









June 2024

Heritage Woods Chicago

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday	Wellness Checks	Father's Day			Open to the Public	1
Ramona R. 6/6 Albert L. 6/11 Ralph C. 6/19 Willie N. 6/23 Darryl R. 6/25 Ruthie D. 6/29 Edward W. 6/29	 June 1 st -10 th				6/11—Father's Day Concert— 1pm-3pm in the first floor dining room. 6/20—Burger and Milk Shakes on the Patio from 1pm-3pm	🧑‍🎨 9:30 Arts & Writing Packets, <i>Rm</i> 🧑‍🎨 11:00 Assorted card games, <i>DR</i> 🧑‍🎨 1:00 Afternoon Tv, <i>Rm</i> 🧑‍🎨 4:00 Uno, <i>DR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>
2	3	4	5	6	7	8
🕒 9:00 Religious Tv programming of choice, <i>MR</i> 🧑‍🎨 11:00 Assorted card games, <i>DR</i> 🧑‍🎨 1:00 Afternoon Tv, <i>Rm</i> 🧑‍🎨 4:00 Puzzle Time, <i>DR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>	🕒 9:30 Stretch and Strength Exercise, <i>CR</i> 🧑‍🎨 10:00 Coffee Clutch, <i>AR</i> 🧑‍🎨 1:00 Country Store, <i>AR</i> 🧑‍🎨 2:00 Movie Night w/Popcorn, <i>CR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>	🕒 9:30 Thai Chi, <i>CR</i> 🧑‍🎨 10:00 IN2L Family Feud, <i>AR</i> 🧑‍🎨 1:00 Connect Four, <i>AR</i> 🧑‍🎨 2:00 Resident Council Meeting, <i>DR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>	🕒 9:30 Fit and Active Chair, <i>CR</i> 🧑‍🎨 10:00 Coffee Clutch, <i>AR</i> 🧑‍🎨 1:00 Bingo, <i>DR</i> 🧑‍🎨 2:00 Food Committee Meeting, <i>DR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>	🕒 9:30 Thai Chi, <i>CR</i> 🧑‍🎨 10:00 IN2L Puzzle Games, <i>AR</i> 🧑‍🎨 1:00 IN2L Family Feud, <i>AR</i> 🧑‍🎨 2:00 Movie Night w/Popcorn, <i>CR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>	🕒 9:30 Stretch and Strength Exercise, <i>CR</i> 🧑‍🎨 10:00 Coffee Clutch, <i>AR</i> 🧑‍🎨 1:00 Country Store, <i>AR</i> 🧑‍🎨 2:00 Doughnut Day, <i>DR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>	🕒 9:30 Arts & Writing Packets, <i>Rm</i> 🧑‍🎨 11:00 Assorted card games, <i>DR</i> 🧑‍🎨 1:00 Afternoon Tv, <i>Rm</i> 🧑‍🎨 4:00 Uno, <i>DR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>
9	10	11	12	13	14	15
🕒 9:00 Religious Tv programming of choice, <i>MR</i> 🧑‍🎨 11:00 Assorted card games, <i>DR</i> 🧑‍🎨 1:00 Afternoon Tv, <i>Rm</i> 🧑‍🎨 4:00 Puzzle Time, <i>DR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>	🕒 9:30 Stretch and Strength Exercise, <i>CR</i> 🧑‍🎨 10:00 Coffee Clutch, <i>AR</i> 🧑‍🎨 1:00 Country Store, <i>AR</i> 🧑‍🎨 2:00 Resident Council Meeting, <i>DR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>	🕒 9:30 Thai Chi, <i>CR</i> 🧑‍🎨 10:00 IN2L Family Feud, <i>AR</i> 🧑‍🎨 1:00 Father's Day Celebration, <i>DR</i> 🧑‍🎨 3:00 Assorted Card games, <i>DR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>	🕒 9:30 Fit and Active Chair, <i>CR</i> 🧑‍🎨 10:00 Coffee Clutch, <i>AR</i> 🧑‍🎨 1:00 Bingo, <i>DR</i> 🧑‍🎨 2:00 Connect Four, <i>DR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>	🕒 9:30 Thai Chi, <i>CR</i> 🧑‍🎨 10:00 IN2L Puzzle Games, <i>AR</i> 🧑‍🎨 1:00 IN2L Family Feud, <i>AR</i> 🧑‍🎨 2:00 Movie Night w/Popcorn, <i>CR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>	🕒 9:30 Stretch and Strength Exercise, <i>CR</i> 🧑‍🎨 10:00 Coffee Clutch, <i>AR</i> 🧑‍🎨 1:00 Country Store, <i>AR</i> 🧑‍🎨 2:00 Flag Day Trivia, <i>DR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>	🕒 9:30 Arts & Writing Packets, <i>Rm</i> 🧑‍🎨 11:00 Assorted card games, <i>DR</i> 🧑‍🎨 1:00 Afternoon Tv, <i>Rm</i> 🧑‍🎨 4:00 Uno, <i>DR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>
16	17	18	19	20	21	22
🕒 9:00 Religious Tv programming of choice, <i>MR</i> 🧑‍🎨 11:00 Father's Day Lunch, <i>DR</i> 🧑‍🎨 1:00 Afternoon Tv, <i>Rm</i> 🧑‍🎨 4:00 Puzzle Time, <i>DR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>	🕒 9:30 Stretch and Strength Exercise, <i>CR</i> 🧑‍🎨 10:00 Coffee Clutch, <i>AR</i> 🧑‍🎨 1:00 Country Store, <i>AR</i> 🧑‍🎨 2:00 Movie Night w/Popcorn, <i>CR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>	🕒 9:30 Thai Chi, <i>CR</i> 🧑‍🎨 10:00 IN2L Family Feud, <i>AR</i> 🧑‍🎨 1:00 Connect Four, <i>AR</i> 🧑‍🎨 2:00 Smoothie Bar, <i>DR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>	🕒 9:30 Fit and Active Chair, <i>CR</i> 🧑‍🎨 10:00 Coffee Clutch, <i>AR</i> 🧑‍🎨 1:00 Juneteenth Social, <i>DR</i> 🧑‍🎨 3:00 Assorted card games, <i>DR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>	🕒 9:30 Thai Chi, <i>CR</i> 🧑‍🎨 10:00 IN2L Puzzle Games, <i>AR</i> 🧑‍🎨 1:00 IN2L Family Feud, <i>AR</i> 🧑‍🎨 2:00 The Longest Day Fundraiser, (<i>Nachos</i>) <i>DR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>	🕒 9:30 Stretch and Strength Exercise, <i>CR</i> 🧑‍🎨 10:00 Coffee Clutch, <i>AR</i> 🧑‍🎨 1:00 Country Store, <i>AR</i> 🧑‍🎨 2:00 Movie Night w/Popcorn, <i>CR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>	🕒 9:30 Arts & Writing Packets, <i>Rm</i> 🧑‍🎨 11:00 Assorted card games, <i>DR</i> 🧑‍🎨 1:00 Afternoon Tv, <i>Rm</i> 🧑‍🎨 4:00 Uno, <i>DR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>
23	24	25	26	27	28	29
🕒 9:00 Religious Tv programming of choice, <i>MR</i> 🧑‍🎨 11:00 Assorted card games, <i>DR</i> 🧑‍🎨 1:00 Afternoon Tv, <i>Rm</i> 🧑‍🎨 4:00 Puzzle Time, <i>DR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>	🕒 9:30 Stretch and Strength Exercise, <i>CR</i> 🧑‍🎨 10:00 Coffee Clutch, <i>AR</i> 🧑‍🎨 1:00 Country Store, <i>AR</i> 🧑‍🎨 2:00 Movie Night w/Popcorn, <i>CR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>	🕒 9:30 Thai Chi, <i>CR</i> 🧑‍🎨 10:00 IN2L Family Feud, <i>AR</i> 🧑‍🎨 1:00 Connect Four, <i>AR</i> 🧑‍🎨 2:00 IN2L Trivia, <i>AR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>	🕒 9:30 Fit and Active Chair, <i>CR</i> 🧑‍🎨 10:00 Coffee Clutch, <i>AR</i> 🧑‍🎨 1:00 Bingo, <i>DR</i> 🧑‍🎨 2:00 Smart Bucks Shopping, <i>DR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>	🕒 9:30 Thai Chi, <i>CR</i> 🧑‍🎨 10:00 IN2L Puzzle Games, <i>AR</i> 🧑‍🎨 1:00 IN2L Family Feud, <i>AR</i> 🧑‍🎨 2:00 Movie Night w/Popcorn, <i>CR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>	🕒 9:30 Stretch and Strength Exercise, <i>CR</i> 🧑‍🎨 10:00 Coffee Clutch, <i>AR</i> 🧑‍🎨 1:00 Country Store, <i>AR</i> 🧑‍🎨 2:00 Monthly Birthday Party, <i>DR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>	🕒 9:30 Arts & Writing Packets, <i>Rm</i> 🧑‍🎨 11:00 Assorted card games, <i>DR</i> 🧑‍🎨 1:00 Afternoon Tv, <i>Rm</i> 🧑‍🎨 4:00 Uno, <i>DR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>
30	Juneteenth	The Longest Day	Flag Day		MEETING PLACES	DIMENSIONS OF WELLNESS
🕒 9:00 Religious Tv programming of choice, <i>MR</i> 🧑‍🎨 11:00 Assorted card games, <i>DR</i> 🧑‍🎨 1:00 Afternoon Tv, <i>Rm</i> 🧑‍🎨 4:00 Puzzle Time, <i>DR</i> 🧑‍🎨 6:00 Evening Tv, <i>Rm</i>					<i>Rm</i> - Room <i>DR</i> - 1st Fl Dining Room <i>MR</i> - Meditation Room <i>CR</i> - Community Room <i>AR</i> - Activity Room	🕒 Physical 🕒 Spiritual 🕒 Vocational 🕒 Intellectual 🕒 Emotional 🕒 Environmental 🕒 Social

