






Heritage Woods of Sterling June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	CALENDAR IS SUBJECT TO CHANGE	Happy June Birthdays 	2-Terry 5- "monkey" Judy 12-Sharon "porkchop" 15-Donna(and her son) 16-Sally 26-Pat & Lois 28-Dick	 Doctor Appointment Day	If you would like to request and activity or service not reflected on this calendar, please contact the Ex Dir or RSC	1 Word Search Available in Lobby, LOB 10:00 Coffee & Conversation, DR 1:30 Game Afternoon, DR
2	3	4	5	6	7	8
9:00 Cards & Games available in Dining Room, AR 9:00 Variety of Spiritual Services on TV, IA 1:30 Dominoes, BDR	8:30 Morning Mindfulness Exercise Body & Brain, DR 11:00 Bring a Penny to Lunch For Alzheimer's Longest Day, DR 2:00 BINGO, DR	9:30 Shuttle & Shopping-Sign up in Lobby Book, LOB 1:00 Country Store Open, AR 1:30 Fondue Party! Compliments of Sandy!, DR	8:30 Morning Mindfulness Exercise Body & Brain, DR 9:30 Picnic Lunch Outing to Rockwood-Sign Up in Lobby Book, LOB 1:00 Bible Study w/ Wayne and Pastor Jeff, PDR 2:00 Community Council, DR	9:00 Bible Study, PDR 9:30 Creative Expression Available in Dining Room Buffet, DR 2:00 Arm Chair Travels-, DR	Wear Food or Drink Shirt, Com 8:30 Morning Mindfulness Exercise Body & Brain, DR 2:00 Ice Cream Social-OPEN TO THE PUBLIC, DR 3:30 Country Store Open, AR	Word Search Available in Lobby, LOB 10:00 Coffee & Conversation 1:30 Game Afternoon, DR
9	10	11	12	13	14	15
9:00 Cards & Games available in Dining Room, AR 9:00 Variety of Spiritual Services on TV, IA 1:30 Dominoes, BDR	8:30 Morning Mindfulness Exercise Body & Brain, DR 11:00 Bring a Penny to Lunch For Alzheimer's Longest Day, DR 1:30 Black Cows for All, LOB 2:00 BINGO, DR	9:30 Groom & Gab (manicures male & female) & Coffee, AR 1:00 Country Store Open, AR 1:30 Creative Cooking-, AR	8:30 Morning Mindfulness Exercise Body & Brain, DR 9:30 Shuttle & Shopping, LOB 1:00 Bible Study w/ Wayne and Pastor Jeff, PDR 2:00 Devotions with Pastor Jane-All Welcome, DR 5:30 Drive In Movie Night-The Great Outdoors, DR	9:00 Bible Study, PDR 9:30 Creative Expression Available in Dining Room Buffet, DR 2:00 Arm Chair Travels-, DR	In honor of Flag Day Wear Red White or Blue/patriotic attire, 8:30 Morning Mindfulness Exercise Body & Brain, DR 2:00 Tapple! (word game), DR 3:30 Country Store Open, AR	Word Search Available in Lobby, LOB 8:30 Outing to Farmer's market 10: Coffee & Conversation 1:30 Game Afternoon, DR
16	17	18	19	20	21	22
9:00 Cards & Games available in Dining Room, AR 9:00 Variety of Spiritual Services on TV, IA 9:30 Hymn Sing, DR 11:00 Donuts with Dad, LOB 1:30 Dominoes, BDR	8:30 Morning Mindfulness Exercise Body & Brain, DR 9:00 Alzheimer's Basket Raffle-OPEN TO THE PUBLIC, LOB 11:00 Bring a Penny to Lunch For Alzheimer's Longest Day, DR 2:00 BINGO, DR 5:30 Clinton Lumberkings Game-Sign Up in Lobby Book, LOB	9:00 Alzheimer's Basket Raffle-OPEN TO THE PUBLIC, LOB 9:30 Creative Cooking-Making our own Lunch-Sign up in Lobby Book, limited to 10 people, AR 1:00 Country Store Open, AR 1:30 Activity Planning for June, DR 2:00 Peg's Story Cafe with Peg Hoffmiller, LR	8:30 Morning Mindfulness Exercise Body & Brain, DR 9:00 Alzheimer's Basket Raffle-OPEN TO THE PUBLIC, LOB 9:30 Shuttle & Shopping, LOB 1:00 Bible Study w/ Wayne and Pastor Jeff, PDR 2:30 St. John's Communion Service (ALL ARE WELCOME), DR	Alzheimer's Basket Raffle-OPEN TO THE PUBLIC, LOB 9:00 Bible Study, PDR 9:30 Creative Expression Available in Dining Room Buffet, DR 12:00 Birthday Brunch Bash with Kathy, AR 2:00 Arm Chair Travels-, DR	In Honor of the LONGEST DAY please wear Purple/Lavender attire, Com 8:30 Morning Mindfulness Exercise Body & Brain, DR 9:00 Alzheimer's Basket Raffle-OPEN TO THE PUBLIC, LOB 2:00 SingALong with Bert-, DR 3:30 Country Store Open, AR	Word Search Available in Lobby, LOB 10:00 Coffee & Conversation 1:30 Game Afternoon, DR
23	24	25	26	27	28	29
9:00 Cards & Games available in Dining Room, AR 9:00 Variety of Spiritual Services on TV, IA 1:30 Dominoes, BDR	8:30 Morning Mindfulness Exercise Body & Brain, DR 9:30 Shuttle & Shopping, LOB 11:00 Bring a Penny to Lunch For Alzheimer's Longest Day, DR 2:00 BINGO, DR	9:30 Caring Center Outing-Sign up in Lobby Book, LOB 11:00 Angelo's Lunch Outing Buffet, LOB 1:00 Country Store Open, AR 2:30 TRIVIA, DR	8:30 Morning Mindfulness Exercise Body & Brain, DR 1:00 Bible Study w/ Wayne and Pastor Jeff, PDR 1:30 DQ Run-Sign Up in Lobby book, LOB	9:00 Bible Study, PDR 9:30 Creative Expression Available in Dining Room Buffet, DR 2:00 Arm Chair Travels-, DR	Wear Black or Pink attire, Com 8:30 Morning Mindfulness Exercise Body & Brain, DR 9:30 Brilliant or BS!?!?, DR 9:30 Bring Your Pet to Work Day, LOB 2:30 Doom & Gloom Happy Hour for Emily's 40th Birthday, DR 3:30 Country Store Open, AR	Word Search Available in Lobby, LOB 1:30 Game Afternoon, DR
30					MEETING PLACES	DIMENSIONS OF WELLNESS
9:00 Cards & Games available in Dining Room, AR 9:00 Variety of Spiritual Services on TV, IA 1:30 Dominoes, BDR	Please join us and help us raise funding for the Alzheimer's Association by participating in our LONGEST DAY weeklong Basket raffle Monday June 17-Friday June 21 during business hours you may purchase tickets from the front desk		OPEN TO THE PUBLIC Friday June 7, 2:00pm ICE CREAM SOCIAL Monday June 17-Friday June 21 LONGEST DAY BASKET RAFFLE 9am-4pm, winners drawn at Noon on Friday	 JUNE 14	LOB - Lobby DR - Dining Room AR - Activity Room IA - Individual Apartments BDR - Back Dining Room PDR - Private Dining Room Com - Community LR - Living Room	Physical Spiritual Vocational Intellectual Emotional Environmental Social