Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LR = Living Room TR = Theater Room CK = Country Kitchen AR = Activity Room BP = Back Patio CR = Conference Room L = Lobby FE = Front Entrance	Heritage J U	ello Springs NE	Father's DAY	Happy Birthday Marian Chudner! 1 9:00 Coffee and News at the Bistro 10:00 Simple Stretching at the Bistro 10:30 Health Talk with Carol (B) 1:00 BINGO with Tracy from Hospice Services of Nevada (AR) 2:30 Holy Rosary w/ Bonnie (CR) 3:00 Easy Ice Box Desserts w/ Carol (CK) 5:30 Nature Series at the Bistro: Life in Color	National Bubba Day29:00Coffee and News at the Bistro10:00Mindfulness Meditation (B)11:00Foodie Run to Samurai Sams1:00Newspaper Read Aloud (LR)1:30Make Fancy Scarves w/ Connie (B)2:00Shopping at Family Dollar Store3:00Rootbeer Floats at the Bistro5:30Netflix Series at the Theater:FUBAR	Doughnut Day 3 9:00 Coffee and News at the Bistro 9:00 Catholic Services (TR) 10:00 Chair Tai Chi (B) 10:30 Nine Letter Puzzle (B) 1:00 BINGO (AR) 2:00 Scenic Travels on YouTube (TR) 3:00 Happy Hour with Michael (LR) *Serving Popcorn and Soda Pop* 5:30 Resident's Movie Choice (TR)
Hug Your Cat Day48:30David Jeremiah on TV Channel 269:00Joel Osteen on TV Channel 269:30Easter Mass on TV Channel 1210:00Scenic Train Ride - YouTube (B)1:00Large Word Find Puzzles (B)2:00Resident's Choice Movie (B)5:30Netflix Series at the Bistro: BRIDGERTON - Season One	National Veggie Burgers Day59:00Chair Yoga with Gee (BP)10:00Weekly Trivia w/ Roger (LR)1:00Bingo with Julie & Bryan from Brighton Health (AR)2:30After Lunch Brain Crunch Various Puzzle Page (B)4:00NBA FINALS- Channel 18 TNT (B)5:30Resident's Movie Choice (B)	Russian Language Day69:00Coffee and News at the Bistro10:00Range of Motion Exercises (B)10:30Which is Which Trivia (B)1:00Left Center Right Dice Game (TR)2:00Learn How to Speak Russian (B)3:00Shopping at Walmart5:30Prime Movie at the Theater: CITADEL	World Caring Day79:00Coffee and News at the Bistro10:00Chair Zumba (B)10:30Hydroponics 101: Full Sun Plants (BP)1:00BINGO at the Activity Room2:30Scenic Train Ride on YouTube (TR)3:00June Birthday Bash w/ Tom Mazzaro *Serving Birthday Cake & Drinks*5:30Oldies but Goodies Movie: The Angriest Man in Brooklyn	Ghostbusters Day 8 9:00 Coffee and News at the Bistro 10:00 Simple Stretching at the Bistro 10:30 Health Talk with Carol (B) 1:00 BINGO with Tracy from Hospice Services of Nevada (AR) 2:30 Holy Rosary w/ Bonnie (CR) 3:00 Inspired Crafts with Tracy E. (B) 5:30 Paranormal Movie at the Theater: We Have a Ghost	Donald Duck Day99:00Coffee and News at the Bistro10:00Mindfulness Meditation (B)10:00Outing to Suncoast Casino1:30Newspaper Read Aloud (LR)1:30Make Fancy Scarves w/ Connie (B)2:00Shopping at 99 Cents Only Store3:00Rootbeer Floats at the Bistro5:30Netflix Series at the Theater:FUBAR	National Movie Night 10 9:00 Coffee and News at the Bistro 9:00 Catholic Services (TR) 10:00 Chair Tai Chi (B) 10:30 Nine Letter Puzzle (B) 1:00 BINGO at the Activity Room 2:00 RedBox Office Movie at the Theater : SHAZAM! Fury of the Gods *Serving Popcorn and Soda Pop* 5:30 Resident's Movie Choice (TR)
Corn on the Cob Day118:30David Jeremiah on TV Channel 269:00Joel Osteen on TV Channel 269:30Easter Mass on TV Channel 1210:00Scenic Train Ride - YouTube (B)1:00Large Word Find Puzzles (B)2:00Resident's Choice Movie (B)5:30Netflix Series at the Bistro: BRIDGERTON - Season One	Loving Day129:00Chair Yoga with Gee (BP)10:00Weekly Trivia w/ Roger (LR)1:00Bingo with Tina & Ayla from 1Care Health (AR)2:30After Lunch Brain Crunch Various Puzzle Page (B)4:00NBA FINALS- Channel 18 TNT (B)5:30Resident's Movie Choice (TR)	Roller Coaster Day139:00Coffee and News at the Bistro10:00Range of Motion Exercises (B)10:30Which is Which Trivia (B)1:00Left Center Right Dice Game (TR)2:00Afternoon Walk & Bird Watching3:00Shopping at Walmart5:30Prime Series at the Theater: CITADEL	Flag Day 14 9:00 Coffee and News at the Bistro 10:00 Resident Council Meeting and Food for Thought w/ Chef Celeste 100 1:00 BINGO at the Activity Room 2:30 Scenic Train Ride on YouTube (TR) 3:00 Wine Down Wednesday at the Bistro *Serving Wine, Cheese & Crackers* 5:30 Oldies but Goodies Movie: Just Getting Started	Nature Photography Day 15 9:00 Coffee and News at the Bistro 10:00 Simple Stretching at the Bistro 10:30 Health Talk with Carol (B) 1:00 BINGO with Tracy from Hospice Services of Nevada (AR) 2:30 Holy Rosary w/ Bonnie (CR) 3:00 Community Cooking Dinner (CK) 5:30 Nature Series at the Bistro: Life in Color	Stewarts Rootbeer Day169:00Coffee and News at the Bistro10:00Mindfulness Meditation (B)11:00Foodie Run to Bucca de Beppo1:00Newspaper Read Aloud (LR)1:30Make Fancy Scarves w/ Connie (B)2:00Shopping at Vons Supermarket3:00Rootbeer Floats at the Bistro5:30Netflix Series at the Bistro:FUBAR	Happy Birthday Teresa!179:00Coffee and News at the Bistro9:00Catholic Services (TR)10:00Chair Tai Chi (B)10:30Nine Letter Puzzle (B)1:00BINGO at the Activity Room2:00Scenic Travels on YouTube (TR)3:00Celebrate Fathers Day w/ Donna (B)5:30Resident's Movie Choice (TR)
Happy Father's Day188:30David Jeremiah on TV Channel 269:00Joel Osteen on TV Channel 269:30Catholic Mass on TV Channel 1210:00Scenic Train Ride - YouTube (B)1:00Large Word Find Puzzles (B)2:00Resident's Choice Movie (B)5:30Netflix Series at the Bistro: BRIDGERTON - Season One	 9:00 Chair Yoga with Gee (BP) 10:00 Weekly Trivia w/ Roger (LR) 1:00 Bingo with Kein from Covenant Health (AR) 2:30 After Lunch Brain Crunch Various Puzzle Page (B) 4:00 NBA FINALS- Channel 18 TNT (B) 5:30 Resident's Movie Choice (TR) 	National Productivity Day209:00Coffee and News at the Bistro10:00Range of Motion Exercises (B)10:30Which is Which Trivia (B)1:00Scenic Train Ride from YouTube (B)2:00Sip Tea & Watch Birds at the Patio3:00Shopping at Walmart5:30Prime Series at the Theater: CITADEL	World Handshake Day219:00Coffee and News at the Bistro10:00Chair Zumba (B)10:30Hydroponics 101: Bulbs & Seeds (BP)1:00BINGO at the Activity Room2:30Scenic Train Ride on YouTube (TR)3:00Happy Hour with Danny Mac (B)*Serving Chips and Drinks*5:30Oldies but Goodies Movie: Elsa & Fred	 9:00 Coffee and News at the Bistro 10:00 Simple Stretching at the Bistro 10:30 Health Talk with Carol (B) 1:00 BINGO with Tracy from Hospice Services of Nevada (AR) 2:30 Holy Rosary w/ Bonnie (CR) 3:00 Inspired Crafts w/ Tracy E. (B) 5:30 Nature Series at the Bistro: Life in Color 	 9:00 Coffee and News at the Bistro 9:00 Mindfulness Meditation (B) 11:00 Foodie Run to KOBE Sushi 1:00 Newspaper Read Aloud (LR) 1:30 Make Fancy Scarves w/ Connie (LR) 2:00 Shopping at Smith's Supermarket 3:00 Rootbeer Floats at the Bistro 5:30 Netflix Series at the Theater: FUBAR 	World UFO Day249:00Coffee and News at the Bistro9:00Catholic Services (TR)10:00Chair Tai Chi (B)10:30Nine Letter Puzzle (B)1:00BINGO at the Activity Room2:00RedBox Office Movie at the Theater: 80 for Brady *Serving Popcorn and Soda Pop*5:30Resident's Movie Choice (TR)
Color TV Day258:30David Jeremiah on TV Channel 269:00Joel Osteen on TV Channel 269:30Catholic Mass on TV Channel 1210:00Scenic Train Ride - YouTube (B)1:00Large Word Find Puzzles (B)2:00Resident's Choice Movie (B)5:30Netflix Series at the Bistro: BRIDGERTON - Season One	National Coconut Day269:30Chair Yoga with Gee (BP)10:00Weekly Trivia w/ Roger (LR)11:00Memorial Day Picnic at the Patio1:00Bingo with Torrie from PAM Rehab and Health (AR)2:30After Lunch Brain Crunch Various Puzzle Page (B)4:00NBA FINALS- Channel 18 TNT (B)5:30Resident's Movie Choice (TR)	National Sunglasses Day279:00Coffee and News at the Bistro10:00Range of Motion Exercises (B)10:30The History of Sunglasses (B)1:00Left Center Right Dice Game (TR)2:00Afternoon Walk & Bird Watching3:00Shopping at Walmart5:30Prime Series at the Theater: LITADEL	Tau Day289:00Coffee and News at the Bistro10:00Chair Zumba on YouTube (B)10:30Dot- to-Dot Therapy Puzzles (B)1:00BINGO at the Activity Room2:30Scenic Train Ride on YouTube (TR)3:00Happy Hour w/ Bobby Rumion (B) *Serving Drinks and Chips*5:30Oldies but Goodies Movie: My Cousin Vinny	World Camera Day299:00Coffee and News at the Bistro10:00Simple Stretching at the Bistro10:30Health Talk with Carol (B)1:00BINGO with Tracy from1:00Hospice Services of Nevada (AR)2:30Holy Rosary w/ Bonnie (CR)3:00Afternoon Walk and Birdwatching5:30Nature Series at the Bistro:Life in Color	Happy Birthday Dorothy!309:00Coffee and News at the Bistro10:00Mindfulness Meditation (B)11:00Foodie Run to Buffet of Asia1:00Newspaper Read Aloud (LR)1:30Fancy Scarves w/ Connie (LR)2:00Shopping at the Dollar Tree3:00Rootbeer Floats at the Bistro5:30Netflix Series at the Theater:FUBAR	Falher's Day

Heritage Springs Assisted Living Events

All Activities Subject to Change by the Life Enrichment Director