



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		National Postal Workers Day 1 9:30 Coffee and News at the Bistro 10:00 Seated Range of Motion Exercises (B) 10:30 Spot the Differences (B) 1:00 Weekly Menu Meeting (DR) 1:30 Bingo Blitz at the Dining Room 2:00 LIFEDER Travels on YouTube (TR) 2:30 Shopping at Smith's 5:00 Netflix Mystery Series: (B) (TR) THE SIGNAL	Happy Birthday Janet! 2 9:30 Coffee and News at the Bistro 10:00 Chair Yoga Stretch on YouTube (B) 10:30 Jeopardy Trivia (B) 1:00 BINGO at the Activity Room 2:00 Rummikub Game at the Bistro 3:00 Karaoke and Floats with Sally (B) *Serving Rootbeer Floats* 5:00 Netflix Nature Series: (B) (TR) Our Oceans	Superman Day 3 9:30 Coffee and News at the Bistro 10:00 Simple Stretching at the Bistro 10:30 Health Talk with Dr. Martin (B) 1:00 BINGO at the Activity Room 1:30 Left Center Right Dice Game (B) 3:00 Patriotic Diamond Paint and Sip (AR) 3:00 Holy Rosary with Bonnie (CR) 5:00 Netflix Documentary Series: PEPSI! Where's my Jet? (B) (TR)	Happy Fourth of July 4 9:30 Coffee and News at the Bistro 10:00 Seated Yoga Exercises at the Bistro 10:30 Spot the Difference Puzzles (B) 11:00 Foodie Run to Red Robin Burgers 1:00 Rummikub with Alaina (B) 2:30 4th of July Bingo & Ice Cream Social with Noy & and the Gang (B) 4:00 Our 4th of July Celebration (DR) 5:00 Resident's Choice Movie (B) (TR)	National Corn Hole Day 5 9:30 Coffee and News at the Bistro 10:00 Chair Tai Chi & Qi Gong (B) 10:30 Bible Verse Sharing (LR) 1:00 BINGO at the Activity Room 2:00 Expoza Travels on YouTube (B) 2:00 Let's Play Corn Holes at the Bistro 3:00 Karaoke, Drinks & Snacks w/ Staff (B) 5:00 Netflix Weekend Series: DESIGNATED SURVIVOR (B) (TR)
Fried Chicken Day 6 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Catholic Service at the Theater 10:00 Group Coloring Class (B) 2:00 Expoza Travels on YouTube (TR) 2:30 A Game of Gin with the Bobs (B) 3:00 Large Word Find Puzzles (B) 5:00 Neflix Survivor Reality Series: OUTLAST (B) (TR)	Chocolate Day 7 9:30 Walking Club with HS Staff (FE) 10:00 Chair Dancing with Tracy & Alaina (B) 1:00 Chocoholic Bingo at the Activity Room 2:00 RV Travelling Robert -YouTube (B) 3:00 Rummikub with Alaina (B) 3:00 Large Word Find Puzzles (B) 5:00 Netflix Travel Series: (B) (TR) SOMEBODY FEED PHIL Food and Travel w/ Phil Rosenthal	National Video Games Day 8 9:30 Coffee and News at the Bistro 10:00 Seated Range of Motion Exercises (B) 10:30 Spot the Differences (B) 1:00 Weekly Menu Meeting (DR) 1:15 Tea Tasting with Chef Celeste (DR) 1:30 Mario Bros Game at the Theater 2:30 Shopping at Walmart 5:00 Netflix Mystery Series: (B) (TR) THE SIGNAL	Pina Colada Day 9 9:30 Coffee and News at the Bistro 10:00 Resident Council Meeting and Food for Thought with Chef Celeste 1:00 BINGO at the Activity Room 2:00 Rummikub Game at the Bistro 2:00 Life's Journey with Monica (B) *Serving Pina Colada and Charcuterie* 5:00 Netflix Nature Series: (B) (TR) Our Oceans	Coca Cola Day 10 9:30 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 1:30 Left Center Right Dice Game (B) 3:00 Baking Goodies with Carol (CK) 3:00 Holy Rosary with Bonnie (CR) 5:00 Netflix Documentary Series: PEPSI! Where's my Jet? (B) (TR)	National French Fry Day 11 9:30 Coffee and News at the Bistro 10:00 Strength Exercises at the Bistro 10:00 Casino Outing to Rampart Casino 10:30 Spot the Difference Puzzles (B) 1:30 Rummikub with Alaina (B) 2:30 Shopping at Albertson's 2:30 A Game of Gin with the Bobs (B) 3:00 Basket Weaving with Carol (B) 5:00 Resident's Choice Movie (B) (TR)	National Jello Day 12 9:30 Coffee and News at the Bistro 10:00 Chair Tai Chi & Qi Gong (B) 10:30 Bible Verse Sharing (LR) 1:00 BINGO at the Activity Room 2:00 Expoza Travels on YouTube (B) 2:30 Simple Manicures w/ Carol (AR) 5:00 Netflix Weekend Series: DESIGNATED SURVIVOR (B) (TR)
World Cup Soccer Day 13 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Catholic Service at the Theater 10:00 Group Coloring Class (B) 2:00 Expoza Travels on YouTube (TR) 2:30 A Game of Gin with the Bobs (B) 3:00 Large Word Find Puzzles (B) 5:00 Neflix Survivor Reality Series: OUTLAST (B) (TR)	Shark Awareness Day 14 9:30 Walking Club with HS Staff (FE) 10:00 Chair Dancing with Tracy & Alaina (B) 1:00 Flower Arrangements w/ Alaina (B) 2:00 RV Travelling Robert -YouTube (B) 3:00 Rummikub with Alaina (B) 3:00 Large Word Find Puzzles (B) 5:00 Netflix Travel Series: (B) (TR) SOMEBODY FEED PHIL Food and Travel w/ Phil Rosenthal	Gummi Worm Day 15 9:30 Coffee and News at the Bistro 10:00 Seated Range of Motion Exercises (B) 10:30 Spot the Differences (B) 1:00 Weekly Menu Meeting (DR) 1:30 Bingo Blitz at the Dining Room 2:00 LIFEDER Travels on YouTube (TR) 2:30 Shopping at Smith's 5:00 Netflix Mystery Series: (B) (TR) THE SIGNAL	National Hot Dog Day 16 7:00 Monthly Signature Breakfast (DR) 10:00 Chair Yoga Stretch on YouTube (B) 10:30 Jeopardy Trivia (B) 1:00 BINGO at the Activity Room 2:00 Rummikub Game at the Bistro 3:00 Karaoke & Ice Cream Social with Samantha from Covenant Health (B) 5:00 Netflix Nature Series: (B) Our Oceans	Disneyland Day 17 9:30 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 1:30 Left Center Right Dice Game (B) 3:00 Patriotic Diamond Paint and Sip (AR) 3:00 Holy Rosary with Bonnie (CR) 5:00 Netflix Documentary Series: PEPSI! Where's my Jet? (B) (TR)	National Sour Candy Day 18 9:30 Coffee and News at the Bistro 10:00 Chair Dancing on YouTube (B) 10:30 Spot the Difference Puzzles (B) 11:00 Foodie Run to Wild Fig Smokehouse 1:00 Rummikub with Alaina (B) 2:30 Shopping at Dollar Tree 2:30 A Game of Gin with the Bobs (B) 3:00 Basket Weaving with Carol (B) 5:00 Resident's Choice Movie (B) (TR)	Words with Friends Day 19 9:30 Coffee and News at the Bistro 10:00 Chair Tai Chi & Qi Gong (B) 10:30 Bible Verse Sharing (LR) 1:00 BINGO at the Activity Room 2:00 Expoza Travels on YouTube (B) 3:00 Birthday Bash w/ Donna Lynne (B) 5:00 Netflix Weekend Series: DESIGNATED SURVIVOR (B) (TR)
National Ice Cream Day 20 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Catholic Service at the Theater 10:00 Group Coloring Class (B) 2:00 Expoza Travels on YouTube (TR) 2:30 A Game of Gin with the Bobs (B) 3:00 Large Word Find Puzzles (B) 5:00 Neflix Survivor Reality Series: OUTLAST (B) (TR)	National Be Someone Day 21 9:30 Walking Club with HS Staff (FE) 10:00 Chair Dancing with Tracy & Alaina (B) 1:00 Bingo at the Activity Room 2:00 RV Travelling Robert -YouTube (B) 3:00 Rummikub with Alaina (B) 3:00 Large Word Find Puzzles (B) 5:00 Netflix Travel Series: (B) (TR) SOMEBODY FEED PHIL Food and Travel w/ Phil Rosenthal	National Mango Day 22 9:30 Coffee and News at the Bistro 10:00 Seated Range of Motion Exercises (B) 10:30 Spot the Differences (B) 1:00 Weekly Menu Meeting (DR) 2:00 Flower Arrangements w/ Carol (B) 2:00 LIFEDER Travels on YouTube (TR) 2:30 Shopping at Walmart 5:00 Netflix Mystery Series: (B) (TR) THE SIGNAL	Gorgeous Mama Day 23 9:30 Coffee and News at the Bistro 10:00 Chair Yoga Stretch on YouTube (B) 10:30 Jeopardy Trivia (B) 1:00 BINGO at the Activity Room 2:00 Rummikub Game at the Bistro 3:00 Fun Cash Auctions with Noy (B) *Serving Fruits, Cheese & Crackers* 5:00 Netflix Nature Series: (B) Our Oceans	Tell An Old Joke Day 24 9:30 Coffee and News at the Bistro 10:00 Simple Stretching at the Bistro 10:30 History of English Slangs (B) 1:00 BINGO at the Activity Room 1:30 Left Center Right Dice Game (B) 3:00 Baking Goodies with Carol (CK) 3:00 Holy Rosary with Bonnie (CR) 5:00 Netflix Documentary Series: PEPSI! Where's my Jet? (B) (TR)	National Chili Dog Day 25 9:30 Coffee and News at the Bistro 10:00 Chair Dancing on YouTube (B) 10:30 Spot the Difference Puzzles (B) 11:00 Foodie Run to Bulldogis Hot Dogs 1:00 Rummikub with Alaina (B) 1:30 Not Just Knitting Club (B) 2:30 Shopping at Albertsons 2:30 A Game of Gin with the Bobs (B) 5:00 Resident's Choice Movie (B) (TR)	Aunts and Uncles Day 26 9:30 Coffee and News at the Bistro 10:00 Chair Tai Chi & Qi Gong (B) 10:30 Bible Verse Sharing (LR) 1:00 BINGO at the Activity Room 2:00 Expoza Travels on YouTube (B) 2:30 Simple Manicures w/ Carol (AR) 5:00 Netflix Weekend Series: DESIGNATED SURVIVOR (B) (TR)
Love is Kind Day 27 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Catholic Service at the Theater 10:00 Group Coloring Class (B) 2:00 Expoza Travels on YouTube (TR) 2:30 A Game of Gin with the Bobs (B) 3:00 Large Word Find Puzzles (B) 5:00 Neflix Survivor Reality Series: OUTLAST (B) (TR)	National Milk Chocolate Day 28 9:30 Walking Club with HS Staff (FE) 10:00 Chair Zumba w/ Tracy & Alaina (B) 1:00 Flower Arrangements w/ Alaina (B) 2:00 RV Travelling Robert -YouTube (B) 3:00 Rummikub with Alaina (B) 3:00 Large Word Find Puzzles (B) 5:00 Netflix Travel Series: (B) (TR) SOMEBODY FEED PHIL Food and Travel w/ Phil Rosenthal	National Lipstick Day 29 9:30 Coffee and News at the Bistro 10:00 Seated Range of Motion Exercises (B) 10:30 Spot the Differences (B) 1:00 Weekly Menu Meeting (DR) 1:00 Bingo Blitz at the Dining Room 2:00 LIFEDER Travels on YouTube (TR) 2:30 Shopping at Smith's 5:00 Netflix Mystery Series: (B) (TR) THE SIGNAL	Friendship Day 30 9:30 Coffee and News at the Bistro 10:00 Chair Yoga Stretch on YouTube (B) 10:30 Jeopardy Trivia (B) 1:00 BINGO at the Activity Room 2:00 Rummikub Game at the Bistro 3:00 Karaoke and Sundae with Sally (B) *Serving Ice Cream Sundaes* 5:00 Netflix Nature Series: (B) (TR) Our Oceans	National Avocado Day 31 9:30 Coffee and News at the Bistro 10:00 Simple Stretching at the Bistro 10:30 Health Talk with Dr. Martin (B) 1:00 BINGO at the Activity Room 1:30 Left Center Right Dice Game (B) 3:00 Patriotic Diamond Paint and Sip (AR) 3:00 Holy Rosary with Bonnie (CR) 5:00 Netflix Documentary Series: PEPSI! Where's my Jet? (B) (TR)	 <div>L = Lobby TR = Theater Room CK = Country Kitchen AR = Activity Room BP = Back Patio CR = Conference Room LR = Living Room FE = Front Entrance</div>	

July 2025 Heritage Springs Assisted Living Events
Activities are subject to change based on the interests and requests of our residents.