











Heritage Woods of Sterling May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MEETING PLACES 1stFLN - 1st Floor N by Nurses Office DR - Dining Room AR - Activity Room PDR - Private Dining Room Com - Community LOB - Lobby IA - Individual Apartments BDR - Back Dining Room	Happy Birthday 2-Richard 30-Sherron 4-"Tall" Cheryl 31-Patsy 17-Edna 18-Rose 26-Dancing Sharon 27-Joyce 27- Deb 28 Cynthia 28 Jan	CALENDAR IS SUBJECT TO CHANGE 	1 8:00 Vitals Clinic, 1stFLN 8:30 Morning Mindfulness Exercise Body & Brain, DR 9:30 Creating May Baskets, AR 1:00 Bible Study w/ Wayne and Pastor Jeff, PDR 2:00 Community Council, DR	2 9:00 Bible Study, PDR 9:30 Creative Expression Available in Dining Room Buffet, DR 2:00 Arm Chair Travels-National Day of Prayer, DR	3 Derby Hats and Roses, 8:30 Morning Mindfulness Exercise Body & Brain, DR 9:30 Picking Derby Horses, DR 2:00 Kentucky Derby Party, DR 3:30 Country Store Open, AR 	4 Word Search Available in Lobby, LOB 1:00 Book Review Club, PDR 1:30 Game Afternoon, DR
5 9:00 Cards & Games available in Dining Room, AR 9:00 Variety of Spiritual Services on TV, IA 9:30 Hymn Sing, DR 11:30 Sterling Main Street Car Show, LOB 1:30 Dominoes, BDR	6 8:30 Morning Mindfulness Exercise Body & Brain, DR 11:00 Bring a Penny to Lunch For Alzheimer's Longest Day, DR 2:00 Beads with Jen, DR	7 8:00 Vitals Clinic, 1Ncap 9:30 Marketing Craft-Coke tags, AR 1:00 Country Store Open, AR 2:00 BINGO, DR	8 8:30 Morning Mindfulness Exercise Body & Brain, DR 9:00 OPEN TO THE PUBLIC-Have a Coke & A smile from Tara at Reception 9:30 Shuttle & Shopping 1:00 Bible Study w/ Wayne and Pastor Jeff, 2:00 Devotions with Pastor Jane-All Welcome, DR	9 9:00 Bible Study, PDR 9:30 Creative Expression Available in Dining Room Buffet, DR 2:00 Arm Chair Travels-	10 Momma/Gramma/Auntie/Friend/Flowers, 8:30 Morning Mindfulness Exercise Body & Brain, DR 9:30 Mothers Day Party Prep, AR 2:00 OPEN TO THE PUBLIC-Mommas, Memories and Melodies, music by Les Wilson, DR 3:30 Country Store Open, AR	11 Word Search Available in Lobby, LOB 1:00 Book Review Club, PDR 1:30 Game Afternoon, DR
12 HAPPY MOTHERS DAY 9:00 Variety of Spiritual Services on TV, IA 10:00 Mother's Day Refreshments, LOB 10:30 Muffins with Mom, LOB 1:30 Dominoes, BDR	13 8:30 Morning Mindfulness 9:30 Groom & Gab (manicures male & female) & Coffee, AR 11:00 Bring a Penny to Lunch For Alzheimer's Longest Day, DR 2:00 BINGO, DR	14 9:30 Peg's Story Cafe, DR 1:00 Country Store Open, AR 1:30 Creative Cooking, AR	15 8:30 Morning Mindfulness Exercise Body & Brain, DR 9:30 Daytrip/Lunch Clinton 1:00 Bible Study w/ Wayne and Pastor Jeff, PDR 2:30 St. John's Communion Service (ALL ARE WELCOME), DR	16 9:00 Bible Study, PDR 9:30 Creative Expression Available in Dining Room Buffet, DR 12:00 Birthday Brunch with Kathy, PDR 2:00 Arm Chair Travels-, 	17 Wear Your Spring Colors, 8:30 Garage Sailing-sign up in book 8:30 Morning Mindfulness Exercise Body & Brain, DR 2:00 Activity Planning 3:30 Country Store Open, AR	18 Word Search Available in Lobby, LOB 1:00 Book Review Club, PDR 1:30 Game Afternoon, DR
19 9:00 Cards & Games available in Dining Room, AR 9:00 Variety of Spiritual Services on TV, IA 1:30 Dominoes, BDR	20 8:30 Morning Mindfulness Exercise Body & Brain, DR 9:30 THINK FAST! (with iN2L), DR 11:00 Bring a Penny to Lunch For Alzheimer's Longest Day, DR 2:00 BINGO, DR	21 9:30 Tapple! (word game), DR 1:00 Country Store Open, AR 1:30 Scattergories! vs Staff, DR 	22 8:30 Morning Mindfulness Exercise Body & Brain, DR 9:30 Shuttle & Shopping, LOB 1:00 Bible Study w/ Wayne and Pastor Jeff, PDR	23 8:30 Vitals Clinic, 1Ncap 9:00 Bible Study, PDR 9:30 Creative Expression Available in Dining Room Buffet, DR 2:30 Nitty Gritty with Nikki, DR	24 Wear Your Patriotic Colors, 8:30 Morning Mindfulness Exercise Body & Brain, DR 9:30 Setting the Fallen Soldier Table 11-1 Picnic Lunch 2:30 Teddy Bear Happy Hour w/ Sherriff's Department, DR 3:30 Country Store Open, AR	25 Word Search Available in Lobby, LOB 1:00 Book Review Club, PDR 1:30 Game Afternoon, DR
26 9:00 Cards & Games available in Dining Room, AR 9:00 Variety of Spiritual Services on TV, IA 2:00 Sunday Devotions with Jim Port, DR 2:30 Dominoes, BDR	27 8:30 Morning Mindfulness Exercise Body & Brain, DR 11:00 Bring a Penny to Lunch For Alzheimer's Longest Day, DR 1:30 Armchair Travel-Memorial Day, DR	28 9:30 Caring Center Outing-Sign up in Lobby Book, LOB 1:00 Country Store Open, AR	29 8:30 Morning Mindfulness Exercise Body & Brain, DR 1:00 Bible Study w/ Wayne and Pastor Jeff, PDR 1:30 Dairy Queen Run-Sign up in Book, LOB 	30 9:00 Bible Study, PDR 9:30 Creative Expression Available in Dining Room Buffet, DR 2:00 Arm Chair Travels-, DR	31 Wear Your School Colors 8:30 Morning Mindfulness Exercise Body & Brain, DR 9:30 Shuttle & Shopping, LOB 2:30 Graduation Party, DR 3:30 Country Store Open, AR	DIMENSIONS OF Physical  Emotional Spiritual  Environmental  Vocational  Social  Intellectual 