

August 2026
Independent & Assisted Living Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 HERITAGE AT IRENE WOODS <i>A Rose Senior Living Community</i>	Sign up at the Front Desk for all activities in black bold lettering Cutoff for sign up is 10:30 AM the day of for Tues/Thurs shopping outings	Emotional Health Services Intellectual Outing Physical Purposeful Social Spiritual Video	901 Game Rm AL Dining Rm Art Studio Bistro Bus Outing Chapel Club Rm Exercise Rm	Location Keys 901 Exercise Rm #2 ADR Front Lobby AS Grand Dining Rm B Library BO Pub CH The Evergreen Lounge CR Theater ER	ER2 FL GDR L P TEL TH	9:00 Staff AL Room Visits Throughout the Day 10:00 Daily Bread Devotional & Hymns [TH] 11:00 Visiting in Memory Care [FL] 12:30 Creative Arts: Tissue Paper Butterflies [AS] 1:30 Movie: "Legally Blonde" [TH] 2:00 Wii Bowling with Activity Staff [901] 2:30 Chair Yoga 2 - Led by Residents [ER2] 3:00 Games in the Bistro with Cait [B]
9:15 Perk Up & Chat [B] 11:00 Catholic Services [CH] 1:30 Coloring & Jigsaw Puzzles - Led by Residents [AS] 2:00 Bridge - Led by Residents [L] 2:00 Church Service w/ Pete Trimble [CH] 2	9:00 Staff AL Room Visits Throughout the Day 9:15 Perk up & Chat with Activity Staff [B] 10:00 Bank Run [BO] 10:00 Exercise with Powerback [ER] 11:00 Poker - Led by Residents [P] 12:30 Wii Bowling w/ Activity Staff [901] 1:30 Resident Council [CH] 2:00 Mahjong - Led by Residents [P] 2:30 Soothe Your Senses Spa [TH] 3:00 Social Hour [TEL] 6:00 Bingo Fun w/ Sierra [CR] Series: "Golden Girls" S3, E19, 20, 21, & 22 [TH] 3	9:00 National Coast Guard Day 9:00 Staff AL Room Visits Throughout the Day 9:15 Perk Up & Chat with Activity Staff [B] 10:00 Bible Study with Lee [CR] 10:00 Morning Reset [ER2] 11:00 Catholic Service [CH] 11:30 Kroger [BO] 12:30 Sunshine Club [AS] 1:00 Spintopia w/ Activity Staff [TH] 2:00 Chair Yoga 1 [ER2] 2:00 Chicken Foot - Led by Residents [CR] 2:15 Who, What, When, & Where? [TH] 3:00 Social Hour [P] 3:30 Bingo [CR] 6:00 Movie: "Death on the Nile" [TH] 4	9:00 Staff AL Room Visits Throughout the Day 9:15 Perk Up & Chat w/ Activity Staff [B] 10:00 Exercise with Activity Staff [ER] 11:30 Assisted Living Chit Chat w/ Sam & Leadership [ADR] 1:00 Blood Pressure Check w/ Power Back Rehab [CR] 1:30 Chit Chat w/ Sam & Leadership [CH] 2:00 Bloom Buddies [CR] 2:00 Veterans of Heritage Monthly Meeting [P] 2:15 Movie Committee [TH] 2:30 Book Club - Led by Residents [L] 3:00 Social Hour [TEL] 6:00 Series: "Downton Abbey" S6, E1 & 2 [TH] 5	9:00 Staff AL Room Visits Throughout the Day 9:15 Perk Up & Chat with Activity Staff [B] 10:00 Arm Chair Travels: Hiking the Pacific Northwest Trail [TH] 10:00 Bridge - Led by Residents [L] 10:00 Morning Reset [ER2] 10:20 Tim the Produce Man [FL] 11:30 Walmart [BO] 12:30 Creative Arts: Open Studio w/ Sierra [AS] 1:15 Wii Bowling with Activity Staff [901] 2:00 Chair Yoga 1 [ER2] 2:15 Jeopardy w/ Cait [TH] 3:00 Social Hour [P] 3:30 Bingo [CR] 6:00 Movie: "Rocky III" [TH] 6	Elvis Week Kickoff: 50's Attire National Purple Heart Day 9:15 Perk Up & Chat with Activity Staff [B] 10:00 Exercise with Powerback [ER] 10:15 Elvis History: A Life From Beginning To End [TH] 11:00 Poker - Led by Residents [P] 12:45 Computer & Technology Basics w/ Heaven-Leigh [L] 12:45 Staff AL Room Visits (until 2:00 PM) 2:00 Live Music by Elvis [GDR] 3:00 Kings in the Corner - Led by Residents [CR] 3:00 Rick Steves' Travels [TH] 6:00 Mexican Train Dominoes - Led by Residents [L] 6:00 Movie: "Elvis" [TH] 7	9:00 Staff AL Room Visits Throughout the Day 10:00 Daily Bread Devotional & Hymns [TH] 11:00 Visiting in Memory Care [FL] 12:00 Hand and Foot - Led by Residents [P] 12:30 Creative Arts: Vinyl Record Design [AS] 1:30 Movie: "A Man Called Otto" [TH] 2:00 Wii Bowling with Activity Staff [901] 3:00 Chicken Foot with Heaven-Leigh [CR] 8
9:15 Perk Up & Chat [B] 11:00 Catholic Services [CH] 1:30 Coloring & Jigsaw Puzzles - Led by Residents [AS] 2:00 Bridge - Led by Residents [L] 2:00 Church Service w/ Mark Whitby [CH] 9	Elvis Week: Wear Your Elvis T-Shirts/ Accessories National Agent Orange Awareness Day 9:00 Staff AL Room Visits Throughout the Day 9:15 Perk Up & Chat with Activity Staff [B] 10:00 Bank Run [BO] 10:00 Exercise with Powerback [ER] 11:00 Poker - Led by Residents [P] 12:30 Wii Bowling w/ Activity Staff [901] 1:15 Spintopia: Elvis Edition w/ Activity Staff [TH] 1:30 Mahjong - Led by Residents [P] 2:00 Monday Matinee: EPIC: Elvis Presley in Concert [TH] 3:00 Social Hour [TEL] 6:00 Series: "Golden Girls" S3, E23, 24, 25 & S4, E1 [TH] 10	Elvis Week: Wear Black & White 9:00 Staff AL Room Visits Throughout the Day 9:15 Perk Up & Chat with Activity Staff [B] 10:00 Bible Study with Lee [CR] 10:00 Morning Reset [ER2] 10:15 Elvis Gospel Music [TH] 11:00 Catholic Service [CH] 11:30 Kroger [BO] 12:30 Sunshine Club [AS] 1:00 Kings in the Corner w/ Activity Staff [CR] 2:00 Chair Yoga 1 [ER2] 2:00 Chicken Foot - Led by Residents [CR] 2:15 Jailhouse Rock Social [B] 3:00 Social Hour [P] 3:30 Bingo [CR] 6:00 Movie: "Jailhouse Rock" [TH] 11	Elvis Week: Wear Western Attire 9:00 Staff AL Room Visits Throughout the Day 9:15 Perk Up & Chat w/ Activity Staff [B] 10:00 Exercise with Activity Staff [ER] 10:15 Soothe Your Senses Spa [TH] 10:30 Lunch Outing: Arcade Diner [BO] 1:00 Beach Ball Volleyball [ER] 2:00 Bloom Buddies [CR] 2:15 Swat Ball [ER2] 3:00 Social Hour [TEL] 3:15 Billiards & Tabletop Shuffleboard [901] 4:00 Steak Night Dinner [GDR] 6:00 Movie: "Flaming Star" [TH] 12	Elvis Week: Wear Sparkle, Glitz, and Glam 9:00 Staff AL Room Visits Throughout the Day 9:15 Perk Up & Chat with Activity Staff [B] 10:00 Bridge - Led by Residents [L] 10:00 Elvis Week: Music in the Theatre [TH] 10:00 Morning Reset [ER2] 10:20 Tim the Produce Man [FL] 11:30 Dollar Tree [BO] 12:30 Crochet & Knit Circle w/ Sierra [AS] 1:15 Wii Bowling with Activity Staff [901] 2:00 Chair Yoga 1 [ER2] 2:15 Creative Arts: Jewelry Making [AS] 3:00 Social Hour [P] 3:30 Bingo [CR] 6:00 Movie: "Viva Las Vegas" [TH] 13	Elvis Week: Wear Hawaiian Attire 9:15 Perk Up & Chat with Activity Staff [B] 10:00 Exercise with Powerback [ER] 10:15 Elvis History: Graceland [TH] 11:00 Poker - Led by Residents [P] 12:45 Computer & Technology Basics w/ Heaven-Leigh [L] 12:45 Staff AL Room Visits (until 2:00 PM) 1:00 Ambassador Committee [P] 2:00 Blue Hawaiian Luau w/ Live Music [CR] 3:00 Kings in the Corner - Led by Residents [CR] 3:00 Rick Steves' Travels [TH] 6:00 Mexican Train Dominoes - Led by Residents [L] 6:00 Movie: "Blue Hawaii" [TH] 14	9:00 Staff AL Room Visits Throughout the Day 10:00 Daily Bread Devotional & Hymns [TH] 11:00 Visiting in Memory Care [FL] 12:30 Creative Arts: DIY Suncatchers [AS] 1:30 Movie: "Sister Act" [TH] 2:00 Wii Bowling with Activity Staff [901] 2:30 Chair Yoga 2 - Led by Residents [ER2] 3:00 Games in the Bistro with Cait [B] 15

August 2026 Independent & Assisted Living Calendar													
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
9:15 🌿 <i>Perk Up & Chat [B]</i> 11:00 🕯️ <i>Catholic Services [CH]</i> 1:30 🎲 <i>Coloring & Jigsaw Puzzles - Led by Residents [AS]</i> 2:00 🎲 <i>Bridge - Led by Residents [L]</i> 2:00 🕯️ <i>Church Service w/ Johnson & Johnson [CH]</i> 16		Back to School: Wear Your Nerdiest Attire 9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 ❤️ <i>Perk up & Chat with Activity Staff [B]</i> 10:00 🚗 <i>Bank Run [BO]</i> 10:00 ➡️ <i>Exercise with Powerback [ER]</i> 11:00 🎲 <i>Poker - Led by Residents [P]</i> 12:30 ➡️ <i>Wii Bowling w/ Activity Staff [901]</i> 1:00 🎲 <i>Are You Smarter than a Fifth Grader? [TH]</i> 1:00 🏠 <i>Library Committee [L]</i> 1:30 🏠 <i>Food Committee [TEL]</i> 1:30 🎲 <i>Mahjong - Led by Residents [P]</i> 2:30 ❤️ <i>Soothe Your Senses Spa [TH]</i> 3:00 🌿 Social Hour [TEL] 4:00 🚗 <i>Dinner Field Trip: Piccadilly [BO]</i> 6:00 📺 Series: "Golden Girls" S4, E2, 3, 4, & 5 [TH] 17		Back to School: Twin Day 9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 🌿 Perk Up & Chat with Activity Staff [B] 10:00 🕯️ Bible Study with Lee [CR] 10:00 ❤️ Morning Reset [ER2] 11:00 🕯️ <i>Catholic Service [CH]</i> 11:30 🚗 <i>Kroger [BO]</i> 12:30 🏠 Sunshine Club [AS] 1:00 🎲 Kings in the Corner w/ Activity Staff [CR] 2:00 ➡️ <i>Chair Yoga 1 [ER2]</i> 2:00 🎲 Chicken Foot - Led by Residents [CR] 2:00 🎲 <i>Heritage Spelling Bee [CR]</i> 3:00 🌿 Social Hour [P] 3:30 🎲 Bingo [CR] 6:00 📺 Movie: "Turner & Hooch" [TH] 18		Back to School: Wear your Sports Attire 9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 🌿 Perk Up & Chat w/ Activity Staff [B] 10:00 ➡️ <i>Exercise with Activity Staff [ER]</i> 11:30 🏠 <i>Assisted Living Chit Chat w/ Sam & Leadership [ADR]</i> 12:30 🏠 <i>Bloom Buddies [CR]</i> 1:00 🏠 Blood Pressure Check w/ Power Back Rehab [CR] 1:30 🏠 <i>Chit Chat w/ Sam & Leadership [CH]</i> 2:15 ➡️ Basketball Madness [CR] 3:00 🌿 <i>New Resident Meet & Greet [CR]</i> 5:30 🚗 <i>Redbirds Field Trip [BO]</i> 6:00 📺 Series: "Downton Abbey" S6, E3 & 4 [TH] 19		Back to School: Wear Your Throwback Attire 9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 🌿 Perk Up & Chat with Activity Staff [B] 10:00 🎲 <i>Bridge - Led by Residents [L]</i> 10:00 🎲 <i>Exploring the Louvre: From Fortified Castle to the World's Largest Palace [TH]</i> 10:00 🚗 <i>Monthly Forever Young Veterans Meeting [BO]</i> 10:00 ❤️ <i>Morning Reset [ER2]</i> 10:20 🏠 <i>Tim the Produce Man [FL]</i> 11:30 🚗 <i>Walmart [BO]</i> 12:30 🎲 <i>Creative Arts: Felt Tie-Knot Pillows [CR]</i> 1:15 ➡️ <i>Wii Bowling with Activity Staff [901]</i> 2:00 ➡️ <i>Chair Yoga 1 [ER2]</i> 2:15 🎲 <i>Cooking Demo with Cait [AS]</i> 3:00 🌿 Social Hour [P] 3:30 🎲 Bingo [CR] 6:00 📺 Movie: "Payment on Demand" [TH] 20		Back to School: Wear Burgundy 9:15 🌿 Perk Up & Chat with Activity Staff [B] 10:00 ➡️ <i>Exercise with Powerback [ER]</i> 10:15 🎲 <i>History: JFK Plunges Into the Political Jungle [TH]</i> 11:00 🎲 <i>Poker - Led by Residents [P]</i> 12:45 🎲 Computer & Technology Basics w/ Heaven-Leigh [L] 12:45 🌿 Staff AL Room Visits (until 2:00 PM) 1:15 🏠 <i>Interest Meeting for Riverboat Cruise w/ Sierra [TH]</i> 2:00 🌿 <i>Senior Homecoming Happy Hour w/ Live Music [CR]</i> 3:00 🎲 <i>Kings in the Corner - Led by Residents [CR]</i> 3:00 📺 Rick Steves' Travels [TH] 6:00 🎲 <i>Mexican Train Dominoes - Led by Residents [L]</i> 6:00 📺 Movie: "Fiddler on the Roof" [TH] 21		9:00 🌿 Staff AL Room Visits Throughout the Day 10:00 🕯️ <i>Daily Bread Devotional & Hymns [TH]</i> 11:00 🏠 Visiting in Memory Care [FL] 12:00 🎲 <i>Hand and Foot - Led by Residents [P]</i> 12:30 🎲 <i>Creative Arts: Felt Name Flags [AS]</i> 1:30 📺 Movie: "Forever My Girl" [TH] 2:00 ➡️ <i>Wii Bowling with Activity Staff [901]</i> 3:00 🎲 Chicken Foot with Heaven-Leigh [CR] 22	
9:15 🌿 <i>Perk Up & Chat [B]</i> 11:00 🕯️ <i>Catholic Services [CH]</i> 1:30 🎲 <i>Coloring & Jigsaw Puzzles - Led by Residents [AS]</i> 2:00 🕯️ <i>Gospel Music w/ Peace Tree [CR]</i> 23		9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 🌿 Perk Up & Chat with Activity Staff [B] 10:00 🚗 <i>Bank Run [BO]</i> 10:00 ➡️ <i>Exercise with Powerback [ER]</i> 11:00 🎲 <i>Poker - Led by Residents [P]</i> 12:30 ➡️ <i>Wii Bowling w/ Activity Staff [901]</i> 1:00 🎲 <i>Boggle & Word Games w/ Sierra [B]</i> 1:30 🎲 <i>Mahjong - Led by Residents [P]</i> 2:15 ➡️ <i>Swat Ball [ER2]</i> 3:00 🌿 Social Hour [TEL] 6:00 📺 Series: "Golden Girls" S4, E6, 7, 8, & 9 [TH] 24		9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 🌿 Perk Up & Chat with Activity Staff [B] 10:00 🕯️ Bible Study with Lee [CR] 10:00 ❤️ <i>Morning Reset [ER2]</i> 11:00 🕯️ <i>Catholic Service [CH]</i> 11:30 🚗 <i>Kroger [BO]</i> 12:30 🏠 Sunshine Club [AS] 1:00 🎲 <i>Signature Scents Workshop [CR]</i> 2:00 ➡️ <i>Chair Yoga 1 [ER2]</i> 2:00 🎲 Chicken Foot - Led by Residents [CR] 2:15 🎲 <i>Trivia w/ Heaven-Leigh [TH]</i> 3:00 🌿 Social Hour [P] 3:30 🎲 Bingo [CR] 6:00 📺 Movie: "The Graduate" [TH] 25		National Dog Day 9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 🌿 Perk Up & Chat w/ Activity Staff [B] 10:00 ➡️ <i>Exercise with Activity Staff [ER]</i> 10:15 ❤️ <i>Soothe Your Senses Spa [TH]</i> 1:00 ➡️ <i>Beach Ball Volleyball [ER]</i> 2:00 🏠 Bloom Buddies [CR] 2:30 🎲 <i>Kings in the Corner - Led by Residents [CR]</i> 3:00 🌿 Social Hour [TEL] 3:15 🎲 <i>Rummikub w/ Activity Staff [CR]</i> 6:00 📺 Series: "Downton Abbey" S6, E5 & 6 [TH] 26		9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 🌿 Perk Up & Chat with Activity Staff [B] 9:30 🚗 <i>Shop & Eat: Tanger Outlet & El Agave Mexican Grill [BO]</i> 10:00 🎲 <i>Arm Chair Travels: Oxford, England [TH]</i> 10:00 🎲 <i>Bridge - Led by Residents [L]</i> 10:00 ❤️ Morning Reset [ER2] 10:20 🏠 <i>Tim the Produce Man [FL]</i> 12:30 🎲 <i>Crochet & Knit Circle w/ Sierra [AS]</i> 1:15 ➡️ <i>Wii Bowling with Activity Staff [901]</i> 2:00 ➡️ <i>Chair Yoga 1 [ER2]</i> 2:15 🎲 <i>Jeopardy w/ Cait [TH]</i> 3:00 🌿 Social Hour [P] 3:30 🎲 Bingo [CR] 6:00 📺 Movie: "Summertime" [TH] 27		9:15 🌿 Perk Up & Chat with Activity Staff [B] 10:00 ➡️ <i>Exercise with Powerback [ER]</i> 10:15 🎲 <i>History: The Kennedy Political Machine [TH]</i> 11:00 🎲 <i>Poker - Led by Residents [P]</i> 12:45 🎲 Computer & Technology Basics w/ Heaven-Leigh [L] 12:45 🌿 Staff AL Room Visits (until 2:00 PM) 2:00 🌿 <i>Birthday Bash w/ Live Music [CR]</i> 3:00 🎲 <i>Kings in the Corner - Led by Residents [CR]</i> 3:00 📺 Rick Steves' Travels [TH] 6:00 🎲 <i>Mexican Train Dominoes - Led by Residents [L]</i> 6:00 📺 Movie: "Les Miserables" [TH] 28		9:00 🌿 Staff AL Room Visits Throughout the Day 10:00 🕯️ <i>Daily Bread Devotional & Hymns [TH]</i> 11:00 🏠 Visiting in Memory Care [FL] 12:30 🎲 <i>Creative Arts: Open Studio w/ Cait [AS]</i> 1:30 📺 Movie: "Ladies in Lavendar" [TH] 2:00 ➡️ <i>Wii Bowling with Activity Staff [901]</i> 3:00 🌿 Saturday Bingo [CR] 29	
9:15 🌿 <i>Perk Up & Chat [B]</i> 11:00 🕯️ <i>Catholic Services [CH]</i> 1:30 🎲 <i>Coloring & Jigsaw Puzzles - Led by Residents [AS]</i> 2:00 🎲 <i>Bridge - Led by Residents [L]</i> 2:00 🕯️ <i>Church Service w/ Brother Jim [CH]</i> 30		9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 ❤️ <i>Perk up & Chat with Activity Staff [B]</i> 9:30 🚗 <i>Casino Outing: Fitzgerald [BO]</i> 10:00 🚗 <i>Bank Run [BO]</i> 10:00 ➡️ <i>Exercise with Powerback [ER]</i> 11:00 🎲 <i>Poker - Led by Residents [P]</i> 12:30 ➡️ <i>Wii Bowling w/ Activity Staff [901]</i> 1:00 🏠 <i>Wheelchair and Walker Tune Up [CR]</i> 1:30 🎲 <i>Mahjong - Led by Residents [P]</i> 2:30 ❤️ <i>Soothe Your Senses Spa [TH]</i> 3:00 🌿 Social Hour [TEL] 6:00 📺 Series: "Golden Girls" S4, E10, 11, 12, & 13 [TH] 31		Save the Date! Fall Fest 2026 Saturday September 26th 11:00 AM- 1:30 PM		“Be sure you put your feet in the right place, then stand firm.” — Abraham Lincoln		Please contact Sierra Mobley, Director of Life Enrichment, with any questions regarding activities by calling (901) 509-6040					