



If you would like an activity/service not reflected on the calendar, please see the RSC/Administrator

All activities & locations are subject to change:

Monthly wellness checks 1st thru the 7th



APRIL 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

- Physical
- Emotional
- Spiritual
- Environmental
- Vocational
- Social
- Intellectual

Meeting Places

- ACT** Activity Room
- L** Lobby
- O** Outing
- S** Store
- AR** Art Room (2nd Floor)
- AR** Art Room
- AC** Around the Community
- 3rd** Heritage Woods Theater 3rd Floor
- B** Bistrol
- 3rd** Heritage Woods Theater
- AD** All Day

Heritage Woods Store:

Tuesday 9:30a-10:30a

Friday 9:30a-10:30a

See Activities if the Store is closed and you need something

Open to the Public	01	02	03	04	05	06
<p>April 13</p> <p>Business after Business</p> <p>HW 3:30p-4:30p</p> <p>April 15, 5:30p- Ice-Cream ,ACT</p>	<p>01</p> <p>9:45 Walmart (Sign up) O</p> <p>1:00 Fod Committee Election 1p-3p ACT</p> <p>3:00 Stick Man Word Game ACT</p> <p>6:30 Wheel of Fortune/TV L</p>	<p>02</p> <p>9:30 Country Store S</p> <p>10:00 Bible Study AR</p> <p>1:15 Sittercise ACT</p> <p>2:00 Penny Auction ACT</p> <p>5:30 Sing Along with Friends Choir ACT</p>	<p>03</p> <p>7:45 Merry Go Around(Breakfast) O</p> <p>2:00 Music with Barb ACT</p> <p>3:15 Sittercise ACT</p> <p>6:30 Wheel of Fortune/TV L</p>	<p>04</p> <p>All Day Doctor's Appointments ACT</p> <p>2:00 Puzzles ,word searches with friends ACT</p> <p>5:30 "Sing-along with Friends" Choir Group ACT</p>	<p>05</p> <p>8:30 Coffee & Donuts with Friends ACT</p> <p>9:30 Country Store S</p> <p>10:15 Catholic Services AR</p> <p>1:15 Sittercise ACT</p> <p>2:00 Bingo ACT</p>	<p>06</p> <p>2:00 Bible Study with Friends ACT</p> <p>3:00 Senior Steppers (Independent walking) AC</p> <p>5:30 Resident Choice "Movie"(Friends) 3rd</p>
<p>07</p> <p>11:00 Church Services /TV Ch 11 ACT</p> <p>2:00 Orthodox Divine Liturgy with Fr. Richard AR</p> <p>3:00 Senior Steppers with Friends L</p>	<p>08</p> <p>10:00 Resident Council ACT</p> <p>1:15 Solar Esclipse B</p> <p>6:30 Wheel of Fortune/TV ACT</p>	<p>09</p> <p>9:30 Country Store S</p> <p>10:00 Bible Study 3rd</p> <p>10:00 Chandler Elementary School singing ACT</p> <p>1:15 Sittercise ACT</p> <p>2:00 Bingo ACT</p> <p>5:30 Sing Along with Friends Choir ACT</p>	<p>10</p> <p>10:45 Outback Steakhouse O</p> <p>2:30 April Birthday Bash ACT</p> <p>6:30 Wheel of Fortune/TV L</p>	<p>11</p> <p>All Day Doctor's Appointments ACT</p> <p>2:00 Puzzles ,word searches with friends ACT</p> <p>5:30 "Sing-along with Friends" Choir Group ACT</p>	<p>12</p> <p>8:00 Fishing Trip (Sign up) O</p> <p>9:30 Country Store S</p> <p>10:15 Catholic Services AR</p> <p>1:15 Sittercise ACT</p> <p>2:00 Bingo ACT</p> <p>6:30 Wheel of Fortune/TV B</p>	<p>13</p> <p>2:00 Bible Study with Friends ACT</p> <p>3:00 Senior Steppers (Independent walking) AC</p> <p>5:30 Resident Choice "Movie"(Friends) 3rd</p>
<p>14</p> <p>11:00 Church Services /TV Ch 11 ACT</p> <p>2:00 Orthodox Divine Liturgy with Fr. Richard AR</p> <p>3:00 Senior Steppers with Friends L</p>	<p>15</p> <p>9:45 Walmart (Sign up) O</p> <p>2:00 4 Girls and a Song ACT</p> <p>5:30 Ice-cream Social ACT</p>	<p>16</p> <p>9:30 Country Store S</p> <p>10:00 Bible Study 3rd</p> <p>1:15 Sittercise ACT</p> <p>2:00 Bingo ACT</p> <p>5:30 Sing Along with Friends Choir ACT</p>	<p>17</p> <p>10:00 April Jeopardy AD</p> <p>2:30 Let's Play Bunco ACT</p> <p>6:30 Wheel of Fortune/TV L</p>	<p>18</p> <p>All Day Doctor's Appointments ACT</p> <p>2:00 Puzzles ,word searches with friends ACT</p> <p>5:30 "Sing-along with Friends" Choir Group ACT</p>	<p>19</p> <p>9:30 Health Pro -Heritage : ACT</p> <p>9:30 Country Store S</p> <p>10:15 Catholic Services AR</p> <p>1:15 Sittercise ACT</p> <p>2:00 Bingo ACT</p>	<p>20</p> <p>2:00 Bible Study with Friends ACT</p> <p>3:00 Senior Steppers (Independent walking) AC</p> <p>5:30 Resident Choice "Movie"(Friends) 3rd</p>
<p>21</p> <p>11:00 Church Services /TV Ch 11 ACT</p> <p>2:00 Orthodox Divine Liturgy with Fr. Richard AR</p> <p>3:00 Senior Steppers with Friends L</p> <p>5:45 Keno Night ACT</p>	<p>22</p> <p>10:00 Mother Teresa Treasures O</p> <p>1:30 Individual Singing ACT</p> <p>3:00 Bible Warriors ACT</p> <p>5:00 VFW Bingo O</p>	<p>23</p> <p>9:30 Country Store S</p> <p>10:00 Bible Study 3rd</p> <p>1:15 sittercise ACT</p> <p>2:15 Bingo ACT</p> <p>5:30 Sing Along with Friends Choir ACT</p>	<p>24</p> <p>10:30 Canton Inn (Chinese's Food) O</p> <p>2:30 Crafts -Making Derby Hats ACT</p> <p>6:30 Wheel of Fortune/TV L</p>	<p>25</p> <p>All Day Doctor's Appointments ACT</p> <p>2:00 Puzzles ,word searches with friends ACT</p> <p>5:30 "Sing-along with Friends" Choir Group ACT</p>	<p>26</p> <p>9:30 Country Store S</p> <p>10:15 Catholic Services AR</p> <p>1:15 Sittercise 3rd</p> <p>2:00 Bingo ACT</p>	<p>27</p> <p>2:00 Bible Study with Friends ACT</p> <p>3:00 Senior Steppers (Independent walking) AC</p> <p>5:30 Resident Choice "Movie"(Friends) 3rd</p>
<p>28</p> <p>11:00 Church Services /TV Ch 11 ACT</p> <p>2:00 Orthodox Divine Liturgy with Fr. Richard AR</p> <p>3:00 Senior Steppers with Friends L</p>	<p>29</p> <p>10:00 Baking Buddies ACT</p> <p>1:30 Mystery Trip O</p> <p>6:30 Wheel of Fortune/TV B</p>	<p>30</p> <p>8:00 Fishing Trip (Sign up) O</p> <p>9:30 Country Store S</p> <p>10:00 Bible Study 3rd</p> <p>1:15 Sittercise ACT</p> <p>2:00 Bingo ACT</p> <p>5:30 Sing Along with Friends Choir ACT</p>			<p>Ask us about our iN2L technology!</p>	