



May 2024

Heritage Woods Chicago

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MEETING PLACES CR - Community Room AR - Activity Room DR - 1st Fl Dining Room Rm - Room MR - Meditation Room 	Wellness Checks May 1 st -10 th Open to the Public Mother's Day Lunch 5/9-1pm-3pm Memorial Day Concert 5/23-1pm-3pm *Activities are subjected to change*	Memorial Day 	1 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	2 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	3 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	4 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
5 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	6 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	7 9:30 Thai Chi, CR 10:00 IN2L Family Feud, AR 1:00 Connect Four, AR 2:00 Resident Council Meeting, DR 6:00 Evening Tv, Rm	8 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 9:30 Thai Chi, CR 10:00 IN2L Puzzle Games, AR 1:00 Mother's Day Luncheon, DR 4:00 Card games, DR 6:00 Evening Tv, Rm	10 9:30 Stretch and Strength Exercise, CR 10:00 Coffee Clutch, AR 1:00 Country Store, AR 2:00 Hires Root beer day floats, DR 6:00 Evening Tv, Rm	11 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
12 9:00 Religious Tv programming of choice, MR 11:00 Mother's day lunch, DR 1:00 Afternoon Tv, Rm 4:00 Puzzle Time, DR 6:00 Evening Tv, Rm	13 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	14 9:30 Thai Chi, CR 10:00 IN2L Family Feud, AR 1:00 Connect Four, AR 2:00 Pass the Pig, DR 6:00 Evening Tv, Rm	15 9:30 Fit and Active Chair, CR 10:00 Coffee Clutch, AR 1:00 Bingo, DR 2:00 Chocolate Chip Day, DR 6:00 Evening Tv, Rm	16 9:30 Thai Chi, CR 10:00 IN2L Puzzle Games, AR 1:00 IN2L Family Feud, AR 2:00 Assorted Card games, DR 6:00 Evening Tv, Rm	17 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	18 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
19 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	20 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	21 9:30 Thai Chi, CR 10:00 IN2L Family Feud, AR 1:00 Connect Four, AR 2:00 Senior Citizen Day, DR 6:00 Evening Tv, Rm	22 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	23 9:30 Thai Chi, CR 10:00 IN2L Puzzle Games, AR 1:00 Memorial Day Concert, DR 4:00 Assorted card games, DR 6:00 Evening Tv, Rm	24 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	25 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
26 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	27 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	28 9:30 Thai Chi, CR 10:00 IN2L Family Feud, AR 1:00 Connect Four, AR 2:00 Arts & Crafts, DR 6:00 Evening Tv, Rm	29 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	30 9:30 Thai Chi, CR 10:00 IN2L Puzzle Games, AR 1:00 IN2L Family Feud, AR 2:00 Smart Bucks Shopping, DR 6:00 Evening Tv, Rm	31 9:30 Stretch and Strength Exercise, CR 10:00 Coffee Clutch, AR 1:00 Country Store, AR 2:00 Monthly Birthday Party, DR 6:00 Evening Tv, Rm	DIMENSIONS OF WELLNESS 