



HERITAGE

Assisted Living



• Everyday - 1:00 Walking Club (weather permitting) • Every Tuesday - 1:00 Walmart • Every Wednesday - 11:30 Lunch Outing • Every Thursday - 1:00 Mall Walks

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](#)