


















July

July 2024

White Oaks at Heritage Woods of South Elgin America/Chicago (CDT)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
<p>This Month We Are Celebrating All Month Resident Birthdays:</p> <ul style="list-style-type: none"> July 4th - Virginia July 6th - Nedene July 11th - Christine July 26th - Nancy July 28th - Enis 	<p>B-Fit exercise with Yvette</p> <p>10:00am Welcome to July Trivia- IQ, <i>Sunroom</i> 10:30am Higher or Lower Board Game, <i>Sunroom</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:30pm Bingo, <i>Peach House</i> 2:30pm Sing Along with Lidia & Isai'a's, <i>Blue House</i> 5:30pm Instrumental Music, <i>Garden Room</i></p> 	<p>B-Fit exercise with Yvette</p> <p>10:00am Balloon Toss, <i>Sunroom</i> 10:30am July Detective Game- What am I- Where am I, <i>Garden Room</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:30pm Bus Outing, <i>Bus for Outing</i> 3:00pm Fiesta Exercise, <i>Garden Room</i> 3:30pm Brain Games & Kickball- Noodle Ball game with Yvette, <i>Blue House</i> 5:30pm Open Activity with Cna's, <i>Blue House</i></p>	<p>B-Fit exercise with Yvette</p> <p>10:00am July Crafty Corner with Ale & Yvette, <i>Peach House</i> 10:45am Five Clues what am I? - Random Trivia, <i>Sunroom</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:00pm Snacks & Water, <i>Sunroom</i> 1:30pm Julia Comfort Dog Visit, <i>Blue House</i> 3:00pm Bingo, <i>Peach House</i> 5:30pm- <i>Game of the day- AB</i></p> 	<p>B-Fit exercise with Yvette</p> <p>10:00am Independence Day Bingo, <i>Peach House</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:30pm Independence Day- Facts about 4th of July Trivia, <i>Sunroom</i> 2:00pm- afternoon workout with me, <i>Sunroom</i> 3:00pm Independence Day- Comedy Hour, 1:00</p> 	<p>B-Fit exercise with Yvette</p> <p>10:00am Rosemary Bible Study Service, <i>Sunroom</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:30pm Fiesta Exercise & Snacks, <i>Sunroom</i> 2:00pm Sing Along with Lidia & Isai'a's, <i>Blue House</i> 3:00pm Comedy Hour, <i>TV Room</i> 5:30pm Instrumental Music, <i>Garden Room</i></p>	<p>10:00am July Craft, <i>Peach House</i> 10:45am July Jeopardy Trivia- What am I Trivia, <i>Sun Room</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:00pm Fiesta Exercise- Brain Games & Trivia, <i>Sun Room</i> 2:30pm Laughter Hour Relaxation, <i>Blue House</i> 5:30pm Open Activity With Cna's, <i>Blue House</i></p>
7	8	9	10	11	12	13
<p>10:00am July- Bingo, <i>Peach House</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 12:30pm Music and Relaxation hour, <i>Blue House</i> 1:00pm NW Baptist Bible Church Service, <i>Blue House</i> 1:00pm Nail Time, <i>Blue House</i> 2:00pm Classic Movie & popcorn, <i>Blue House</i></p>	<p>Seated Exercise With Yvette</p> <p>10:00am Why is number 7 lucky history & Trivia, <i>Garden Room</i> 10:30am 7 letter Hangman Board Game, <i>Sunroom</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:30pm Bingo, <i>Peach House</i> 2:30pm Sing Along with Lidia & Isai'a's, <i>Blue House</i> 3:30pm Fiesta Exercise, <i>Sunroom</i> 5:30pm Instrumental Music, <i>Garden Room</i></p>	<p>Seated Exercise With Yvette</p> <p>10:00am E2 Music- Finish the song lyrics- Name that tune, <i>Garden Room</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:30pm Bus Outing, <i>Bus for Outing</i> 3:00pm Fiesta Exercise, <i>Garden Room</i> 3:30pm Brain Games & Kickball- Noodle Ball game with Yvette, <i>Blue House</i> 5:30pm Open Activity with Cna's, <i>Blue House</i></p> 	<p>Seated Exercise With Yvette</p> <p>10:00am Ladies Tea Party, <i>Peach House</i> 10:45am July Adult Coloring, <i>Peach House</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:00pm Bean Bag Toss, <i>Blue House</i> 2:00pm Exercise & Snack, <i>Sunroom</i> 3:00pm Bingo, <i>Peach House</i> 5:30pm- Table Games & Coloring- <i>Peach House</i></p>	<p>Seated Exercise With Yvette</p> <p>10:00am Bingo, <i>Peach House</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:30pm Bus Outing Drive in the Country, <i>Bus for Outing</i> 3:00pm- afternoon workout with me- July Table Talk- Jeopardy Trivia, <i>Sunroom</i> 5:30pm Game of the day with CNA, <i>Blue House</i></p>	<p>Seated Exercise With Yvette</p> <p>10:00am Family Feud Day- IN2L Game, <i>Sunroom</i> 10:30am Summer Song Days- Name that tune, <i>Sunroom</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:00pm Sit & Fit Exercise - Snacks- IN2L Travel Trivia- Highlights, <i>Garden Room</i> 2:00pm Sing Along with Lidia & Isai'a's, <i>Blue House</i> 3:00pm Comedy Hour, <i>TV Room</i> 5:30pm Instrumental Music, <i>Garden Room</i></p> 	<p>10:00am Music from the city light- Name that tune, <i>Sunroom</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 12:30pm Music and Relaxation hour, <i>Blue House</i> 1:00pm Color Me Your Way- Word Searches, <i>Peach House</i> 2:30pm Laughter Hour Relaxation, <i>Blue House</i> 5:30pm Open Activity with Cna's, <i>Blue House</i></p>
14	15	16	17	18	19	20
<p>10:00am Sunday Fun-Day Bingo, <i>Peach House</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 12:30pm Music and Relaxation hour, <i>Blue House</i> 1:00pm NW Baptist Bible Church Service, <i>Blue House</i> 1:00pm Nail Time, <i>Blue House</i> 2:00pm Classic Movie & popcorn, <i>Blue House</i></p>	<p>B-Fit exercise with Yvette</p> <p>10:00am Library Ladies Visit, <i>Peach House</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:30pm its Bingo Time, <i>Peach House</i> 2:30pm Sing Along with Lidia & Isai'a's, <i>Blue House</i> 3:30pm Afternoon Stretches, <i>Sunroom</i> 5:30pm Instrumental Music, <i>Garden Room</i></p> 	<p>B-Fit exercise with Yvette</p> <p>10:00am Christmas in July Craft, <i>Peach House</i> 10:45am Five Clues what am I? - Modern Jeopardy Trivia, <i>Garden Room</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:30pm Bus Outing, <i>Bus for Outing</i> 3:00pm Fiesta Exercise, <i>Garden Room</i> 3:30pm Brain Games & IN2L with Yvette, <i>Garden Room</i> 5:30pm Open Activity with Cna's, <i>Blue House</i></p> 	<p>B-Fit exercise with Yvette</p> <p>10:00am Hangman Hot Dog Toppings, <i>Sunroom</i> 10:30am National Hot Dog Day- Trivia & History, <i>Sunroom</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 11:30am Hot Dogs Lunch, <i>AB</i> 1:00pm Summer in Paris- Short Story Book Club, <i>Sunroom</i> 2:00pm Fiesta Exercise & Snacks, <i>Sunroom</i> 3:00pm Bingo, <i>Peach House</i> 5:30pm Table Games & Coloring, <i>Peach House</i></p>	<p>B-Fit exercise with Yvette</p> <p>10:00am Bingo, <i>Sunroom</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:30pm Bus Outing Drive in the Country, <i>Bus for Outing</i> 3:00pm- afternoon workout with me, <i>Sunroom</i> 3:30pm Remembering Titanic Day- History & Story, <i>Sunroom</i> 5:30pm Game of the day with CNA, <i>AB</i></p> 	<p>B-Fit exercise with Yvette</p> <p>10:00am Rosemary Bible Study Service, <i>Peach House</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:00pm Breyer Ice Cream Day, out 2:00pm Sing Along with Lidia & Isai'a's, <i>Blue House</i> 3:00pm Comedy Hour, <i>TV Room</i> 5:30pm Instrumental Music, <i>Garden Room</i></p>	<p>10:00am Crafty Corner with Yvette & Coloring, <i>Peach House</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:00pm Fiesta Exercise & Snacks- Higher or Lower, <i>Sunroom</i> 2:30pm Laughter Hour Relaxation, <i>Blue House</i> 5:30pm Open Activity With Cna's, <i>Blue House</i></p>
21	22	23	24	25	26	27
<p>10:00am Sing Along, <i>Garden Room</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:00pm NW Baptist Bible Church Service, <i>Blue House</i> 1:00pm Nail Time, <i>Blue House</i> 2:00pm Classic Movie & popcorn, <i>Blue Hou</i></p>	<p>Seated Exercise With Yvette</p> <p>10:00am Bingo win & get a price, <i>Peach House</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:00pm Remembering talking on the phone - Can you picture this? July IN2L Highlights, <i>Sunroom</i> 2:00pm Sit & Fit Exercise - Snacks, <i>Garden Room</i> 2:30pm Sing Along with Lidia & Isai'a's, <i>Blue House</i> 5:30pm Instrumental Music, <i>Garden Roo</i></p> 	<p>Seated Exercise With Yvette</p> <p>10:00am Bus Outing, <i>Bus for Outing</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:00pm Brain Games & Noodle Ball Game with Yvette, <i>Garden Room</i> 2:00pm Fiesta Exercise, <i>Garden Room</i> 2:30pm Hickory Knolls Nature Presentation, <i>Peach House</i> 3:00pm IN2L Highlights & Family Feud, <i>Garden Room</i> 5:30pm Open Activity with Cna's, <i>Blue House</i></p> 	<p>Seated Exercise With Yvette</p> <p>10:00am Parachute Game & Name the 5, <i>Blue House</i> 10:30am Balloon Toss- Kickball, <i>Blue House</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:00pm Tell a joke Day- Family Feud, <i>Sunroom</i> 2:00pm Fiesta Exercise & Snacks, <i>Garden Room</i> 3:00pm Bingo, <i>Peach House</i></p>	<p>Seated Exercise With Yvette</p> <p>10:00am Tea Party, <i>Peach House</i> 10:45am Higher or Lower Board Game, <i>Sunroom</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:00pm Bus Outing Drive in the Country, <i>Bus for Outing</i> 3:00pm- afternoon workout with me, <i>Sunroom</i> 3:30pm Finish the phrase & what am I trivia? IN2L, <i>Sunroom</i> 5:30pm Table Games & Coloring, <i>Sunroom</i></p> 	<p>Seated Exercise With Yvette</p> <p>10:00am Rock "N" Roll Day - Name that tune, <i>Sunroom</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:00pm Ice Cream Social, <i>Sunroom</i> 2:00pm Sing Along with Lidia & Isai'a's, <i>Blue House</i> 5:30pm Instrumental Music, <i>Garden Room</i></p> 	<p>10:00am Bingo, <i>Peach House</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:00pm Hangman & Family Feud IN2L- Sit & Fit - Snack, <i>Sunroom</i> 2:30pm Laughter Hour Relaxation, <i>Blue House</i> 5:30pm Open Activity With Cna's, <i>Blue House</i></p>
28	29	30	31			
<p>10:00am- Hangman- <i>Sunroom</i> 10:30am- Book Reading Club- <i>Sunroom</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:00pm NW Baptist Bible Church Service, <i>Blue House</i> 1:00pm Nail Time, <i>Blue House</i> 2:00pm Classic Movie & popcorn, <i>Blue House</i></p>	<p>B-Fit exercise with Yvette</p> <p>10:00am Getting to know you, <i>Sunroom</i> 10:30am Hangman & Spelling Bee, <i>Sunroom</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:30pm Bingo win & get a price, <i>Peach House</i> 2:30pm Sing Along with Lidia & Isai'a's, <i>Blue House</i> 3:45pm Afternoon Stretches, <i>Sunroom</i> 5:30pm Instrumental Music, <i>Garden Roo</i></p> 	<p>B-Fit exercise with Yvette</p> <p>10:00am Higher or Lower Board Game, <i>Sunroom</i> 10:30am Balloon Toss- Kickball, <i>Sunroom</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:30pm Bus Outing, <i>Bus for Outing</i> 3:00pm Fiesta Exercise, <i>Garden Room</i> 5:30pm Open Activity with Cna's, <i>Blue House</i></p>	<p>B-Fit exercise with Yvette</p> <p>10:00am Coffee Clutch & Cookies, <i>Peach House</i> 10:45am July Jeopardy Trivia- Random Trivia- What am I Trivia, <i>Sunroom</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:00pm Bean Bag Toss, <i>Blue House</i> 2:00pm Sit & Fit Exercise - Snacks, <i>Garden Room</i> 3:00pm Bingo, <i>Peach House</i> 5:30pm- Puzzling & Table Games- <i>Peach House</i></p> 	<p>B-Fit exercise with Yvette</p> <p>10:00am Independence Day Bingo, <i>Peach House</i> 11:00am Walking Club with Yvette, <i>Blue House</i> 1:30pm Independence Day- Facts about 4th of July Trivia, <i>Sunroom</i> 2:00pm- afternoon workout with me, <i>Sunroom</i> 3:00pm Independence Day- Comedy Hour, 1:00</p> 	<p>Flower of the Month: Larkspur Birthstone of the Month: Ruby Tree of the Month: Cherry What's Lucky in July: Lucky Color: Red Lucky Animal: Elephant Lucky Letters: V & H Lucky Day: Thursday Lucky Plant: Broccoli</p>	<p>Happy 4th of July!</p> 

* If you would like to request an activity/service not reflected on the calendar, please notify the RSC or Administrator

* Activities Subject to change upon resident preferences.