



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

**MAY 2024**      **SUNDAY**      **MONDAY**      **TUESDAY**      **WEDNESDAY**      **THURSDAY**      **FRIDAY**      **SATURDAY**

**Dimensions of Wellness**

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

**Meeting Places**

- ACT** Activity Room
- AC** Around the Community
- L** Lobby
- OS** Outside
- O** Outing
- S** Store
- AR** Art Room
- 3rd** Heritage Woods Theater 3rd Floor
- AR** Art Room (2nd Floor)
- 3rd** Heritage Woods Theater
- Dr** Dining Room
- B** Bistrol
- LB** Library

**Heritage Woods**

**Store:**

**Tuesday 9:30a-10:30a**

**Friday 9:30a-10:30a**

See Activities if the Store is closed and you need something



	<u>Open to the public</u> <b>May 3rd</b> Coffee & Donuts - 8:30a, Act <b>May3rd</b> Kentucky Derby Party-2pm, Act	<u>May 6<sup>th</sup></u> Otter's Game ,10am <u>May10th</u> Mothers' Day Celebration 6pm ,DR		<b>01</b> 10:45   Culver's O 2:00   Music with Barb ACT 5:30   Pass the Trash Game ACT 6:30   Wheel of Fortune/TV L	<b>02</b> All Day Doctor's Appointments 2:00 Puzzles ,word searches with friends ACT 5:30 "Sing-along with Friends" Choir Group ACT	<b>03</b> 8:30   Coffee & Donuts with Friends ACT 9:30   Country Store S 10:15 Catholic Services AR 2:00   Kentucky Derby Party ACT 6:30   Wheel of Fortune/TV L	<b>04</b> 2:00   Bible Study with Friends ACT 3:00   Senior Steppers (Independent walking) AC 5:30   Resident Choice "Movie"( Friends) 3rd
	<b>05</b> 11:00   Church Services /TV Ch 11 ACT 2:00   Orthodox Divine Liturgy with Fr. Richard AR 3:00   Senior Steppers with Friends L 5:30   Keno Night ACT	<b>06</b> 9:00   Otter's Game O 2:00   Independent Games with Friends ACT 3:00   Senior Steppers with Friends L 6:30   Wheel of Fortune/TV L	<b>07</b> 9:30   Country Store S 10:00 Bible Study 3rd 1:15   Sittercise ACT 2:00   Bingo ACT 5:30   Sing Along with Friends Choir ACT	<b>08</b> 10:00   Target (Sign up) O 2:30   May Birthday Bash ACT 6:30   Wheel of Fortune/TV L	<b>09</b> All Day Doctor's Appointments 2:00 Puzzles ,word searches with friends ACT 5:30 "Sing-along with Friends" Choir Group ACT	<b>10</b> 9:30   Country Store S 10:15 Catholic Services AR 1:15   Sittercise ACT 2:00 Bingo ACT 6:00   Mother's Day Celebration Dr	<b>11</b> 2:00   Bible Study with Friends ACT 3:00   Senior Steppers (Independent walking) AC 5:30   Resident Choice "Movie"( Friends) 3rd
	<b>12</b> <b>Mother's Day</b> 11:00   Church Services /TV Ch 11 ACT 2:00   Orthodox Divine Liturgy with Fr. Richard AR 3:00   Senior Steppers with Friends L	<b>13</b> 9:45   Walmart (Sign up) O 2:00   Resident Council ACT 3:30   Senior Steppers with Friends OS 6:30   Wheel of Fortune/TV L	<b>14</b> 9:30   Country Store S 10:00 Bible Study 3rd 1:30   Sittercise ACT 2:00   Bingo ACT 4:30   Mystery Trip O 5:30   Sing Along with Friends Choir ACT	<b>15</b> 2:00   PCB Game ACT 4:30   Mystery Trip O 6:30   Wheel of Fortune/TV L	<b>16</b> All Day Doctor's Appointments 2:00 Puzzles ,word searches with friends ACT 5:30 "Sing-along with Friends" Choir Group ACT	<b>17</b> 9:30   Health Pro -Heritage : S 9:30   Country Store AR 10:15 Catholic Services ACT 1:15   Sittercise ACT 2:00 Bingo ACT	<b>18</b> 2:00   Bible Study with Friends ACT 3:00   Senior Steppers (Independent walking) AC 5:30   Resident Choice "Movie"( Friends) 3rd
	<b>19</b> 11:00   Church Services /TV Ch 11 ACT 2:00   Orthodox Divine Liturgy with Fr. Richard AR 3:00   Senior Steppers with Friends L 3:30   Fishing Trip (Sign up ) O	<b>20</b> 10:45   Bandana's Bar-B-Q O 2:00   4 Girls and a Song ACT 3:00   Sittercise O 6:30   Wheel of Fortune/TV L	<b>21</b> 9:30   Country Store S 10:00 Bible Study 3rd 10:00   Macy's O 1:30   Sittercise O 2:00   Bingo ACT 5:30   Sing Along with Friends Choir ACT	<b>22</b> 10:00   Individual Singing ACT 2:00   Games with Friends (Independent) ACT 6:30   Wheel of Fortune/TV L	<b>23</b> All Day Doctor's Appointments 2:00 Puzzles ,word searches with friends ACT 5:30 "Sing-along with Friends" Choir Group ACT	<b>24</b> 9:30   Country Store S 10:00   Turn Over Game ACT 10:15 Catholic Services AR 1:15   Sittercise ACT 2:00 Bingo ACT	<b>25</b> 10:15   Individual Singing ACT 2:00   Bible Study with Friends ACT 3:00   Senior Steppers (Independent walking) AC 5:30   Resident Choice "Movie"( Friends) 3rd
	<b>26</b> 10:15   Sittercise (3rd Floor) 3rd 11:00   Church Services /TV Ch 11 ACT 2:00   Orthodox Divine Liturgy with Fr. Richard AR 3:00   Senior Steppers with Friends L	<b>27</b> <b>Memorial Day</b> 10:00   Senior Steppers with Friends OS 11:00 Memorial Day Cookout Dr 12:30   Ice-cream Social with Friends B 2:30   Memorial Day Bingo ACT 3:00   Bible Warriors ACT	<b>28</b> 9:30   Country Store S 10:00 Bible Study 3rd 1:30   Walmart (Sign up) O 5:30   Sing Along with Friends Choir ACT	<b>29</b> 9:45   Baking Buddies ACT 1:30   Sittercise ACT 2:30 Bingo ACT 4:00   Jalisco Mexican Restaurant O 6:30   Wheel of Fortune/TV L	<b>30</b> 10:00   Check out a Book (Library 2nd Floor) LB 2:00   Movie (Resident Choice) 3rd 2:00 Puzzles ,word searches with friends ACT 5:30 "Sing-along with Friends" Choir Group ACT	<b>31</b> 9:30   Country Store S 10:15 Catholic Services AR 2:00   Games with Friends (Independent) ACT 3:00   Senior Steppers with Friends AC	