

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Birthdays: 5 th - Flora Smith 6 th - Nada Bevic 9 th - Barbara Born 26 th - Wilma Statz				1 10:00 Morning Stretch 10:30 Donuts & Coffee Social in the Bistro 1:30 Heritage Hikers 2:30 Entertainment w/ Gemini	2 10:00 Exercise w/ Spiro 100 10:30 Dynseo Games 1:30 Heritage Hikers 2:30 TGIF-Happy Hour & Heritage Olympics	3 10:00 Morning Stretch 10:30 Mindful Meditation 1:00 Heritage Hikers 1:30 Bingo in the Bistro 2:30 Sundaes on Saturday: Ice Cream Social!
4 10:00 Morning Stretch 10:45 Coffee w/ the Concierge in the Bistro 1:00 Heritage Hikers 2:00 Remembering the 60's: Activities in the Bistro 3:00 Heritage House Calls (1:1)	5 10:00 Exercise w/ Spiro 100 10:30 Manicure Monday 1:30 Heritage Hikers 2:30 Heritage Olympics	6 10:00 Exercise w/ Spiro 100 10:30 Writing & Reminiscing Group 1:15 Catholic Communion & Rosary (IL DR) 1:30 Heritage Hikers 2:30 Flower Arranging	7 10:00 Morning Stretch 11:00 Arts, Crafts, & Fun 1:30 Heritage Hikers 2:00 Bingo in the Bistro	8 10:00 Morning Stretch 10:30 Donuts & Coffee Social in the Bistro 1:30 Heritage Hikers 2:30 Entertainment w/ Davis Beck	9 10:00 Exercise w/ Spiro 100 10:30 Dynseo Games 1:30 Heritage Hikers 2:30 TGIF-Happy Hour & Heritage Olympics	10 10:00 Morning Stretch 10:30 Mindful Meditation 1:00 Heritage Hikers 1:30 Bingo in the Bistro
11 10:00 Morning Stretch 10:45 Coffee w/ the Concierge in the Bistro 1:00 Heritage Hikers 2:00 Resident-Led Table Games 3:00 Heritage House Calls (1:1)	12 10:00 Exercise w/ Spiro 100 10:30 Manicure Monday 1:30 Heritage Hikers 2:30 Fun Facts & Trivia in the Bistro Donation Drive Collection	13 10:00 Exercise w/ Spiro 100 10:30 Pet Therapy w/ Harper Lee 1:00 Spiritual Study (IL DR) 1:30 Heritage Hikers 2:30 Resident Council 3:00 Flower Arranging Donation Drive Collection	14 10:00 Morning Stretch 11:00 Arts, Crafts, & Fun 1:30 Heritage Hikers 2:00 Bingo in the Bistro Donation Drive Collection	15 10:00 Morning Stretch 10:30 Donuts & Coffee Social in the Bistro 1:30 Heritage Hikers 2:30 Entertainment w/ 10 Strings Donation Drive Collection	16 10:00 Exercise w/ Spiro 100 10:30 Dynseo Games 1:30 Heritage Hikers 2:30 TGIF-Happy Hour w/ Snacks & Refreshments Donation Drive Collection	17 10:00 Morning Stretch 10:30 Mindful Meditation 1:00 Heritage Hikers 1:30 Bingo in the Bistro 2:30 Sundaes on Saturday: Ice Cream Social!
18 10:00 Morning Stretch 10:45 Coffee w/ the Concierge in the Bistro 1:00 Heritage Hikers 2:00 Resident-Led Table Games 3:00 Heritage House Calls (1:1)	19 10:00 Exercise w/ Spiro 100 10:30 Manicure Monday 1:30 Heritage Hikers 2:30 Fun Facts & Trivia in the Bistro	20 10:00 Exercise w/ Spiro 100 10:30 Writing & Reminiscing Group 1:15 Catholic Communion & Rosary (IL DR) 1:30 Heritage Hikers 2:30 Flower Arranging	21 10:00 Morning Stretch 11:00 Arts, Crafts, & Fun 1:30 Heritage Hikers 2:00 Bingo in the Bistro National Senior Citizens Day	22 10:00 Morning Stretch 10:30 Donuts & Coffee Social in the Bistro 1:30 Heritage Hikers 2:30 Entertainment w/ Dan Sullivan	23 10:00 Exercise w/ Spiro 100 10:30 Dynseo Games 1:30 Heritage Hikers 2:30 TGIF-Happy Hour w/ Snacks & Refreshments	24 10:00 Morning Stretch 10:30 Mindful Meditation 1:00 Heritage Hikers 1:30 Bingo in the Bistro
25 10:00 Morning Stretch 10:45 Coffee w/ the Concierge in the Bistro 1:00 Heritage Hikers 2:00 Resident-Led Table Games 3:00 Heritage House Calls (1:1)	26 10:00 Exercise w/ Spiro 100 10:30 Manicure Monday 1:30 Heritage Hikers 2:30 Fun Facts & Trivia in the Bistro	27 10:00 Exercise w/ Spiro 100 10:30 Pet Therapy w/ Harper Lee 1:00 Spiritual Study (IL DR) 1:30 Heritage Hikers 2:30 Flower Arranging	28 10:00 Morning Stretch 11:00 Arts, Crafts, & Fun 1:30 Heritage Hikers 2:00 Bingo in the Bistro	29 10:00 Morning Stretch 10:30 Donuts & Coffee Social in the Bistro 1:30 Heritage Hikers 2:30 Entertainment w/ Patricia Stone	30 10:00 Exercise w/ Spiro 100 10:30 Dynseo Games 1:30 Heritage Hikers 2:30 TGIF-Happy Hour & August Birthday Bash!	31 10:00 Morning Stretch 10:30 Mindful Meditation 1:00 Heritage Hikers 1:30 Bingo in the Bistro 2:30 Sundaes on Saturday: Ice Cream Social!

SPECIAL EVENTS

August 12th-16th: AL Donation Drive; Review handout for donation guidelines.

*All activities are subject to change when necessary. Residents' families are invited to participate in community events.