




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday Dorothy! 30 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Catholic Mass on TV Channel 12 10:00 Large Word Find Puzzles (B) 1:00 Short Stories with Amina (LR) 2:00 BRIDGERTON - Season Three (B) 3:00 Expoza Travel Destinations (B) 5:00 Netflix Documentary of the Week: Won't You Be My Neighbor? (B)			 <p>"To be the father of a nation is a great honor, but to be the father of a family is a greater joy" — Nelson Mandela</p>	L = Lobby TR = Theater Room CK = Country Kitchen AR = Activity Room BP = Back Patio CR = Conference Room LR = Living Room FE = Front Entrance	Happy Birthday Marian Ch! 1 9:00 Catholic Services (TR) 9:30 Coffee and News at the Bistro 10:00 Chair Tai Chi & Qi Gong (B) 10:30 Bible Verse Sharing at the Bistro 1:00 BINGO at the Activity Room 2:30 Happy Hour with Michael Sara (LR) 3:00 YouTube Train Ride w/ Jeb Brooks(B) 5:00 Netflix Travel Weekend at the Theater: Comedians in Cars Getting Coffee	
National Animal Rights Day 2 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Catholic Mass on TV Channel 12 10:00 Large Word Find Puzzles (B) 2:00 Netflix Series at the Bistro: BRIDGERTON - Season Three 3:00 Expoza Travel Destinations (B) 5:00 Netflix Documentary of the Week: Call Me Kate (B)	World Bicycle Day 3 9:00 Walking Club with Roger (FE) 10:00 LEAP Fitness Yoga on YouTube (B) 1:00 Bingo with Julie and Bryan Brighton Health (AR) 2:00 Board Games w/ Special Guests (B) 3:00 Nine Letter Puzzle (B) 4:00 MLB Regular Season Games (TR) 5:00 Netflix Travel Series at the Bistro: Down to Earth with Zac Efron	Audacity of Hope Day 4 9:00 Coffee and News at the Bistro 10:00 Range of Motion Exercises (B) 10:30 This Week's Activity Highlights (B) 1:00 Weekly Menu Meeting (DR) 2:00 Scrabble Club with Roger (B) 3:00 Shopping at Walmart 5:00 Netflix Mystery Series: Files of the Unexplained (TR)	Baby Boomers Recognition Day 5 9:00 Coffee and News at the Bistro 10:00 Chair Dancing Fitness (B) 10:30 Jeopardy Trivia on YouTube (B) 1:00 BINGO at the Activity Room 3:00 Summer Karaoke Fun with Carol (B) *Serving Frozen Delights* 5:00 Netflix Nature Series: Our Great National Parks (TR)	Russian Language Day 6 9:00 Coffee and News at the Bistro 10:00 Simple Stretching at the Bistro 10:30 Learn some Russian Phrases (B) 1:00 Aging With Grace with Hope (B) 3:00 Let's Bake Cookies with David (CK) 3:00 Holy Rosary w/ Bonnie (CR) 5:00 Netflix Documentary Movies: Secrets of the Neanderthals (TR)	World Caring Day 7 9:00 Coffee and News at the Bistro 9:30 Mindfulness Meditation (B) 10:00 Spot the Difference on YouTube (B) 11:00 Foodie Run To Archi's Bistro 2:00 Scrabble Club with Roger (B) 2:00 Easy Amigurumi with Connie (B) 3:00 Shopping at the Daiso Store 5:00 Netflix Movie of the Week: Our Residents' Choice (TR)	Ghostbusters Day & Milk Day 8 9:00 Catholic Services (TR) 9:30 Coffee and News at the Bistro 10:00 Chair Tai Chi & Qi Gong (B) 10:30 Bible Verse Sharing at the Bistro 1:00 BINGO at the Activity Room 2:00 Simple Manicures with Carol (AR) 3:00 Enjoy Fruity Milkshakes at the Bistro 5:00 Featured Movie at the Theater: WE HAVE A GHOST
Toy Industry Day 9 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Catholic Mass on TV Channel 12 10:00 Large Word Find Puzzles (B) 1:00 Short Stories with Amina (LR) 2:00 BRIDGERTON - Season Three 3:00 Expoza Travel Destinations (B) 5:00 Netflix Documentary of the Week: Bombshell- Hedy Lamar Story (B)	Iced Tea Day 10 9:00 Walking Club with Roger (FE) 10:00 LEAP Fitness Yoga on YouTube (B) 1:00 Bingo with Eileen from Comfort Home Health (AR) 2:00 Board Games w/ Special Guests (B) 3:00 Nine Letter Puzzle (B) 4:00 MLB Regular Season Games (TR) 5:00 Netflix Travel Series at the Bistro: Down to Earth with Zac Efron	National Egg Roll Day 11 9:00 Coffee and News at the Bistro 10:00 Range of Motion Exercises (B) 10:30 This Week's Activity Highlights (B) 1:00 Weekly Menu Meeting (DR) 1:10 Tea Tasting with Chef Celeste (DR) 2:00 Let's Make Egg Rolls with Pauline (CK) 2:00 Scrabble Club with Roger (B) 3:00 Shopping at Albertsons 5:00 Netflix Mystery Series at the Theater	Filipino Day 12 9:00 Coffee and News at the Bistro 10:00 Resident Council Meeting and Food for Thought with Chef Celeste 11:00 Filipino Day Luncheon (DR) 1:00 BINGO at the Activity Room 3:00 OPM Karaoke Fun with Staff (B) *Let's Enjoy Halo Halo* 5:00 Netflix Featured Filipino Movie: GomBurZa (TR)	Axe Throwing Day 13 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 at the Activity Room 2:00 Paper Basket Weaving with Carol (B) 3:00 Let's Bake Cookies with David (CK) 3:00 Holy Rosary w/ Bonnie (CR) 5:00 Netflix Documentary Movies: UNKNOWN : The Lost Pyramid (TR)	Flag Day 14 9:00 Coffee and News at the Bistro 9:30 Mindfulness Meditation (B) 10:00 Outing at the Rampart Casino 2:00 Easy Amigurumi with Connie (B) 2:00 Scrabble Club with Roger (B) 3:00 Shopping at Sprouts 5:00 Netflix Movie of the Week: Our Residents' Choice (TR)	National Lobster Day 15 9:00 Catholic Services (TR) 9:30 Coffee and News at the Bistro 10:00 Chair Tai Chi & Qi Gong (B) 10:30 Weekly Bible Verse Sharing (B) 1:00 BINGO at the Activity Room 3:00 Celebrating Father's Day w/ Donna (B) *Serving Drinks & Snacks* 5:00 Netflix Travel Weekend at the Theater: Comedians in Cars Getting Coffee
Father's Day 16 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Catholic Mass on TV Channel 12 11:00 Father's Day Luncheon (DR) 2:00 Father's Day Featured Movie: NEIGHBORS (B) 3:00 Expoza Travel Destinations (TR) 5:00 Father's Day Featured Movie: GROWN UPS (B) (TR)	Happy Birthday Teresa! 17 9:00 Walking Club with Roger (FE) 10:00 LEAP Fitness Yoga on YouTube (B) 1:00 Bingo with Danielle from Covenant Health (AR) 2:00 Board Games w/ Special Guests (B) 3:00 Nine Letter Puzzle (B) 4:00 MLB Regular Season Games (TR) 5:00 Netflix Travel Series at the Bistro: Down to Earth with Zac Efron	International Sushi Day 18 9:00 Coffee and News at the Bistro 10:00 Range of Motion Exercises (B) 10:30 This Week's Activity Highlights (B) 1:00 Weekly Menu Meeting (DR) 2:00 Scrabble Club with Roger (B) 3:00 Shopping at Smith's 5:00 Netflix Mystery Series: Files of the Unexplained (TR)	Juneteenth 19 7:00 Monthly Signature Breakfast (DR) 10:00 Chair Dancing Fitness (B) 10:30 Jeopardy Trivia on YouTube (B) 1:00 BINGO at the Activity Room 3:00 Life's Journey with Monica (B) *Serving Wine, Cheese & Crackers* 5:00 Netflix Nature Series: Our Great National Parks (TR)	American Eagle Day 20 7:00 Monthly Signature Breakfast (DSR) 9:00 Coffee and News at the Bistro 10:00 Simple Stretching at the Bistro 10:30 Health Talk with Carol (B) 1:00 Aging With Grace with Hope (B) 3:00 Let's Bake Cookies with David (CK) 3:00 Holy Rosary w/ Bonnie (CR) 5:00 Netflix Documentary Movies: Hack Your Health: Gut Secrets (TR)	National Day of the Gong 21 9:00 Coffee and News at the Bistro 9:30 Mindfulness Meditation (B) 10:00 Spot the Difference on YouTube (B) 11:00 Foodie Run to Orchid's Garden 2:00 Scrabble Club with Roger (B) 3:00 Shopping at The Dollar Tree 3:30 Beer Tasting With Abraham (B) 5:00 Netflix Movie of the Week: Our Residents' Choice (TR)	First Day of Summer 22 9:00 Catholic Services (TR) 9:30 Coffee and News at the Bistro 10:00 Chair Tai Chi & Qi Gong (B) 10:30 Bible Verse Sharing at the Bistro 1:00 BINGO at the Activity Room 2:30 Simple Manicures with Carol (AR) 3:00 YouTube Train Ride w/ Jeb Brooks(B) 5:00 Netflix Travel Weekend at the Theater: Comedians in Cars Getting Coffee
National Hydration Day 23 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Catholic Mass on TV Channel 12 10:00 Large Word Find Puzzles (B) 1:00 Short Stories with Amina (LR) 2:00 BRIDGERTON - Season Three (B) 3:00 Expoza Travel Destinations (B) 5:00 Netflix Documentary of the Week: The Martha Mitchell Effect (B)	Celebration of the Senses Day 24 9:00 Walking Club with Roger (FE) 10:00 LEAP Fitness Yoga on YouTube (B) 1:00 Bingo with Heather from Enhabit Health (AR) 2:00 Board Games w/ Special Guests (B) 3:00 Nine Letter Puzzle (B) 4:00 MLB Regular Season Games (TR) 5:00 Netflix Travel Series at the Bistro: Down to Earth with Zac Efron	National Columnists Day 25 9:00 Coffee and News at the Bistro 10:00 Range of Motion Exercises (B) 10:30 Let's Read the "Dear Abby" Column (B) 1:00 Weekly Menu Meeting (DR) 2:00 Scrabble Club with Roger (B) 3:00 Shopping at Island Pacific 5:00 Netflix Mystery Series: Files of the Unexplained (TR)	Happy Birthday Sadie! 26 9:00 Coffee and News at the Bistro 10:00 Chair Dancing Fitness (B) 10:30 Jeopardy Trivia on YouTube (B) 1:00 Loteria BINGO with Ericka (AR) 3:00 Wine Down Wednesday w/ Danielle *Serving Wine, Cheese and Crackers* 5:00 Netflix Nature Series: Our Great National Parks (TR)	National Onion Day 27 9:00 Coffee and News at the Bistro 10:00 Simple Stretching at the Bistro 10:30 Health Talk with Carol (B) 1:00 Veterans Appreciation Ceremony with Quality of Life Home Health (B) 3:00 Let's Bake Cookies with David (CK) 3:00 Holy Rosary w/ Bonnie (CR) 5:00 Netflix Documentary Movies: Secrets of the Saqqara Tomb (TR)	Ugliest Dog Day 28 9:00 Coffee and News at the Bistro 9:30 Mindfulness Meditation (B) 10:00 Spot the Difference on YouTube (B) 11:00 Foodie Run to Jolibee Chicken 2:00 Easy Amigurumi with Connie (B) 2:00 Scrabble Club with Roger (B) 3:00 Shopping at Trader Joe's 5:00 Netflix Movie of the Week: Our Residents' Choice (TR)	International Day of the Tropics 29 9:00 Catholic Services (TR) 9:30 Coffee and News at the Bistro 10:00 Chair Tai Chi & Qi Gong (B) 10:30 Bible Verse Sharing at the Bistro 1:00 BINGO at the Activity Room 2:30 Simple Manicures with Carol (AR) 3:00 YouTube Train Ride w/ Jeb Brooks(B) 5:00 Netflix Travel Weekend at the Theater: Comedians in Cars Getting Coffee

Heritage Springs Assisted Living Events **All Activities Subject to Change by the Life Enrichment Director**