

July 2024

Heritage Woods Chicago

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday	1	2	3	4	5	6
Thomas P. 7/1 Clyde W. 7/3 Joann K. 7/10 Henry B. 7/22 Albert G. 7/22 James J. 7/25 Jean S. 7/26 	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, AR 1:00 Connect Four, AR 2:00 Summertime Arts & Crafts, DR 6:00 Evening Tv, Rm	9:30 Fit and Active Chair, CR 10:00 Coffee Clutch, AR 1:00 Bingo, DR 2:00 IN2L Piggy Bankers, 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 Bomb Pop Day, DR 6:00 Evening Tv, Rm	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	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 Town Hall Meeting, 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
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, 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 Disneyland Movie Day, CR 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 Breyer's Ice Cream Day, 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
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, AR 1:00 Connect Four, AR 2:00 IN2L Balloon Burst, AR 6:00 Evening Tv, Rm	9:30 Fit and Active Chair, CR 10:00 Coffee Clutch, AR 1:00 Bingo, DR 2:00 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 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
28	29	30	31	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 Chicken Wing Day, DR 6:00 Evening Tv, Rm	9:30 Thai Chi, CR 10:00 IN2L Family Feud, AR 1:00 Connect Four, AR 2:00 Smart Bucks Shopping, DR 6:00 Evening Tv, Rm	9:30 Fit and Active Chair, CR 10:00 Coffee Clutch, AR 1:00 Bingo, DR 2:00 Monthly Birthday Party, DR 6:00 Evening Tv, Rm	*July BBQ—7/2 at 1-3pm on the patio *Patio Mixer—7/17 at 1-3pm *Activities are subjected to change* *Wellness Checks—July 1st-10th *Happy 4th of July*	CR - Community Room AR - Activity Room Rm - Room DR - 1st Fl Dining Room MR - Meditation Room	Physical Spiritual Vocational Intellectual Emotional Environmental Social

