























































































































































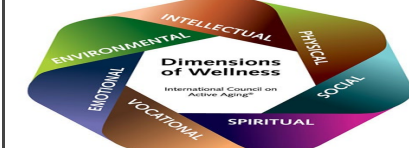









April 2024

Heritage Woods Chicago

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday	1	2	3	4	5	6
James C. 4/5 Alfred W. 4/9 Bertha S. 4/16 Louise C. 4/20 James G. 4/26 Odessa P. 4/30 	 9:30 Stretch and Strength Exercise, CR  10:00 Coffee Clutch, AR  1:00 Country Store, AR  2:00 Movie Night w/Popcorn, CR  6:00 Evening Tv, Rm	 9:30 Thai Chi, CR  10:00 IN2L Family Feud, CR AR  1:00 Connect Four, AR  2:00 Sci-Fi-Film Day, CR  6:00 Evening Tv, Rm	 9:30 Fit and Active Chair, CR  10:00 Coffee Clutch, AR  1:00 Bingo, DR  2:00 IN2L Reminisce, AR  6:00 Evening Tv, Rm	 9:30 Thai Chi, CR  10:00 IN2L Puzzle Games, AR  1:00 IN2L Family Feud, AR  2:00 Movie Night w/Popcorn, CR  6:00 Evening Tv, Rm	 9:30 Stretch and Strength Exercise, CR  10:00 Coffee Clutch, AR  1:00 Country Store, AR  2:00 Movie Night w/Popcorn, CR  6:00 Evening Tv, Rm	 9:30 Arts & Writing Packets, Rm  11:00 Assorted card games, DR  1:00 Afternoon Tv, Rm  4:00 Uno, DR  6:00 Evening Tv, Rm
7	8	9	10	11	12	13
 9:00 Religious Tv programming of choice, MR  11:00 Assorted card games, DR  1:00 Afternoon Tv, Rm  4:00 Puzzle Time, DR  6:00 Evening Tv, Rm	 9:30 Stretch and Strength Exercise, CR  10:00 Coffee Clutch, AR  1:00 Country Store, AR  2:00 Movie Night w/Popcorn, CR  6:00 Evening Tv, Rm	 9:30 Thai Chi, CR  10:00 IN2L Family Feud, CR AR  1:00 Connect Four, AR  2:00 Resident Council Meeting, DR  6:00 Evening Tv, Rm	 9:30 Fit and Active Chair, CR  10:00 Coffee Clutch, AR  1:00 Bingo, DR  2:00 Menu Committee, DR  6:00 Evening Tv, Rm	 9:30 Thai Chi, CR  10:00 IN2L Puzzle Games, AR  1:00 IN2L Family Feud, AR  2:00 Movie Night w/Popcorn, CR  6:00 Evening Tv, Rm	 9:30 Stretch and Strength Exercise, CR  10:00 Coffee Clutch, AR  1:00 Country Store, AR  2:00 Day of Pink Crafts, DR  6:00 Evening Tv, Rm	 9:30 Arts & Writing Packets, Rm  11:00 Assorted card games, DR  1:00 Afternoon Tv, Rm  4:00 Uno, DR  6:00 Evening Tv, Rm
14	15	16	17	18	19	20
 9:00 Religious Tv programming of choice, MR  11:00 Assorted card games, DR  1:00 Afternoon Tv, Rm  4:00 Puzzle Time, DR  6:00 Evening Tv, Rm	 9:30 Stretch and Strength Exercise, CR  10:00 Coffee Clutch, AR  1:00 Country Store, AR  2:00 Movie Night w/Popcorn, CR  6:00 Evening Tv, Rm	 9:30 Thai Chi, CR  10:00 IN2L Family Feud, CR AR  1:00 Connect Four, AR  2:00 Pass the Pig, DR  6:00 Evening Tv, Rm	 9:30 Fit and Active Chair, CR  10:00 Coffee Clutch, AR  1:00 Bingo, DR  2:00 Food Committee Meeting, DR  6:00 Evening Tv, Rm	 9:30 Thai Chi, CR  10:00 IN2L Puzzle Games, AR  1:00 IN2L Family Feud, AR  2:00 IN2L Balloon Burst, DR  6:00 Evening Tv, Rm	 9:30 Stretch and Strength Exercise, CR  10:00 Coffee Clutch, AR  1:00 Country Store, AR  2:00 Movie Night w/Popcorn, CR  6:00 Evening Tv, Rm	 9:30 Arts & Writing Packets, Rm  11:00 Assorted card games, DR  1:00 Afternoon Tv, Rm  4:00 Uno, DR  6:00 Evening Tv, Rm
21	22	23	24	25	26	27
 9:00 Religious Tv programming of choice, MR  11:00 Assorted card games, DR  1:00 Afternoon Tv, Rm  4:00 Puzzle Time, DR  6:00 Evening Tv, Rm	 9:30 Stretch and Strength Exercise, CR  10:00 Coffee Clutch, AR  1:00 Country Store, AR  2:00 Movie Night w/Popcorn, CR  6:00 Evening Tv, Rm	 9:30 Thai Chi, CR  10:00 IN2L Family Feud, CR AR  1:00 Connect Four, AR  2:00 IN2L Puzzle Games, DR  6:00 Evening Tv, Rm	 9:30 Fit and Active Chair, CR  10:00 Coffee Clutch, AR  1:00 Bingo, DR  2:00 Eat Smart Live Strong (Smoothie Bar), DR  6:00 Evening Tv, Rm	 9:30 Thai Chi, CR  10:00 IN2L Puzzle Games, AR  1:00 IN2L Family Feud, AR  2:00 Red Hat Society Day, DR  6:00 Evening Tv, Rm	 9:30 Stretch and Strength Exercise, CR  10:00 Coffee Clutch, AR  1:00 Country Store, AR  2:00 Movie Night w/Popcorn, CR  6:00 Evening Tv, Rm	 9:30 Arts & Writing Packets, Rm  11:00 Assorted card games, DR  1:00 Afternoon Tv, Rm  4:00 Uno, DR  6:00 Evening Tv, Rm
28	29	30	Wellness Checks	Open to the Public	MEETING PLACES	DIMENSIONS OF WELLNESS
 9:00 Religious Tv programming of choice, MR  11:00 Assorted card games, DR  1:00 Afternoon Tv, Rm  4:00 Puzzle Time, DR  6:00 Evening Tv, Rm	 9:30 Stretch and Strength Exercise, CR  10:00 Coffee Clutch, AR  1:00 Country Store, AR  2:00 Smart Bucks Shopping, DR  6:00 Evening Tv, Rm	 9:30 Thai Chi, CR  10:00 IN2L Family Feud, CR AR  1:00 Connect Four, AR  2:00 Monthly Birthday Party, DR  6:00 Evening Tv, Rm	April 1 st -10 th 	4/9 at 11am-1pm...Progressive Tour/Open House in the 1 st floor dining room 4/17 at 12-2pm...Professional Provider's Lunch-to-go in the first floor dining room *Activities are subjected to change*	CR - Community Room AR - Activity Room Rm - Room DR - 1st Fl Dining Room MR - Meditation Room 	 Physical  Spiritual  Vocational  Intellectual  Emotional  Environmental  Social 