

JULY 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	01	02	03	04	05	06
July Birthdays: Lilian C. 07/08 Dennis S. 07/10 Diane S. 07/12 JoAnn M. 07/18 Cindy S. 07/21 Larry H. 07/25 Dianne P. 07/28	01 9:45 Chair Exercise AR 1:30 Cornhole/Bags AR 2:30 New Resident Meet & Greet DR 5:30 Independent Board Games AR	02 8:30 Doctor appt- sign up LOB 9:45 Chair Exercise AR 10:30 Country Store CS 1:00 Pet Visit Cooper LOB 2:00 Bingo DR 2:00 Confession (Sign Up @ Front Desk) RR 3:00 Resident Run Card Games AR	03 9:45 Chair Exercise AR 10:30 Manicures AR 11:00 4th of July Lunch DR 1:30 Outing-Papa Saverio's O 3:00 Jeopardy AR 5:30 Independent: Cornhole/Bean Bag Toss AR	04 Independence Day 9:45 Independent/Resident Run Exercises AR 1:00 4th of July Treat AR 1:00 Pet Visit Cooper LOB 5:30 Independent Card Games AR	05 9:45 Chair Exercise AR 1:45 Dance Party DR 2:00 Bingo DR 3:00 Happy Hour and Music DR 5:30 Independent Dice Games AR	06 All Day Activity Pack-pick up at front desk IND,DR \$ 10:00 Exercises AR 10:30 Word Games AR 1:00 Saturday Movie w/ Snack AR 1:00 Cornhole/Bean Bag Toss AR 5:30 Independent Card Games AR
	07 All Day Activity Pack-pick up at front desk IND,DR \$ 9:30 Mass on TV Ch. 9/WGN Apt. 10:30 Exercises AR 2:00 Bingo with Marie DR	08 9:45 Chair Exercise AR 2:00 Live Music by Chip w.o. 3:00 Wheel of Fortune AR 5:30 Independent Board Games AR	09 8:30 Doctor appt- sign up LOB 9:45 Chair Exercise AR 10:30 Country Store CS 1:00 Pet Visit Cooper LOB 2:00 Live Music by Noreen and Michael DR 3:00 Resident Run Card Games AR	10 9:45 Chair Exercise AR 10:00 Discovery Series AR 10:30 Manicures AR 1:30 Outing-Walmart O 3:00 Jeopardy AR 5:30 Independent: Cornhole/Bean Bag Toss AR	11 8:30 Doctor appt- sign up LOB 9:45 Chair Exercise AR 10:30 Country Store CS 10:30 Catholic Communion AR 1:00 Pet Visit Cooper LOB 2:00 Lutheran Church Service- St. Peter AR 5:30 Independent Card Games AR	12 9:45 Chair Exercise AR 1:45 Dance Party DR 2:00 Bingo DR 3:00 Happy Hour and Music DR 5:30 Independent Dice Games AR
	14 All Day Activity Pack-pick up at front desk IND,DR \$ 9:30 Mass on TV CH. 9/WGN Apt. 10:30 Exercises AR 2:00 Bingo DR 2:00 Cookout with Leggie Students and Families out	15 9:45 Chair Exercise AR 2:00 Food Council Meeting DR 3:00 Craft AR 5:30 Independent Board Games AR	16 8:30 Doctor appt- sign up LOB 9:45 Chair Exercise AR 10:30 Country Store CS 1:00 Pet Visit Cooper LOB 2:00 Bingo DR 3:00 Resident Run Card Games AR	17 9:45 Chair Exercise AR 10:30 Manicures AR 2:00 Resident Council Meeting DR 3:00 Jeopardy AR 5:30 Independent: Cornhole/Bean Bag Toss AR	18 8:30 Doctor appt- sign up LOB 9:45 Chair Exercise AR 10:30 Country Store CS 10:30 Catholic Communion AR 1:00 Pet Visit Cooper LOB 2:00 15th Anniversary Party DR 5:30 Independent Card Games AR	19 9:45 Chair Exercise AR 10:30 Chapel Service w/ Gentiva Hospice Chaplin AR 1:45 Dance Party DR 2:00 Bingo DR 3:00 Happy Hour and Music DR 5:30 Independent Dice Games AR
	21 All Day Activity Pack-pick up at front desk IND,DR \$ 9:30 Mass on TV CH. 9/WGN Apt. 10:30 Exercises AR 2:00 Bingo with Marie DR	22 9:45 Chair Exercise AR 1:30 Baking Club AR 2:00 Live Music with Joe DR 3:00 Wheel of Fortune AR 5:30 Independent Board Games AR	23 8:30 Doctor appt- sign up LOB 9:45 Chair Exercise AR 10:30 Country Store CS 1:00 Pet Visit Cooper LOB 2:00 Bingo DR 3:00 Resident Run Card Games AR	24 9:45 Chair Exercise AR 10:30 Manicures AR 2:00 Ice Cream Social AR 3:00 Jeopardy AR 5:30 Independent: Cornhole/Bean Bag Toss AR	25 8:30 Doctor appt- sign up LOB 9:45 Chair Exercise AR 10:30 Country Store CS 10:30 Catholic Communion AR 1:00 Pet Visit Cooper LOB 2:00 Lutheran Church Service- St. Peter AR 5:30 Independent Card Games AR	26 9:45 Chair Exercise AR 1:45 Dance Party DR 2:00 Bingo DR 3:00 Happy Hour and Music DR 5:30 Independent Dice Games AR
	28 All Day Activity Pack-pick up at front desk IND,DR \$ 10:30 Exercises AR 11:00 Mass on TV Ch. 9/WGN Apt. 2:00 Bingo DR	29 9:45 Chair Exercise AR 1:30 Cornhole/Bags AR 2:00 Pet Visits w/ Riley L 3:00 Craft AR 5:30 Independent Board Games AR	30 8:30 Doctor appt- sign up LOB 9:45 Chair Exercise AR 10:15 Hand Massages-Sign up at front desk AR 10:30 Country Store CS 1:00 Pet Visit Cooper LOB 2:00 Bingo DR 3:00 Resident Run Card Games AR	31 9:45 Chair Exercise AR 10:30 Manicures AR 1:30 Wine & Cheese Social AR 3:00 Jeopardy AR 5:30 Independent: Cornhole/Bean Bag Toss AR	Special Events: 1st: Canada Day 4th of July 18th: Heritage Woods 15th Anniversary 22nd: Live Music by Joe	

- Dimensions of Wellness**
- Physical
 - Emotional
 - Spiritual
 - Environmental
 - Vocational
 - Social
 - Intellectual

- Meeting Places**
- DR Dining Room
 - Apt. Apartment
 - AR Activity Room
 - LOB Lobby
 - CS Country Store
 - RR Resident's Room
 - O Outing
 - w.o. White Oaks
 - out outside
 - L Lounge

* If you would like an activity/service that's not reflected on the calendar, please see RSC/Administrator.

* Activities are subject to change.

Monthly wellness checks conducted the 1st thru the 5th.

