


July 2024

Independent & Assisted Living Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>HERITAGE AT IRENE WOODS <i>A Rose Senior Living Community</i></p>	<p>9:15 🚶 Walking Club [FL] 1</p> <p>10:00 🚗 Bank Run [BO]</p> <p>10:00 🚶 Morning Exercise [ER]</p> <p>11:00 🎴 <i>Poker - Led by Residents [P]</i></p> <p>1:00 🏠 <i>Resident Council [CH]</i></p> <p>1:15 🎮 <i>Wii Bowling [901GR]</i></p> <p>1:30 🏠 <i>Food Committee [IDR]</i></p> <p>2:30 ❤️ Soothe Your Senses Spa [TH]</p> <p>3:30 📖 Book Club [L]</p> <p>6:00 🎮 Fun Bingo w/ Sierra [CR]</p>	<p>UFO Day 2</p> <p>9:15 🚶 Walking Club [FL]</p> <p>10:00 🦋 Bible Study: East Shelby Church of Christ [CR]</p> <p>11:00 🦋 Catholic Service [CH]</p> <p>1:00 🚗 Kroger [BO]</p> <p>1:15 🚶 Move & Groove Exercise [ER]</p> <p>2:00 🎭 History: Who, What, or Where Am I? [TH]</p> <p>2:45 🎭 Kings in the Corner [CR]</p> <p>3:00 🎮 AL Activity: Room Visits</p> <p>3:30 🎮 Bingo [CR]</p> <p>6:00 🎬 Movie: "It Came from Outer Space" [TH]</p>	<p>9:15 🚶 Walking Club [FL] 3</p> <p>10:00 🚶 Morning Exercise [ER]</p> <p>12:30 🎭 AL Activity: Whimsical Wednesday w/ Sierra [ADR]</p> <p>1:00 🏠 <i>Blood Pressure Check w/ Power Back Rehab [CR]</i></p> <p>1:00 🚗 Walmart [BO]</p> <p>1:15 🎭 Coloring Club [CR]</p> <p>2:00 🎭 <i>Bridge Club - Led by Residents [L]</i></p> <p>2:15 🎭 4th of July Fun Facts & Trivia [CR]</p> <p>3:30 🎮 Bingo [CR]</p> <p>6:00 🎬 Netflix Series: "The Crown" [TH]</p>	<p>Happy Fourth of July! 4</p> <p>9:15 🚶 Walking Club [FL]</p> <p>10:00 ❤️ Music in the Theater [TH]</p> <p>11:30 🎮 Fourth of July Cookout (11-1:30) [IDR]</p> <p>6:00 🎮 Movie: "John Wayne's Tribute to America" [TH]</p>	<p>9:00 🚗 Breakfast Outing: Duck Donuts [BO] 5</p> <p>9:15 🚶 Walking Club [FL]</p> <p>10:00 🚶 Morning Exercise [ER]</p> <p>11:00 🎴 <i>Poker - Led by Residents [P]</i></p> <p>1:00 🏠 <i>Ambassador Committee [L]</i></p> <p>1:15 🏠 Heritage Olympic Signups [CR]</p> <p>2:30 🎮 Happy Hour/Live Music [CR]</p> <p>6:00 🎬 Movie: "Unbroken, Path of Redemption" [TH]</p> <p>6:30 🎴 <i>Dominoes - Led by Residents [L]</i></p>	<p>9:15 🚶 Walking Club [FL] 6</p> <p>10:00 🦋 Daily Bread Devotional and Hymns [TH]</p> <p>1:15 🎮 <i>Wii Bowling & Golf [901GR]</i></p> <p>1:30 🎬 Movie: "Runaway Bride" [TH]</p> <p>2:00 🎮 AL Room Visits</p> <p>3:00 🎭 Creative Arts: Decorations for Heritage Olympics [AS]</p>	
	<p>Recharge with some self-care. 7</p> <p>11:00 🦋 Catholic Services [CH]</p> <p>2:00 🦋 Church Service w/ Pete Trimble [CH]</p>	<p>9:15 🚶 Walking Club [FL] 8</p> <p>10:00 🚗 Bank Run [BO]</p> <p>10:00 🚶 Morning Exercise [ER]</p> <p>11:00 🎴 <i>Poker - Led by Residents [P]</i></p> <p>1:15 🎮 <i>Wii Bowling [901GR]</i></p> <p>2:00 🎭 Yahtzee! [CR]</p> <p>2:45 🎮 Strut Your Stuff Social [CR]</p> <p>6:00 🎬 Modern Movie Night: "The Illusionist" [TH]</p>	<p>9:15 🚶 Walking Club [FL] 9</p> <p>10:00 🦋 Bible Study: East Shelby Church of Christ [CR]</p> <p>11:00 🦋 Catholic Service [CH]</p> <p>1:00 🚗 Kroger [BO]</p> <p>1:15 🚶 Move & Groove Exercise [ER]</p> <p>2:00 🎭 See the World: A Summer in Paris [TH]</p> <p>2:45 🎭 Kings in the Corner [CR]</p> <p>3:00 🎮 AL Activity: Room Visits</p> <p>3:30 🎮 Bingo [CR]</p> <p>6:00 🎬 Movie: "The Hound of Baskervilles" [TH]</p>	<p>9:15 🚶 Walking Club [FL] 10</p> <p>10:00 🚶 Morning Exercise [ER]</p> <p>10:30 🚗 Lunch Outing: Silver Caboose [BO]</p> <p>12:30 🎭 AL Activity: Whimsical Wednesday w/ Sierra [ADR]</p> <p>1:30 🏠 <i>Chit Chat with ED Sam [CH]</i></p> <p>2:00 🎭 <i>Bridge Club - Led by Residents [L]</i></p> <p>2:15 🎭 Creative Arts: Jewelry Making [AS]</p> <p>3:30 🏠 <i>Assisted Living Chit Chat w/ Sam [CH]</i></p> <p>6:00 🎬 Netflix Series: "The Crown" [TH]</p>	<p>9:15 🚶 Walking Club [FL] 11</p> <p>10:00 ❤️ Music in the Theater [TH]</p> <p>10:15 🎮 Tim the Produce Man [FL]</p> <p>1:00 🚗 Dollar Tree [BO]</p> <p>1:15 🎮 <i>Wii Bowling [901GR]</i></p> <p>2:00 ❤️ Comfort & Compassion Group [L]</p> <p>2:45 🎭 Headbanz Game [CR]</p> <p>3:00 🎮 AL Activity: Room Visits</p> <p>3:30 🎮 Bingo [CR]</p> <p>6:00 🎮 Movie: "Somewhere In Time" [TH]</p>	<p>9:00 🚗 Casino Outing: Fitzgerald's [BO] 12</p> <p>9:15 🚶 Walking Club [FL]</p> <p>10:00 🚶 Morning Exercise [ER]</p> <p>1:15 🎭 Giant KerPlunk! [COP]</p> <p>2:30 🎮 Happy Hour/Live Music [CR]</p> <p>6:00 🎬 Movie: "Rock, Pop and Doo Wop" [TH]</p> <p>6:30 🎴 <i>Dominoes - Led by Residents [L]</i></p>	<p>9:15 🚶 Walking Club [FL] 13</p> <p>10:00 🦋 Daily Bread Devotional and Hymns [TH]</p> <p>12:30 🎭 <i>Hand and Foot - Led by Residents [P]</i></p> <p>1:15 🎮 <i>Wii Bowling & Golf [901GR]</i></p> <p>1:30 🎬 Movie: "Walk the Line" [TH]</p> <p>2:00 🎮 AL Room Visits</p> <p>3:00 🎭 Creative Arts: Olympic Medals [AS]</p>
	<p>Recharge with some self-care. 14</p> <p>Self-care Sunday</p> <p>11:00 🦋 Catholic Services [CH]</p> <p>2:00 🦋 Church Service w/ Gregorio Barnett [CH]</p>	<p>9:15 🚶 Walking Club [FL] 15</p> <p>10:00 🚗 Bank Run [BO]</p> <p>10:00 🚶 Morning Exercise [ER]</p> <p>11:00 🎴 <i>Poker - Led by Residents [P]</i></p> <p>1:15 🎮 <i>Wii Bowling [901GR]</i></p> <p>1:30 🏠 <i>Food Committee [IDR]</i></p> <p>2:30 ❤️ Soothe Your Senses Spa [TH]</p> <p>4:00 🚗 Dinner Outing: Commissary BBQ [BO]</p> <p>6:00 🎬 Modern Movie Night: "Free Guy" [TH]</p>	<p>9:15 🚶 Walking Club [FL] 16</p> <p>10:00 🦋 Bible Study: East Shelby Church of Christ [CR]</p> <p>11:00 🦋 Catholic Service [CH]</p> <p>1:00 🚗 Kroger [BO]</p> <p>1:15 🚶 Move & Groove Exercise [ER]</p> <p>2:00 🎭 History: Who, What, or Where Am I? [TH]</p> <p>2:45 🎭 Kings in the Corner [CR]</p> <p>3:00 🎮 AL Activity: Room Visits</p> <p>3:30 🎮 Bingo [CR]</p> <p>6:00 🎬 Movie: "Ever After" [TH]</p>	<p>9:15 🚶 Walking Club [FL] 17</p> <p>10:00 🚶 Morning Exercise [ER]</p> <p>11:00 🎮 <i>Resident Appreciation Lunch Catered by Olive Garden [IDR]</i></p> <p>12:30 🎭 AL Activity: Whimsical Wednesday w/ Sierra [ADR]</p> <p>1:00 🏠 <i>Blood Pressure Check w/ Power Back Rehab [CR]</i></p> <p>1:30 🏠 <i>Activities Committee [CH]</i></p> <p>2:00 🎭 <i>Bridge Club - Led by Residents [L]</i></p> <p>2:00 🎮 Paris Paint & Photoshoot Party w/ Deb [CR]</p> <p>6:00 🎬 Netflix Series: "The Crown" [TH]</p>	<p>9:15 🚶 Walking Club [FL] 18</p> <p>10:00 ❤️ Music in the Theater [TH]</p> <p>10:15 🎮 Tim the Produce Man [FL]</p> <p>1:00 🚗 Walmart [BO]</p> <p>1:15 🎮 <i>Wii Bowling [901GR]</i></p> <p>2:30 🏠 <i>Voting: State/Federal Primary & General Election [TH]</i></p> <p>2:45 🎭 Headbanz Game [CR]</p> <p>3:00 🎮 AL Activity: Room Visits</p> <p>3:30 🎮 Bingo [CR]</p> <p>6:00 🎬 Movie: "Rollerball" [TH]</p>	<p>Words w/ Friends Day 19</p> <p>9:15 🚶 Walking Club [FL]</p> <p>10:00 🚶 Morning Exercise [ER]</p> <p>11:00 🎴 <i>Poker - Led by Residents [P]</i></p> <p>1:15 🎭 Scrabble Fun! [CR]</p> <p>2:30 🎮 Happy Hour/Live Music [CR]</p> <p>6:00 🎬 Movie: "Teacher's Pet" [TH]</p> <p>6:30 🎴 <i>Dominoes - Led by Residents [L]</i></p>	<p>National Lollipop Day 20</p> <p>9:15 🚶 Walking Club [FL]</p> <p>10:00 🦋 Daily Bread Devotional and Hymns [TH]</p> <p>12:30 🎭 Lollipop History & Trivia [CR]</p> <p>1:15 🎮 <i>Wii Bowling & Golf [901GR]</i></p> <p>1:30 🎬 Movie: "Willy Wonka and the Chocolate Factory" [TH]</p> <p>2:00 🎮 AL Room Visits</p> <p>3:00 🎭 Creative Arts: Sweet Treat Craft [AS]</p>

July 2024 Independent & Assisted Living Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recharge with some self-care. Self-care Sunday 11:00 🦋 Catholic Services [CH] 2:00 🦋 Church Service w/ Peace Tree [CH]	9:15 🚶 Walking Club [FL] 10:00 🚗 Bank Run [BO] 10:00 🚶 Morning Exercise [ER] 11:00 🎴 <i>Poker - Led by Residents [P]</i> 1:15 🎮 Wii Bowling [901GR] 2:00 🗣️ Wall of Honor Dedication Ceremony [CR] 6:00 🎬 Modern Movie Night: "A Walk in the Woods" [TH]	Vanilla Ice Cream Day 9:15 🚶 Walking Club [FL] 10:00 🦋 Bible Study: East Shelby Church of Christ [CR] 11:00 🦋 Catholic Service [CH] 11:00 🎴 See the World: Circling Iceland [TH] 1:00 🚗 Kroger [BO] 1:15 🚶 Move & Groove Exercise [ER] 2:00 🍷 Ice Cream Social [CR] 2:45 🎴 Kings in the Corner [CR] 3:00 🍷 AL Activity: Room Visits 3:30 🍷 Bingo [CR] 6:00 🎬 Movie: "The Sting" [TH]	Tell an Old Joke Day 9:15 🚶 Walking Club [FL] 10:00 🚶 Morning Exercise [ER] 12:30 🎴 AL Activity: Whimsical Wednesday w/ Sierra [ADR] 1:30 🗣️ <i>Chit Chat with ED Sam [CH]</i> 2:00 🎴 <i>Bridge Club - Led by Residents [L]</i> 2:00 🍷 New Resident Meet & Greet [CR] 3:30 🗣️ <i>Assisted Living Chit Chat w/ Sam [CH]</i> 6:00 🎬 Netflix Series: "The Crown" [TH]	Christmas in July! 9:15 🚶 Walking Club [FL] 10:00 ❤️ Christmas in July Music [TH] 10:15 🍷 Tim the Produce Man [FL] 1:00 🚗 Marshall's [BO] 1:15 🎮 Wii Bowling [901GR] 2:00 ❤️ Comfort & Compassion Group [L] 2:45 🍷 Christmas Cookie Decorating [CR] 3:30 🍷 Bingo [CR] 6:00 🎬 Movie: "Christmas with the Kranks" [TH]	9:15 🚶 Walking Club [FL] 10:00 🚶 Morning Exercise [ER] 11:00 🎴 <i>Poker - Led by Residents [P]</i> 12:30 ❤️ Summer Olympics Opening Ceremony Viewing [TH] 2:30 🍷 Happy Hour/Live Music [CR] 6:00 🎬 Movie: "Sneakers" [TH] 6:30 🎴 <i>Dominoes - Led by Residents [L]</i>	National Day of the Cowboy 9:15 🚶 Walking Club [FL] 10:00 🦋 Daily Bread Devotional and Hymns [TH] 12:30 🎴 <i>Hand and Foot - Led by Residents [P]</i> 1:15 🎮 Wii Bowling & Golf [901GR] 1:30 🎬 Movie: "The War Wagon" [TH] 2:00 🍷 AL Room Visits 3:30 🍷 Saturday Bingo [CR]

Recharge with some self-care. Self-care Sunday 11:00 🦋 Catholic Services [CH] 2:00 🦋 Gospel Music w/ Johnson & Johnson [CR]	Lipstick Day 9:15 🚶 Walking Club [FL] 10:00 🚗 Bank Run [BO] 10:00 🚶 Morning Exercise [ER] 11:00 🎴 <i>Poker - Led by Residents [P]</i> 1:15 🎮 Wii Bowling [901GR] 2:00 🎴 What's Cooking w/ Margie [P] 3:00 🍷 Heritage Olympic Opening Ceremony [CR] 6:00 🎬 Modern Movie Night: "And So It Goes" [TH]	Friendship Day 9:15 🚶 Walking Club [FL] 10:00 🦋 Bible Study: East Shelby Church of Christ [CR] 11:00 🦋 Catholic Service [CH] 1:00 🚗 Kroger [BO] 1:15 🚶 Move & Groove Exercise [ER] 2:00 🎴 History: Who, What, or Where Am I? [TH] 2:45 🎴 Kings in the Corner [CR] 3:00 🍷 AL Activity: Room Visits 3:30 🍷 Bingo [CR] 6:00 🎬 Movie: "The Bucket List" [TH]	9:15 🚶 Walking Club [FL] 10:00 🚶 Morning Exercise [ER] 12:30 🎴 AL Activity: Whimsical Wednesday w/ Sierra [ADR] 1:15 🎴 Coloring Club [CR] 2:00 🎴 <i>Bridge Club - Led by Residents [L]</i> 2:30 🎴 <i>Dominoes - Led by Residents [CR]</i> 6:00 🎬 Netflix Series: "The Crown" [TH]
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Please sign up at the front desk for activities in **black bold lettering.**

"Strive not to be a success, but rather to be of value."
— Albert Einstein



- ❤️ Emotional
- 🎬 Emotional
- 🏥 Health Services
- 🎴 Intellectual
- 🚗 Outing

- 🚶 Physical
- 🗣️ Purposeful
- 🍷 Social
- 🦋 Spiritual

- 901 Game Room-3rd Floor 901GR
 AL Dining Room-1st Floor ADR
 Art Studio-3rd Floor AS
 Bus Outing BO
 Café Outside Patio COP

- Location Keys**
 Chapel-1st Floor
 Club Room-1st Floor
 Exercise Room-2nd Floor
 Front Lobby

- CH IL Dining Room-1st Floor
 CR Library-3rd Floor
 ER Pub-1st Floor
 FL Theater-1st Floor

- IDR
 L
 P
 TH

