



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

HAPPY FOURTH OF JULY

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

	<p>01 10:45 Golden Corral Restaurant O 2:30 Keno with Dawn ACT 6:00 Senior Steppers (Independent walking) OS 6:30 Wheel of Fortune/TV L</p>	<p>02 9:30 Country Store S 10:00 Bible Study 3rd 1:15 Sittercise ACT 2:00 Lottery Bingo ACT 5:30 Sing Along with Friends Choir ACT</p>	<p>03 10:00 July Jeopardy ACT 2:00 Ice-Cream Social(Heritage Hospice) B 3:00 Music with Barb ACT 6:30 Wheel of Fortune/TV L</p>	<p>04 Independence Day 9:00 Senior Steppers (Independent walking) OS 10:00 July 4th Word Search Puzzles (Pick up) ACT 2:00 Games with Friends (Independent) ACT 6:30 Wheel of Fortune/TV L</p>	<p>05 8:30 Coffee & Donuts with Friends ACT 9:30 Country Store S 10:15 Catholic Services AR 1:15 Sittercise ACT 2:00 Bingo ACT</p>	<p>06 9:00 Senior Steppers (Independent walking) OS 2:00 July 4th Choir Concert ACT 3:00 Senior Steppers (Independent walking) AC 5:30 Movie (Green Mile) 3rd</p>
<p>07 11:00 Church Services /TV Ch 11 ACT 2:00 Orthodox Divine Liturgy with Fr. Richard AR 3:00 Senior Steppers with Friends L</p>	<p>08 10:00 Senior Steppers (Independent walking) OS 2:00 Resident Council ACT 5:15 Sonic for Ice-Cream O</p>	<p>09 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</p>	<p>10 9:45 Mayse Farm Market O 2:30 July Birthday Bash ACT 6:30 Wheel of Fortune/TV L</p>	<p>11 All Day Doctor's Appointments 9:00 Senior Steppers (Independent Walking) ACT 2:00 Puzzles ,word searches with friends ACT 6:30 Wheel of Fortune/TV L</p>	<p>12 9:30 Country Store S 9:45 Walmart O 1:15 Sittercise ACT 2:00 Bingo ACT 6:30 Wheel of Fortune/TV L</p>	<p>13 9:00 Senior Steppers (Independent walking) OS 1:00 Sing Along with Friends Choir ACT 2:00 Bible Study with Friends ACT 5:30 Movie (Annie) 3rd</p>
<p>14 11:00 Church Services /TV Ch 11 ACT 2:00 Orthodox Divine Liturgy with Fr. Richard AR 3:00 Senior Steppers with Friends L</p>	<p>15 10:00 Baking Buddies ACT 2:00 4 Girls and a Song ACT 6:30 Wheel of Fortune (TV) L</p>	<p>16 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</p>	<p>17 10:45 Hacienda Restaurant O 2:30 Game- Let's Play Trash ACT 6:30 Wheel of Fortune/TV L</p>	<p>18 All Day Doctor's Appointments 9:00 Senior Steppers (Independent Walking) OS 2:00 Puzzles ,word searches with friends ACT 6:30 Wheel of Fortune/TV L</p>	<p>19 9:30 Health Pro -Heritage: Health Talk ACT 9:30 Country Store S 1:15 Sittercise ACT 2:00 Bingo ACT 6:30 Wheel of Fortune/TV(Lobby) L</p>	<p>20 9:00 Senior Steppers (Independent walking) OS 1:00 Sing Along with Friends Choir ACT 2:00 Bible Study with Friends ACT 5:30 Movie (Charade) 3rd</p>
<p>21 11:00 Church Services /TV Ch 11 ACT 2:00 Orthodox Divine Liturgy with Fr. Richard AR 3:00 Senior Steppers with Friends L</p>	<p>22 9:45 Walmart (Sign up) O 2:00 Happy Hour ACT 5:15 Games with Dawn ACT</p>	<p>23 9:30 Country Store S 10:00 Bible Study 3rd 2:15 Bingo ACT 5:30 Sing Along with Friends Choir ACT</p>	<p>24 10:00 Let's Play The Price is Right ACT 1:45 Crafts ACT 4:15 Little Italy Restaurant O 6:30 Wheel of Fortune/TV L</p>	<p>25 All Day Doctor's Appointments 9:00 Senior Steppers (Independent Walking) OS 2:00 Puzzles ,word searches with friends ACT 6:30 Wheel of Fortune/TV L</p>	<p>26 9:30 Country Store S 1:15 Sittercise ACT 2:00 Bingo ACT 6:30 Wheel of Fortune/TV L</p>	<p>27 1:00 Sing Along with Friends Choir ACT 1:30 Popcorn Express B 2:00 Bible Study with Friends ACT 5:30 Movie (Cold Mountain) 3rd</p>
<p>28 11:00 Church Services /TV Ch 11 ACT 2:00 Orthodox Divine Liturgy with Fr. Richard AR 3:00 Senior Steppers with Friends L</p>	<p>29 7:45 Nellie's Restaurant O 2:00 Bible Warriors ACT 5:15 Sundae Bar ACT</p>	<p>30 9:30 Country Store S 10:00 Bible Study 3rd 10:00 Let's Play Hangman B 5:30 Sing Along with Friends Choir ACT</p>	<p>31 9:00 Senior Steppers (Independent Walking) OS 2:00 Games with Friends (Independent) ACT 6:30 Wheel of Fortune/TV L</p>		<p>Open to the Public July 3rd Heritage Hospice Ice-Cream Social ,2pm July 4 4th of July Cookout 11a</p>	

Dimensions of Wellness

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

Meeting Places

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

Heritage Woods Store:

Tuesday 9:30a-10:30a

Friday 9:30a-10:30a

See Activities if the Store is closed and you need something

