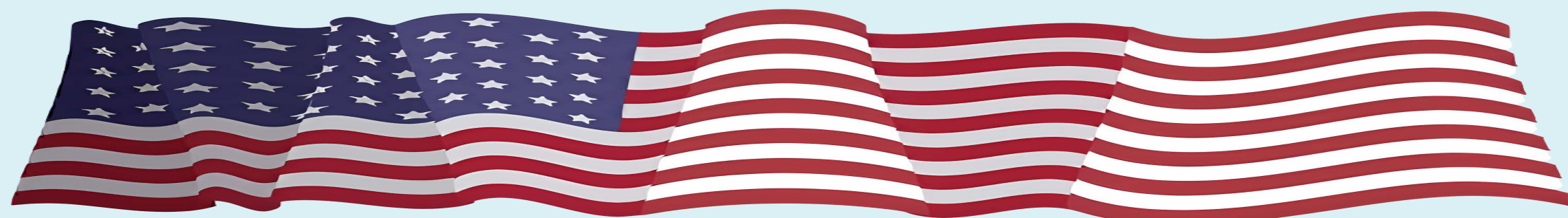


Activities Subject to Change



**SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY**

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

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

\*Open to the public

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>01</b></p> <p>12:00  Healthy weights and vitals starts <b>Apt</b></p> <p>9:15  Library or Bank Day <b>LOB</b></p> <p>10:00  Sittercise <b>BR</b></p> <p>2:00  Bingo <b>BR</b></p>	<p><b>02</b></p> <p>11:30  Lunch and Movie <b>BR</b></p> <p>2:00  Ch 2 Lutheran Church <b>Apt</b></p> <p>2:30  Family Fued Game <b>BR</b></p> <p>3:30  Wii fun or Card Games Social <b>BR</b></p> <p><b>MARLENE&amp; RUTH</b></p>	<p><b>03</b></p> <p>9:00  Shopping &amp; Errands &amp; deliveries OH MY!! <b>LOB</b></p> <p>10:00  Sittercise <b>BR</b></p> <p>1:15  American Legion 4th Kids Show <b>LOB</b></p> <p>2:30  Board Games ! <b>PR</b></p>	<p><b>Independence Day 04</b></p> <p>All Day  4th of July History Packets</p> <p>All Day  Coloring Fun</p> <p>All Day  4th of July puzzle packets</p>	<p><b>05</b></p> <p>9:45  Pet Therapy w/Vera <b>LOB</b></p> <p>10:00  Sittercise <b>BR</b></p> <p>2:00  Bingo <b>BR</b></p>	<p><b>06</b></p> <p>9:00  Weekend Puzzle Packet <b>LOB</b></p> <p>10:00  Communion* <b>PDR</b></p> <p>10:15  Bingo w/ Luanna <b>BR</b></p> <p>2:00  Euchre <b>PR</b></p>	
<p><b>07</b></p> <p>12:00  Healthy weights and vital ends <b>Apt</b></p> <p>7:00  Televised Catholic Mass Ch. 17 <b>Apt</b></p> <p>8:00  Lutheran Church Services CH 16 <b>Apt</b></p> <p>1:30  Freedom Lutheran Church Serv* <b>PR</b></p> <p>3:00  Puzzle Club <b>PR</b></p>	<p><b>08</b></p> <p>9:15  Aldis or Dollar Tree <b>LOB</b></p> <p>10:00  Sittercise <b>BR</b></p> <p>2:00  Bingo <b>BR</b></p>	<p><b>09</b></p> <p>10:00  Guided Meditation in Gazebo** <b>1BG</b></p> <p>2:00  Ch 2 Lutheran Church <b>Apt</b></p> <p>2:30  Cardio Drumming <b>PR</b></p> <p>3:30  Wii fun or Card Games Social <b>BR</b></p> <p><b>DORENE</b></p>	<p><b>10</b></p> <p>9:00  Shopping &amp; Errands &amp; deliveries OH MY!! <b>LOB</b></p> <p>10:00  Sittercise <b>BR</b></p> <p>2:00  Trash Cards <b>PR</b></p>	<p><b>11</b></p> <p>All Day  Coloring Fun</p> <p>10:00  CRAFTS <b>PR</b></p> <p>2:00  Bingo <b>BR</b></p> <p>3:30  Wii fun or Card Games Social <b>BR</b></p>	<p><b>12</b></p> <p>9:45  Pet Therapy w/Vera <b>LOB</b></p> <p>10:00  Sittercise <b>BR</b></p> <p>10:00  baking Social <b>UAK</b></p> <p>2:00  Lucky Duck Bingo <b>BR</b></p>	<p><b>13</b></p> <p>9:00  Weekend Puzzle Packet <b>LOB</b></p> <p>10:00  Communion* <b>PDR</b></p> <p>10:15  Bingo w/ Luanna <b>BR</b></p> <p>2:00  Euchre <b>PR</b></p>
<p><b>14</b></p> <p>7:00  Televised Catholic Mass Ch. 17 <b>Apt</b></p> <p>8:00  Lutheran Church Services CH 16 <b>Apt</b></p> <p>3:00  Puzzle Club <b>PR</b></p> <p>3:00  Worship Services* <b>PDR</b></p>	<p><b>15</b></p> <p>10:00  Sittercise <b>BR</b></p> <p>10:30  Grill'in at Illini State Park <b>LOB</b></p> <p>2:00  Bingo <b>BR</b></p>	<p><b>16</b></p> <p>10:00  Cooking w/ Chris <b>UAK</b></p> <p>2:00  Ch 2 Lutheran Church <b>Apt</b></p> <p>2:30  You Know This Trivia <b>BR</b></p>	<p><b>17</b></p> <p>9:00  Shopping &amp; Errands &amp; deliveries OH MY!! <b>LOB</b></p> <p>10:00  Sittercise <b>BR</b></p> <p>1:30  Trash Cards and Watermelon Social <b>PR</b></p>	<p><b>18</b></p> <p>All Day  Coloring Fun</p> <p>10:00  CRAFTS <b>PR</b></p> <p>2:00  Don Joy Gospel &amp; Country Show <b>1BG</b></p> <p>3:30  Wii fun or Card Games Social <b>BR</b></p>	<p><b>19</b></p> <p>9:45  Pet Therapy w/Vera <b>LOB</b></p> <p>10:00  Sittercise <b>BR</b></p> <p>2:00  Resident Food Committee <b>BR</b></p> <p>2:30  Resident Council Meeting <b>BR</b></p> <p>2:30  Smart Buck raffle drawing <b>BR</b></p>	<p><b>20</b></p> <p>9:00  Weekend Puzzle Packet <b>LOB</b></p> <p>10:00  Communion* <b>PDR</b></p> <p>10:15  Bingo w/ Luanna <b>BR</b></p> <p>2:00  Euchre <b>PR</b></p>
<p><b>JOYCE 21</b></p> <p>7:00  Televised Catholic Mass Ch. 17 <b>Apt</b></p> <p>8:00  Lutheran Church Services CH 16 <b>Apt</b></p> <p>1:30  Freedom Church <b>PR</b></p> <p>3:00  Puzzle Club <b>PR</b></p> <p>3:00  Worship Services* <b>PDR</b></p>	<p><b>22</b></p> <p>9:15  Library or Bank Day <b>LOB</b></p> <p>10:00  Sittercise <b>BR</b></p> <p>2:00  Bingo <b>BR</b></p>	<p><b>ANITA 23</b></p> <p>10:00  Cardio Drumming <b>PR</b></p> <p>2:00  Ch 2 Lutheran Church <b>Apt</b></p> <p>2:30  Parachute Vollyball and Punch <b>1BG</b></p> <p>3:30  Wii fun or Card Games Social <b>BR</b></p>	<p><b>24</b></p> <p>9:00  Shopping &amp; Errands &amp; deliveries OH MY!! <b>LOB</b></p> <p>10:00  Sittercise <b>BR</b></p> <p>10:30  Msgr. Merdian Catholic Mass* <b>PDR</b></p> <p>2:00  Trash Cards <b>PR</b></p>	<p><b>25</b></p> <p>All Day  Coloring Fun</p> <p>10:00  CRAFTS <b>PR</b></p> <p>2:00  Bingo <b>BR</b></p> <p>3:30  Wii fun or Card Games Social <b>BR</b></p>	<p><b>26</b></p> <p>9:45  Pet Therapy w/Vera <b>LOB</b></p> <p>10:00  Sittercise <b>BR</b></p> <p>2:15  Bus Scavengar Hunt <b>LOB</b></p>	<p><b>27</b></p> <p>9:00  Weekend Puzzle Packet <b>LOB</b></p> <p>10:00  Communion* <b>PDR</b></p> <p>10:15  Bingo w/ Luanna <b>BR</b></p> <p>2:00  Euchre <b>PR</b></p>
<p><b>28</b></p> <p>7:00  Televised Catholic Mass Ch. 17 <b>Apt</b></p> <p>8:00  Lutheran Church Services CH 16 <b>Apt</b></p> <p>3:00  Puzzle Club <b>PR</b></p> <p>3:00  Worship Services* <b>PDR</b></p>	<p><b>29</b></p> <p>9:00  Super Dollar Tree trip <b>LOB</b></p> <p>10:00  Sittercise <b>BR</b></p> <p>2:00  Bingo <b>BR</b></p>	<p><b>30</b></p> <p>9:00  Shopping &amp; Errands &amp; deliveries OH MY!! <b>LOB</b></p> <p>2:00  Ch 2 Lutheran Church <b>Apt</b></p> <p>3:30  Wii fun or Card Games Social <b>BR</b></p>	<p><b>31</b></p> <p>All Day  Hang Out Together and have fun.</p> <p>All Day  Traci at Gardant All Day</p> <p>10:00  Sittercise <b>BR</b></p>	<p><b>Heritage Woods of Ottawa</b></p> <p>An Affordable Assisted Lifestyle Community for the Older Adult</p> <p>815-431-1400 • 801 East Etna Road • Ottawa, Illinois 61350</p> <p>Managed by Gardant Management, Ltd. www.hw-ottawa-ill.com</p>		