	Walking Warriors Exercise Independent Activities 2:00pm Bingo with Steve - 1
23	24	25	26	27	28	29
6:30am TV Catholic Mass 8:30am City First Church on TV WIFR Channel 5 Walking Warriors Exercise 10:00am City First Church on TV WIFR Channel 5	9:30am Exercise with Mabel -3 Walking Warriors Exercise 10:00am-10:30am Country Store -2 2:00pm Bingo -1 3:30pm Piano with Paige -1	Walking Warriors Exercise Independent Activities 2:00pm Church Service and Bible Study with Pastor Karl-1 3:30pm Piano with Paige -1 Bus Run's for Medical Appointments	9:30am Exercise with Mabel -3 10:00am -10:30am Country Store-2 2:00pm National Senior Health and Fitness Day with Discovery Wellness Topic and Smart Buck Drawing -1 3:30pm Piano with Paige -1	Walking Warriors Exercise Independent Activities 1:00pm Walmart 3:30pm Piano with Paige -1	9:30am Exercise with Mabel -3 Walking Warriors Exercise 10:00am-10:30am Country Store -2 2:00pm Bingo -1 3:30pm Piano with Paige -1	Walking Warriors Exercise Independent Activities
30	31					
6:30am TV Catholic Mass 8:30am City First Church on TV WIFR Channel 5 Walking Warriors Exercise 10:00am City First Church on TV WIFR Channel 5	MEMORIAL DAY 9:30am Exercise with Mabel -3 Walking Warriors Exercise Country Store Closed 3:30pm Piano with Paige -1 Independent Activities	Please note Country Store hours have now returned to Mon-Wed-Fri 10:00am to 10:30am Phone orders are for those on quarantine or isolation only		We still need to practice safe social distancing! You must wear your mask when exiting your apartment! Thank you for your cooperation!	Calendar Times and Events are Subject to Change	Independent Activities Word Searches, Crosswords, TV and Adult Coloring Available Daily in the Lobby