Heritage Woods of Rockford Affordable Assisted Lifestyle							
JULY 2024 SUNDAY NONDAY TUESDAY WEDNESDAY THURSDAY							
Dimensions of Wellness Physical Emotional Spiritual Environmental Vocational Social	Paris 2024	01 8:00 Walking Warriors Exercise 9:30 Exercise with Carol-3 9:45 Coffee Klatch-2AK 10:00 Country Store Open-2 2:00 Bingo-1 3:30 Piano with Paige-1	02 8:00 Walking Warriors Exercise 9:45 Coffee Klatch-2AK 1:00 Lucy the Therapy Dog Visit-1 3:30 Piano with Paige-1	03 8:00 Walking Warriors Exercise 9:30 Exercise with Carol-3 9:45 Coffee Klatch-2AK 10:00 Country Store Open-2 2:00 Bus Sign Ups / Activity Planning 3:30 Piano with Paige-1	 04 Independence Day 8:00 Walking Warriors Exercise 9:45 Coffee Klatch-2AK 1:00 Trivia and Treats1 3:30 Piano with Paige-1 6:00 Movie and Popcorn -2AK 	05 8:00 Walking Warriors Exercise 9:30 Exercise with Carol-3 9:45 Coffee Klatch-2AK 10:00 Country Store Open-2 2:00 Balloon Volleyball-1 3:30 Piano with Paige-1	06 8:00 Walking Warriors Exercise 10:00 in2l Trivia and gaming-2 2:00 Bingo -1 6:30 Saturday Movie-2LR
	07	08	09	10	11	12	13
Calendar Times and Events are Subject to Change .If you would like to see an activity/service	 6:30 TV Catholic Mass 8:00 Walking Warriors Exercise 9:15 St. Ritas Communion Service-3 10:00 in2l Trivia and gaming-2 6:30 Game Night - 2AK 	8:00 Walking Warriors	8:00 Walking Warriors Exercise	8:00 Walking Warriors Exercise 9:30 Exercise with Carol-3 9:45 Coffee Klatch-2AK 10:00 Country Store Open-2	8:00 Walking Warriors Exercise 9:45 Coffee Klatch-2AK 11:00 Rivets Baseball Stadium 3:30 Piano with Paige-1 6:00 Wii Bowling-3	8:00 Walking Warriors Exercise 9:30 Exercise with Carol-3 9:45 Coffee Klatch-2AK	8:00 Walking Warriors Exercise 10:00 in2l Trivia and
not reflected on the	14	15	16	17	18	19	20
calendar Please notify	6:30 TV Catholic Mass	8:00 Walking Warriors	-	8:00 Walking Warriors Exercise	8:00 Walking Warriors	8:00 Walking Warriors	8:00 Walking Warriors
your RSC.	 8:00 Walking Warriors Exercise 9:15 St. Ritas Communion Service-3 10:00 in2l Trivia and gaming-2 6:30 Game Night - 2AK 	9:30 Exercise with Carol-3 9:45 Coffee Klatch-2AK 10:00 Country Store Open-2	10:30 Mobile Library -1 1:00 Lucy the Therapy Dog Visit-	2:00 Root Beer Floats and	Exercise 9:45 Coffee Klatch-2AK 1:00 Trivia 2:00 Dollar Tree	Exercise 9:30 Exercise with Carol-3 9:45 Coffee Klatch-2AK 10:00 Country Store Open-2	Exercise 10:00 I in2l Trivia and gaming-2 2:00 I Bingo -1
** Bus for essential appts.		2:00 Bingo-1 3:30 Piano with Paige-1	Pastor Aaron-1 3:30 Piano with Paige-1		3:30 Piano with Paige-1	2:00 Dunk The Staff 3:30 Piano with Paige-1	6:30 Saturday Movie-2LR
are on Tuesdays, please			• •		6:00 Wii Bowling		
sign up in advance.	21	22	23	24	25	26	27
1=1st Floor 2=2nd Floor	 6:30 TV Catholic Mass 8:00 Walking Warriors Exercise 9:15 St. Ritas Communion Service-3 10:00 in2l Trivia and gaming-2 6:30 Game Night - 2AK 	 8:00 Walking Warriors Exercise 9:30 Exercise with Carol-3 9:45 Coffee Klatch-2AK 10:00 Country Store Open-2 2:00 Bingo-1 3:30 Piano with Paige-1 	 8:00 Walking Warriors Exercise 9:45 Coffee Klatch-2AK 2:00 Church Services with Pastor Aaron-1 3:30 Piano with Paige-1 	 8:00 Walking Warriors Exercise 9:30 Exercise with Carol-3 9:45 Coffee Klatch-2AK 10:00 Country Store Open-2 2:00 Resident Council-1 3:30 Piano with Paige-1 	8:00 Walking Warriors Exercise 9:45 Coffee Klatch-2AK 1:00 Trivia 2:00 Walmart 3:30 Piano with Paige-1	 8:00 Walking Warriors Exercise 9:30 Exercise with Carol-3 9:45 Coffee Klatch-2AK 10:00 Country Store Open-2 2:00 Birthday Celebration-1 3:30 Piano with Paige-1 	 8:00 Walking Warriors Exercise 10:00 in2l Trivia and gaming-2 2:00 Bingo -1 6:30 Saturday Movie-2LR
					6:00 Wii Bowling		
2AK= Activity	28	29	30	31	*Nursing Vital Clinic : July 23rd	***Open to the Public Events: July 17th Heritage Woods	
Kitchen 2LR= Living Room	6:30 TV Catholic Mass 8:00 Walking Warriors Exercise 9:15 St. Ritas Communion Service-3 10:00 in2l Trivia and gaming-2	8:00 Walking Warriors Exercise 9:30 Exercise with Carol-3 9:45 Coffee Klatch-2AK 10:00 Country Store Open-2	 8:00 Walking Warriors Exercise 9:45 Coffee Klatch-2AK 1:00 Lucy the Therapy Dog Visit-1 2:00 Church Services with 	8:00 Walking Warriors Exercise 9:30 Exercise with Carol-3 9:45 Coffee Klatch-2AK 10:00 Country Store Open-2	and July 25th from 12pm to 2pm in the 3rd Floor Multi Purpose Room	Family Picnic at 11am and Root beer Float Social	
3=3rd Floor	6:30 Game Night - 2AK	2:00 Bingo-1 3:30 Piano with Paige-1	Pastor Aaron-1 3:30 Piano with Paige-1	2:00 Food Committee-1 3:30 Piano with Paige-1			