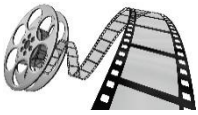



August 2021

Heritage Woods of Rockford

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
6:30am TV Catholic Mass 8:30am City First Church on TV WIFR Channel 5 9:30am Walking Warriors Exercise 10:00am City First Church on TV WIFR Channel 5 2:00pm Ted at 2-1	9:30am Exercise with Mabel-3 10:00am Country Store Open-2 1:30pm Sign Up for Bus Outings-3 2:00am Bingo-1 3:30am Piano with Paige-1	9:30am Walking Warriors Exercise 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 Country Store Open-2 2:00pm Trivia-1 3:30 pm Piano with Paige-1 6:00pm Scrabble-1(PDR)	9:30am Walking Warriors Exercise 1:00pm Dollar Tree 3:30pm Piano with Paige-1 7:00pm Bingo with Ron-1	9:30am Exercise with Mabel-3 9:30am Walking Warriors Exercise 10:00am Country Store Open-2 2:00pm Horse Races-3 3:30 pm Piano with Paige-1	9:30am Walking Warriors Exercise 2:00p Bingo with Steve-1 5:00pm Saturday Movie - The pursuit of happiness-2
8	9	10	11	12	13	14
6:30 am TV Catholic Mass 8:30am City First Church on TV WIFR Channel 5 9:30am Walking Warriors Exercise 10:00am City First Church on TV WIFR Channel 5 2:00pm Ted at 2-1	9:30am Exercise with Mabel-3 10:00am Country Store Open-2 2:00pm Bingo-1 3:30pm Piano with Paige-1	9:30am Walking Warriors Exercise 2:00 pm Church Service and Bible Study with Pastor Karl-1 3:30 pm Piano with Paige-1 Bus Run's for Medical Appointments	9:30am Exercise with Mabel-3 10:00am Country Store Open-2 2:00pm Activity Planning Meeting-2 3:30pm Piano with Paige-1 6:00pm Scrabble-1(PDR) 6:00 pm Wii Bowling-3	9:30am Walking Warriors Exercise 1:00pm Walmart 3:30pm Piano with Paige-1 7:00pm Bingo with Ron-1	9:30am Exercise with Mabel-3 9:30 am Walking Warriors Exercise 10:00am Country Store Open-2 2:00pm Elvis and Root beer floats-1 3:30pm Piano with Paige-1	9:30am Walking Warriors Exercise 2:00pm Bingo with Steve-1 5:00pm Saturday Movie - Blue Hawaii-2 
15	16	17	18	19	20	21
6:30am TV Catholic Mass 8:30am City First Church on TV WIFR Channel 5 9:30am Walking Warriors Exercise 10:00am City First Church on TV WIFR Channel 5 2:00pm Ted at 2-1	8:00am Breakfast at the Cracker Barrel 9:30 Exercise with Mabel -3 10:00am Country Store Open-2 2:00pm Bingo-1 3:30pm Piano with Paige-1	9:30am Walking Warriors Exercise 10:30am Mobile Book Library 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 10:00 am Country Store Open-2 2:00pm Food Committee-1 3:30pm Piano with Paige-1 6:00pm Scrabble-1(PDR)	9:30am Walking Warriors Exercise 1:00pm 5 Below 2:00 pm Wellness Discovery Series-1 3:30 pm Piano with Paige-1 7:00pm Bingo with Ron-1	9:30am Exercise with Mabel-3 9:30am Walking Warriors Exercise 10:00am Country Store Open-2 2:00pm Birthday Concert-1 3:30pm Piano with Paige-1	9:30am Walking Warriors Exercise 2:00pm Bingo with Steve-1 5:00 pm Saturday Movie - Shirley Temple-2
22	23	24	25	26	27	28
6:30am TV Catholic Mass 8:30am City First Church on TV WIFR Channel 5 9:30 am Walking Warriors Exercise 10:00 am City First Church on TV WIFR Channel 5 2:00pm Ted at 2-1 	9:30am Exercise with Mabel-3 10:00am Country Store Open-2 2:00 pm Bingo-1 3:30pm Piano with Paige-1	9:30 am Walking Warriors Exercise 2:00pm Church Service and Bible Study with Pastor Karl-1 3:30 pm Piano with Paige-1 Bus Run's for Medical Appointments	9:30am Exercise with Mabel 10:00am Country Store Open 1:15 pm Ice cream Treats-1 2:00 pm Resident Council-1 6:00 pm Scrabble-1(PDR) 6:00pm Wii Bowling-1 	9:30am Walking Warriors Exercise 1:30pm Walgreens 3:30pm Piano with Paige-1 7:00 pm Bingo with Ron-1	9:30am Exercise with Mabel-3 9:30am Walking Warriors Exercise 10:00am Country Store Open-2 2:00pm Happy Hour-1 3:30pm Piano with Paige-1	9:30am Walking Warriors Exercise 2:00pm Bingo with Steve-1 5:00pm Saturday Movie - Houseboat-2
29	30	31				
6:30am TV Catholic Mass 8:30am City First Church on TV WIFR Channel 5 9:30am Walking Warriors Exercise 10:00am City First Church on TV WIFR Channel 5 2:00pm Ted at 2-1	9:30am Exercise with Mabel-3 10:00am Country Store Open-2 2:00pm Bingo-1 3:30pm Piano with Paige-1	9:30 am Walking Warriors Exercise 2:00 pm Church Service and Bible Study with Pastor Karl-1 3:30pm Piano with Paige-1 Bus Run's for Medical Appointments	Open to the Public on 8/19 Wellness Discovery Series and 8/25 Ice cream Treat Mobile Bus	**** Monthly Wellness Checks August 09 thru August 13	1= 1st Floor Dining Room 1(PDR) = 1st Floor Private Dining Room 2= 2nd Floor 2(LR) = 2nd Floor Living Room 3= 3rd Floor Multi-purpose Room	Calendar Times and Events are Subject to Change If you would like an activity/service not reflected on the calendar, please notify your RSC or administrator

