Monthly Wellness Checks 1-7th

APRIL 2023

Dimensions of Wellness

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

Open to the Public Events:

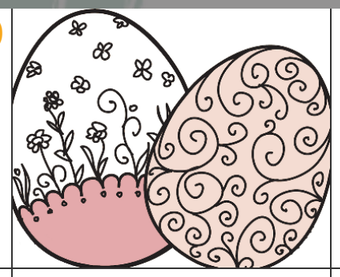
Beecher Bingo 4/14 @11:30 Beecher Center

Pro Health Exercise with Karen Tuesday 4/4,4/18 @10am

Heritage Woods of Yorkville Health & Wellness Fair 4/28 from 10-1pm

RSVP 630-882-6502

*Activity subject to change if you do not see an activity/service reflected on the

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Apr 30 All Day Daily Chronicle & Penny Press 8:45 Cross Lutheran Bus Pickup 10:15 Catholic Service/Rosary 11:00 Walk the woods 2:30 Nail Manicures						**01** All Day Daily Chronicle & Penny Press 12:00 April Fools Day 1:00 Walk the woods 10:00 Country Store 10:30 Brain Teaser/Trivia 2:00 Kings in the Corner (Cards) 6:00 Monopoly Game
02 All Day Daily Chronicle & Penny Press 8:45 Cross Lutheran Bus Pickup 10:15 Catholic Service/Rosary 11:00 Walk the woods 1:00 Palm Sunday Service 2:30 Nail Manicures	**03** All Day Daily Chronicle & Penny Press 9:30 IN2L 11:00 Walk the woods 1:30 Bean Bag Baseball Practice 2:30 Bingo 6:00 Putt Putt Golf 6:30 Independent Scatt (Cards)	**04** All Day Daily Chronicle & Penny Press 9:30 IN2L 10:00 Group Exercise with Karen 11:00 Chicago Sport Opening Celebration 11:00 Walk the woods 2:00 Color Easter Eggs 3:00 Country Store 6:00 Putt Putt Golf 6:30 Guitar with Dave	**05** All Day Daily Chronicle & Penny Press 9:30 IN2L 10:15 Catholic Communion Service 11:00 Walk the woods 1:00 Activity Room Service (Isolation Room) 2:00 Pop Corn & Movie 6:00 Putt Putt Golf	**06** All Day Daily Chronicle & Penny Press 9:30 IN2L 10:00 Cross Lutheran Meditation 11:00 Walk the woods 2:00 Resident Council 3:00 Country Store 6:00 Putt Putt Golf	**07** All Day Daily Chronicle & Penny Press 9:30 IN2L 11:00 Walk the woods 1:00 Easter Duck hunt 2:00 National Beer Day (Happy Hour) 6:00 Bingo with Nancy 6:00 Putt Putt Golf	**08** All Day Daily Chronicle & Penny Press 10:00 Country Store 10:30 Brain Teaser/Trivia 11:00 Walk the woods 1:00 Adult Coloring 2:00 Hymn music with Vivian 6:00 Monopoly Game
09 All Day Happy Easter All Day Daily Chronicle & Penny Press 8:45 Cross Lutheran Bus Pickup 10:15 Catholic Service/Rosary 11:00 Walk the woods 2:30 Nail Manicures	**10** All Day Daily Chronicle & Penny Press 9:30 IN2L 10:00 Shuttle Bus 11:00 Walk the woods 1:30 Bean Bag Baseball Practice 2:30 Bingo 6:00 Putt Putt Golf 6:30 Independent Scatt (Cards)	**11** All Day Daily Chronicle & Penny Press 9:30 IN2L 10:00 Chair Yoga 11:00 Walk the woods 2:00 Kings in the Corner (Cards) 3:00 Country Store 6:00 Putt Putt Golf 6:30 Guitar with Dave	**12** All Day Daily Chronicle & Penny Press 9:30 IN2L 9:30 Trip to: Walmart 10:00 Chair Exercise 11:00 Walk the woods 1:00 Activity Room Service (Isolation Room) 2:00 Spiritual Dimension of Wellness 6:00 Putt Putt Golf	**13** All Day Daily Chronicle & Penny Press 9:30 IN2L 10:00 Bingo with (Park Point) 11:00 Walk the woods 1:30 Country Mystery Drive 3:00 Country Store 6:00 Putt Putt Golf	**14** All Day Daily Chronicle & Penny Press 9:30 IN2L 10:00 Yahtzee 11:00 Walk the woods 11:30 Beecher Bingo 6:00 Bingo with Nancy 6:00 Putt Putt Golf	**15** All Day Daily Chronicle & Penny Press 10:00 Country Store 10:30 Brain Teaser/Trivia 11:00 Walk the woods 1:00 Dance Quest Studio 2:00 Kings in the Corner (Cards) 6:00 Monopoly Game
16 All Day Daily Chronicle & Penny Press 8:45 Cross Lutheran Bus Pickup 10:15 Catholic Service/Rosary 11:00 Walk the woods 2:30 Nail Manicures	**17** All Day Daily Chronicle & Penny Press 9:30 IN2L 10:00 Shuttle Bus 11:00 Walk the woods 1:30 Bean Bag Baseball Practice 2:30 Bingo 6:00 Putt Putt Golf 6:30 Independent Scatt (Cards)	**18** All Day Daily Chronicle & Penny Press 9:30 IN2L 10:00 Group Exercise with Karen 11:00 Walk the woods 2:00 Kings in the Corner (Cards) 3:00 Country Store 6:00 Putt Putt Golf 6:30 Guitar with Dave	**19** All Day Daily Chronicle & Penny Press 9:30 IN2L 10:00 Trip to: Vintage 71 (Antique Shop) 10:00 Chair Exercise 11:00 Walk the woods 1:00 Mobile Library 1:30 Food Council 2:30 Black Jack with Tony 6:00 Putt Putt Golf	**20** All Day Daily Chronicle & Penny Press 9:30 IN2L 10:00 Bingo 11:00 Walk the woods 2:00 Bunco 3:00 Country Store 6:00 Putt Putt Golf	**21** All Day Daily Chronicle & Penny Press 9:30 IN2L 10:00 Yahtzee 11:00 Walk the woods 1:30 Cross Lutheran Student Activities 6:00 Bingo with Nancy 6:00 Putt Putt Golf	**22** All Day Daily Chronicle & Penny Press 10:00 Country Store 10:30 Earth Day Packet 11:00 Walk the woods 1:00 Adult Coloring 2:00 Kings in the Corner (Cards) 6:00 Monopoly Game
23 All Day Daily Chronicle & Penny Press 8:45 Cross Lutheran Bus Pickup 10:15 Catholic Service/Rosary 11:00 Walk the woods 2:30 Nail Manicures	**24** All Day Daily Chronicle & Penny Press 9:30 IN2L 10:00 Shuttle Bus 11:00 Walk the woods 1:30 Bean Bag Baseball Practice 2:30 Bingo 6:00 Putt Putt Golf 6:30 Independent Scatt (Cards)	**25** All Day Daily Chronicle & Penny Press 9:30 IN2L 10:00 Chair Yoga 11:00 Walk the woods 1:30 Book Club 3:00 Country Store 6:00 Putt Putt Golf 6:30 Guitar with Dave	**26** All Day Daily Chronicle & Penny Press 9:30 IN2L 10:00 Chair Exercise 11:00 Walk the woods 1:00 Activity Room Service (Isolation Room) 2:00 Pop Corn & Movie 3:30 Trip to: Fireside Restaurant 6:00 Putt Putt Golf	**27** All Day Daily Chronicle & Penny Press 9:30 IN2L 10:00 Bingo 11:00 Walk the woods 2:00 Chair Volleyball 3:00 Country Store 6:00 Putt Putt Golf	**28** All Day Daily Chronicle & Penny Press 9:00 Massages with Sarah 9:30 IN2L 10:00 HWY Health & Wellness Fair 11:00 Walk the woods 2:00 Monthly Birthday Celebration 6:00 Bingo with Nancy 6:00 Putt Putt Golf	**29** All Day Daily Chronicle & Penny Press 10:00 Country Store 10:30 Brain Teaser/Trivia 11:00 Walk the woods 2:00 Kings in the Corner (Cards) 6:00 Monopoly Game