



HERITAGE

Assisted Living



MONDAY

- 10:00 Gentle Stretching
- 10:30 Stretch & Strengthen
- 11:00 Wii Bowling
- 2:00 Happy Hour
- 3:00 Music Monday
- 7:00 Card Club

TUESDAY

- 9:00 Friendly Visits
- 10:30 Sittercise
- 11:00 Pet Therapy
- 2:00 Happy Hour
- 2:15 Bingo
- 4:00 Polka Music
- 6:00 Movie

WEDNESDAY

- 9:00 Bible Study
- 10:30 Stretch & Strengthen
- 11:00 Pick Your Art
- 2:00 Happy Hour
- 3:15 Rehydrate
- 4:00 Balloon Volley
- 7:15 Worship Service

THURSDAY

- 10:00 Dog Visits
- 10:30 Sittercise
- 11:00 Brain Games
- 1:00 Bean Bag Toss
- 2:00 Happy Hour
- 3:00 Music with Melody
- 6:00 Painter's Pick

FRIDAY

- 9:00 Smooth Moves
- 10:30 Stretch & Strengthen
- 11:00 Favorite One Dish
- 1:00 Meals
- 2:00 Table Games
- 6:00 Happy Hour

SATURDAY

- 9:30 Nail Care
- 10:30 Stretch & Strengthen
- 11:00 Book Club
- 2:15 Bingo
- 4:00 Men's Club

SUNDAY

- 10:00 Stretch & Strengthen
- 11:00 Church Service
- 1:30 Devotion
- 3:00 Fellowship
- 4:00 Women's Club

Sample Calendar