

Heritage Woods of Sterling July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
<p>HAPPY BIRTHDAY</p> <p>7-Amanda 9-Charlotte 19-Steve 23-Ken 23-Dan 31-Jean</p>	<p> 8:30 Morning Mindfulness Exercise Body & Brain, DR</p> <p> 9:30 Wheel of Fortune, DR</p> <p> 2:00 Ice Cream BINGO, DR</p>	<p> 8:00 Vitals Clinic, 1stFLN</p> <p> 9:30 Fun & Games, DR</p> <p> 1:00 Country Store Open, AR</p> <p> 2:00 Trivia Team Practice-all welcome, DR</p> <p>6:00 5 Second Rule (DR)</p>	<p> 8:00 Vitals Clinic, 1stFLN</p> <p> 8:30 Morning Mindfulness Exercise Body & Brain, DR</p> <p>9:30 Shuttle & Shopping, LOB</p> <p> 1:00 Bible Study w/ Wayne and Pastor Jeff, PDR</p> <p> 2:00 Community Council, DR</p>	<p> 9:00 Bible Study, PDR</p> <p> 9:30 Creative Expression Available in Dining Room Buffet, DR</p> <p> 2:00 Arm Chair Travels-, DR</p> <p> 7:00 Freedom Celebrations on TV check listings PBS/CBS, IA</p> <p style="text-align: center;"></p>	<p> Wear Your Summer Fun shirts, Comm</p> <p> 8:30 Morning Mindfulness Exercise Body & Brain, DR</p> <p> 9:30 Scattergories!, DR</p> <p> 1:30 *Mandatory* Semi Annual Orientation Review/Caremerge Forms, DR</p> <p> 3:30 Country Store Open, AR</p>	<p> Word Search Available in Lobby, LOB</p> <p> 1:30 Game Afternoon, DR</p> <p>6:30 Evening Movie Resident choice</p>
7	8	9	10	11	12	13
<p> 9:00 Cards & Games available in Dining Room, AR</p> <p>9:00 Variety of Spiritual Services on TV, IA</p> <p> 2:00 Amazing Grace Devotions-Open to All, DR</p>	<p> Summer Vacation-Hawaii-Tropical Attire,</p> <p> 8:30 Morning Mindfulness Hula and Hula Hoops, DR</p> <p> 11:00 Luau Lunch, DR</p> <p> 2:00 Hawaiian Fun & Games, DR</p> <p style="text-align: center;"></p>	<p> Summer Vacation-Las Vegas-Flashy Classy Tacky attire,</p> <p> 9:30 Fun & Games, DR</p> <p> 11:00 Vegas Buffet Lunch, DR</p> <p> 2:00 Vegas POKENO,</p> <p style="text-align: center;"></p>	<p> Summer Vacation-Nashville-Western Attire,</p> <p> 8:30 Morning Mindfulness Line Dancing, DR</p> <p>9:30 Name the Country Star</p> <p> 2:00 Nashville StarSearch,</p> <p style="text-align: center;"></p>	<p> Summer Vacation-England-Tourist Attire,</p> <p> 9:00 Bible Study, PDR</p> <p> 9:30 did you know England style,</p> <p> 11:00 An English Feast Luncheon,</p> <p> 2:00 Beatlemania Concert,</p> <p style="text-align: center;"></p>	<p>Summer vacation-National Parks-casual Picnic/Summer attire,</p> <p> 8:30 Morning Mindfulness -sleepy stretches, DR</p> <p> 9:30 Coffee & Tapple, DR</p> <p> 11:00 CampFire Lunch, DR</p> <p> 1:30 Scavenger Hunt "Hike" Buddy up,</p> <p> 2:30 Happy Hour around the Campfire w/ S'mores,</p> <p style="text-align: center;"></p>	<p> Word Search Available in Lobby, LOB</p> <p> 1:30 Game Afternoon, DR</p> <p>6:30 Evening Movie Resident choice</p>
14	15	16	17	18	19	20
<p> 9:00 Cards & Games available in Dining Room, AR</p> <p>9:00 Variety of Spiritual Services on TV, IA</p> <p> 1:30 Dominoes, BDR</p>	<p> 8:30 Morning Mindfulness Exercise Body & Brain, DR</p> <p> 9:30 Morning Ride-Sign up in Book, LOB</p> <p> 2:00 BINGO, DR</p>	<p> 9:30 Fun & Games, DR</p> <p> 1:00 Country Store Open, AR</p> <p> 2:00 Trivia Team Practice-all welcome, DR</p> <p> 2:00 Peg's Story Cafe with Peg Hoffmiller, LR</p>	<p> 8:30 Morning Mindfulness Exercise Body & Brain, DR</p> <p>9:30 Shuttle & Shopping, LOB</p> <p> 1:00 Bible Study w/ Wayne and Pastor Jeff, PDR</p> <p> 2:30 St. John's Communion Service (ALL ARE WELCOME), DR</p>	<p> 9:00 Bible Study, PDR</p> <p> 10:00, Food Council DR</p> <p>12:00 Birthday Bash Lunch AR</p> <p> 2:00 Arm Chair Travels-, DR</p>	<p> 12:00 Wear your Summer Fun shirt, DR</p> <p> 8:30 Morning Mindfulness Exercise Body & Brain, DR</p> <p> 9:30 Party Prep for Patio Party, AR</p> <p> 2:00 Party on the Patio! (Open to the Public), BP</p> <p> 3:30 Country Store Open, AR</p>	<p> Word Search Available in Lobby, LOB</p> <p> 1:30 Game Afternoon, DR</p> <p>6:30 Evening Movie Resident choice</p>
21	22	23	24	25	26	27
<p> 9:00 Cards & Games available in Dining Room, AR</p> <p>9:00 Variety of Spiritual Services on TV, IA</p> <p> 1:30 Dominoes, BDR</p>	<p> 8:30 Morning Mindfulness Exercise Body & Brain, DR</p> <p> 9:30 ButterFly Art, AR</p> <p> 2:00 BINGO, DR</p>	<p> 9:30 DAYTRIP to Savanna & Lunch at Poopy's</p> <p> 1:00 Country Store Open, AR</p> <p> 2:30 Trivia Team Practice-all welcome, DR</p>	<p> 8:30 Morning Mindfulness Exercise Body & Brain, DR</p> <p>9:30 Shuttle & Shopping, LOB</p> <p> 1:00 Bible Study w/ Wayne and Pastor Jeff, PDR</p> <p> 2:00 Nachusa Grassland Outing-Sign up in lobby book, LOB</p>	<p> 9:00 Bible Study, PDR</p> <p> 10:00 Menu Committee, DR</p> <p> 2:00 Arm Chair Travels-, DR</p>	<p> 8:30 Morning Mindfulness Exercise Body & Brain, DR</p> <p> 9:30 Bagels & BS! (beautiful stories), DR</p> <p> 2:00 Meet local Artist Matt Jagitsch (OPEN TO THE PUBLIC), DR</p> <p> 3:30 Country Store Open, AR</p>	<p> Word Search Available in Lobby, LOB</p> <p> 1:30 Game Afternoon, DR</p> <p>6:30 Evening Movie Resident choice</p>
28	29	30	31	MEETING PLACES	If you would like to request an Activity or service not reflected on this Calendar, please contact the RSC or Ex Dir.	DIMENSIONS OF WELLNESS
<p> 9:00 Cards & Games available in Dining Room, AR</p> <p>9:00 Variety of Spiritual Services on TV, IA</p> <p> 2:00 Devotions with Jim Port-ALL WELCOME, DR</p>	<p> 8:30 Morning Mindfulness Exercise Body & Brain, DR</p> <p> 9:30 Spelling Bee, DR</p> <p> 2:00 Dairy Queen Run Sign up in Lobby Book DR</p>	<p> 9:30 Fun & Games, DR</p> <p> 1:00 Country Store Open, AR</p> <p> 1:30 BINGO, DR</p>	<p> 8:30 Morning Mindfulness Exercise Body & Brain, DR</p> <p> 1:00 Bible Study w/ Wayne and Pastor Jeff, PDR</p> <p> 2:00 Tapple! (word game), DR</p>	<p>DR - Dining Room</p> <p>1stFLN - 1st Floor N by Nurses Office</p> <p>AR - Activity Room</p> <p>LOB - Lobby</p> <p>PDR - Private Dining Room</p> <p>IA - Individual Apartments</p> <p>Comm - Entire Community</p> <p>Com - Community</p> <p>BDR - Back Dining Room</p> <p>LR - Living Room</p>	<p style="text-align: center; color: red;">If you would like to request an Activity or service not reflected on this Calendar, please contact the RSC or Ex Dir.</p>	<p style="text-align: center;">DIMENSIONS OF WELLNESS</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> Physical Spiritual Intellectual </div> <div style="text-align: center;"> Emotional Environmental Social </div> <div style="text-align: center;"> Vocational </div> </div>