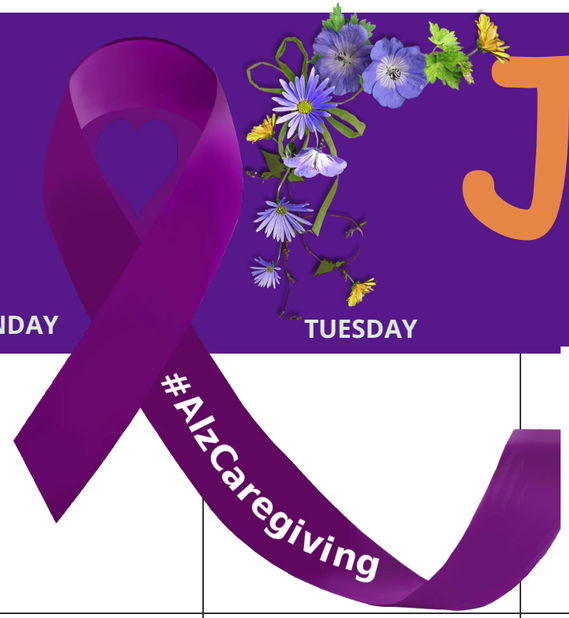
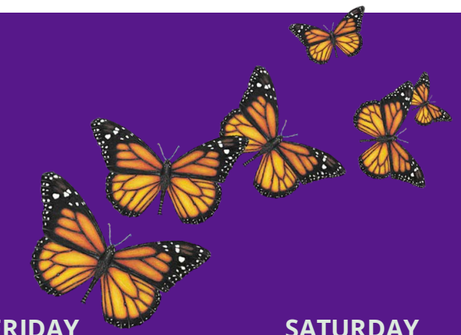
activities subject to change

June





Heritage Woods of Ottawa
An Affordable Assisted Lifestyle Community for the Older Adult
815-431-1400 · 801 East Etna Road · Ottawa, Illinois 61350
Managed by Gardant Management, Ltd. www.hw-ottawa-slf.com

Bake Sale for Alzheimer's Today

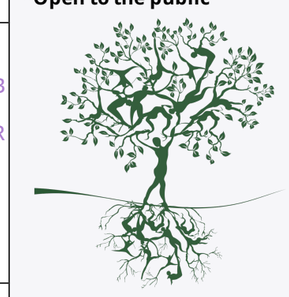
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jun 30 7:00 Televised Catholic Mass Ch. 17 Apt 8:00 Lutheran Church Services CH 16 Apt 3:00 Puzzle Club PR 3:00 Worship Services* PDR						**01** 12:00 Healthy weights and vitals starts Apt 9:00 Weekend Puzzle Packet LOB 10:00 Communion* PDR 10:15 Bingo w/ Luanna BR 2:00 Euchre PR
02 7:00 Televised Catholic Mass Ch. 17 Apt 8:00 Lutheran Church Services CH 16 Apt 1:30 Freedom Lutheran Church Serv* PR 3:00 Puzzle Club PR 3:00 Worship Services* PDR	**03** Mary 9:15 Library or Bank Day LOB 10:00 Sittercise BR 2:00 Bingo BR 3:30-4:30 Resident 1 on 1 w/ Traci	**04** 10:00 You know this Trivia PR 2:00 Ch 2 Lutheran Church Apt 2:00 Cardio Drumming PR 3:00 Wii fun or Card Games Social BR	**05** 9:30 Shopping & Errands & deliveries OH MY!! LOB 10:00 Sittercise BR 2:00 Casino Games ! BR Euchre meeting Join us if you'd like to learn and play. 3pm	**06** All Day Coloring Fun 10:00 CRAFTS PR 2:00 Bingo BR 3:00 Wii fun or Card Games Social BR	**07** Florence 12:00 weights and vital Pet Therapy w/Vera Apt LOB 10:00 Sittercise BR 11:30 Fathers Day Luncheon DR 2:00 Drive Inn Roll Inn Stroll Inn TBA PR	**08** 9:00 Weekend Puzzle Packet LOB 10:00 Communion* PDR 10:15 Bingo w/ Luanna BR 2:00 Euchre PR
09 7:00 Televised Catholic Mass Ch. 17 Apt 8:00 Lutheran Church Services CH 16 Apt 3:00 Puzzle Club PR 3:00 Worship Services* PDR	**10** 9:15 Dollar Tree or Aldis LOB 10:00 Sittercise BR 2:00 Bingo BR Richard and Betty	**11** 11:00 Lunch and Movie The Holdovers PR 2:00 Ch 2 Lutheran Church Apt 2:00 Cardio Drumming PR 3:00 Wii fun or Card Games Social BR	**12** 9:30 Shopping & Errands & deliveries OH MY!! LOB 10:00 Sittercise BR 2:00 Trash Cards PR JUNE	**13** All Day Coloring Fun 10:00 CRAFTS PR 2:00 Birthday Bash on the porch with Victor GAZ 3:00 Wii fun or Card Games Social BR PEGGY	**14** 9:45 Pet Therapy w/Vera LOB 10:00 Sittercise BR 2:00 Lucky Duck Bingo BR	**15** 9:00 Weekend Puzzle Packet LOB 10:00 Communion* PDR 10:15 Bingo w/ Luanna BR 2:00 Euchre PR
16 Father's Day 7:00 Televised Catholic Mass Ch. 17 Apt 8:00 Lutheran Church Services CH 16 Apt 1:30 Freedom Church PR 3:00 Puzzle Club PR 3:00 Worship Services* PDR Happy Father's Day!	**17** All Day Red White & Blue Day 10:00 Heritage Woods Olympics 1BG 10:00 Sittercise BR 2:00 Bingo BR	**18** Favorite Sports Team Day All Day 10:00 Cooking w/ Chris UAK 2:00 Ch 2 Lutheran Church Apt 2:00 Heritage Woods Olympics 1BG 3:00 Wii fun or Card Games Social BR	**19** Funny Hat or Hair Day All Day 9:30 Shopping & Errands & deliveries OH MY!! LOB 10:00 Sittercise BR 2:00 Heritage Woods Olympics 1BG	**20** All Day Make A New Friend Day 10:00 Heritage Woods Olympics PR 2:00 Food Committee BR 2:30 Council Meeting BR 3:00 Wii fun or Card Games Social BR	**21** Wear Purple 9:45 Pet Therapy w/Vera LOB 10:00 Sittercise BR 2:00 The Longest Day TV Raffle and Solstice Punch Sale LOB	**22** 9:00 Weekend Puzzle Packet LOB 10:00 Communion* PDR 10:15 Bingo w/ Luanna BR 2:00 Euchre PR MILO
23 7:00 Televised Catholic Mass Ch. 17 Apt 8:00 Lutheran Church Services CH 16 Apt 3:00 Puzzle Club PR 3:00 Worship Services* PDR	**24** 10:00 Sittercise BR 11:00 Lunch at Illini State Park LOB 2:00 Bingo BR	**25** 10:00 Jeopardy PR 2:00 Ch 2 Lutheran Church Apt 2:00 Cardio Drumming PR 3:00 Wii fun or Card Games Social BR	**26** 9:30 Shopping & Errands & deliveries OH MY!! LOB 10:00 Sittercise BR 10:30 Msgr. Merdian Catholic Mass* PDR 2:00 Trash Cards PR JEAN	**27** All Day Coloring Fun 10:00 CRAFTS PR 2:00 Bingo BR 3:00 Wii fun or Card Games Social BR	**28** 9:45 Pet Therapy w/Vera LOB 10:00 Sittercise BR 11:30 Lunch and Games at Shakers LOB 2:00 4th of July craft flowers PR IAVINA	**29** 9:00 Weekend Puzzle Packet LOB 10:00 Communion* PDR 10:15 Bingo w/ Luanna BR 2:00 Euchre PR

JUNE 2024

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

Meeting Places
- LOB Lobby
- 1BG 1Back Gazebo
- PR Puzzle Room
- BR Bingo Room
- Apt Apartment
- PDR Private Dining Room
- DR Dining Room
- GAZ Gazebo
- UAK Upstairs Activity Kitchen

*Open to the public



You will never have to fight alone!

THE LONGEST DAY
alzheimer's association