

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 Heritage House Calls (1:1) 10:00 Exercise w/ Spiro 100 10:30 Manicure Monday 1:30 Heritage Hikers 2:30 Snack & Trivia Social	2 10:00 Exercise w/ Spiro 100 10:30 Pet Therapy w/ Harper Lee 1:15 Catholic Communion and Rosary (IL DR) 1:30 Heritage Hikers 2:30 Flower Arranging	3 10:00 Keepin' Fit 11:00 Patriotic Arts, Crafts, & Fun 1:30 Heritage Hikers 2:00 Bingo in the Bistro 3:00 Snack & Refreshment Social	4 10:00 Keepin' Fit 10:30 Donuts & Coffee Social in the Bistro 1:30 Heritage Hikers 2:30 Entertainment w/ Gemini Independence Day	5 10:00 Exercise w/ Spiro 100 10:30 Dynseo Games 1:30 Heritage Hikers 2:30 TGIF-Happy Hour w/ Snacks & Refreshments	6 10:00 Keepin' Fit 10:30 Mindful Meditation 1:00 Heritage Hikers 1:30 Bingo in the Bistro 2:30 Snacks & Refreshments
7 10:00 Keepin' Fit 10:45 Coffee w/ the Concierge in the Bistro 1:00 Heritage Hikers 1:30 Midday Matinee (IL Theater-2nd Floor) 3:00 Sundaes on Sunday-ice cream social	8 9:30 Heritage House Calls (1:1) 10:00 Exercise w/ Spiro 100 10:30 Manicure Monday 1:30 Heritage Hikers 2:30 Snack & Trivia Social	9 10:00 Exercise w/ Spiro 100 11:00 Reminiscing & Writing Workshop 1:00 Spiritual Study (IL DR) 1:30 Heritage Hikers 2:30 Resident Council Meeting 3:00 Flower Arranging	10 10:00 Keepin' Fit 11:00 Arts & Crafts: Card Making 1:30 Heritage Hikers 2:00 Bingo in the Bistro 3:00 Snack & Refreshment Social	11 10:00 Keepin' Fit 10:30 Donuts & Coffee Social in the Bistro 1:30 Heritage Hikers 2:30 Entertainment w/ Rob Tomaro	12 10:00 Exercise w/ Spiro 100 10:30 Dynseo Games 1:30 Heritage Hikers 2:30 TGIF-Happy Hour w/ Snacks & Refreshments	13 10:00 Keepin' Fit 10:30 Mindful Meditation 1:00 Heritage Hikers 1:30 Bingo in the Bistro 2:30 Snacks & Refreshments
14 10:00 Keepin' Fit 10:45 Coffee w/ the Concierge in the Bistro 1:00 Heritage Hikers 1:30 Midday Matinee (IL Theater-2nd Floor) 3:00 Sundaes on Sunday-ice cream social	15 9:30 Heritage House Calls (1:1) 10:00 Exercise w/ Spiro 100 10:30 Manicure Monday 1:30 Heritage Hikers 2:30 Snack & Trivia Social	16 10:00 Keepin' Fit 11:00 Reminiscing & Writing Workshop 12:00 Madison Mallards Outing 1:15 Catholic Communion and Rosary (ILDR) 3:30 Flower Arranging	17 10:00 Keepin' Fit 11:00 Arts, Crafts, & Fun 1:30 Heritage Hikers 2:00 Bingo in the Bistro 3:00 Snack & Refreshment Social	18 10:00 Keepin' Fit 10:30 Donuts & Coffee Social in the Bistro 1:30 Heritage Hikers 2:30 Entertainment w/ Cameron Webb	19 10:00 Exercise w/ Spiro 100 10:30 Dynseo Games 1:30 Heritage Hikers 2:30 TGIF-Happy Hour w/ Snacks & Refreshments	20 10:00 Keepin' Fit 10:30 Mindful Meditation 1:00 Heritage Hikers 1:30 Bingo in the Bistro 2:30 Snacks & Refreshments
21 10:00 Keepin' Fit 10:45 Coffee w/ the Concierge in the Bistro 1:00 Heritage Hikers 1:30 Midday Matinee (IL Theater-2nd Floor) 3:00 Sundaes on Sunday-ice cream social	22 9:30 Heritage House Calls (1:1) 10:00 Exercise w/ Spiro 100 10:30 Manicure Monday 1:30 Heritage Hikers 2:30 Snack & Trivia Social	23 10:00 Keepin' Fit 10:30 Pet Therapy w/ Harper Lee 1:00 Spiritual Study (IL DR) 1:30 Heritage Hikers 2:30 Flower Arranging	24 10:00 Keepin' Fit 11:00 Arts, Crafts, & Fun 1:30 Heritage Hikers 2:00 Bingo in the Bistro 3:00 Snack & Refreshment Social	25 10:00 Keepin' Fit 10:30 Donuts & Coffee Social in the Bistro 1:30 Heritage Hikers 2:30 Entertainment w/ Stars Entertainment	26 10:00 Exercise w/ Spiro 100 10:30 Dynseo Games 1:30 Heritage Hikers 2:30 TGIF-Happy Hour & Heritage Olympics	27 10:00 Keepin' Fit 10:30 Mindful Meditation 1:00 Heritage Hikers 1:30 Bingo in the Bistro 2:30 Snacks & Refreshments
28 10:00 Keepin' Fit 10:45 Coffee w/ the Concierge in the Bistro 1:00 Heritage Hikers 1:30 Midday Matinee (IL Theater-2nd Floor) 3:00 Sundaes on Sunday-ice cream social	29 9:30 Heritage House Calls (1:1) 10:00 Exercise w/ Spiro 100 10:30 Manicure Monday 1:30 Heritage Olympics 2:30 July Birthday Bash	30 10:00 Keepin' Fit 11:00 Reminiscing & Writing Workshop 1:30 Heritage Hikers 2:30 Flower Arranging	31 10:00 Keepin' Fit 11:00 Arts, Crafts, & Fun 1:30 Heritage Hikers 2:00 Bingo in the Bistro 3:00 Heritage Olympics		Birthdays: 2- Joan Duffy 7- Kay Dobbs 11- Marilyn Karn	15- Sally Lavik 23- Becky Zwettler 26- Carol Mirshak

SPECIAL EVENTS

July 16th: Madison Mallards Outing. Leave HSL by 11:15am, First pitch @12:05pm

July 26-August 11: Summer Olympic Games; Heritage Olympics Mini Games

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