

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				U.S. Air Force Day 1	National Coloring Book Day 2	Friendship Day 3
Coast Guard Day 4 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Summertime Karaoke with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Netflix Series at the Living Room:	National Oyster Day 5 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:30 Snack & Hydrate 10:30 Famous Quotes & Sayings 1:00 Steel Feathers Yoga with Gee 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:00 2024 Paris Olympics - Ch. 30 5:30 Board Games	National Root Beer Float Day 6 9:00 Zen Music Meditation 9:30 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Sing Along Songs 1:00 Popcorn Tasting with Abraham 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Classic Movie and Snacks	Purple Heart Day 7 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Test Your Problem Solving Skills 2:00 Choose Your Own Adventure 2:30 Snack & Hydrate 3:00 Happy Hour with Bobby Rumion 5:30 Classic Card Games	Happiness Happens Day 8 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 11:00 HS Annual Filipino Luncheon 1:00 Loteria & Margaritas with Ericka 2:30 Snack & Hydrate 3:00 Make Paper Flowers with Carol 5:30 Large Group Jigsaw Puzzles	Book Lovers Day 9 9:00 Zen Music Meditation 9:00 The Daily Chronicle 9:30 Everfit Exercises 10:00 Music Appreciation - Flute Music 10:30 Brain Teasers and Trivia 2:00 Bible Verse Read Aloud 2:30 Snack and Hydrate 3:00 Watercolor Art with Carol 5:30 Expoza Travel Hour & Snacks	Happy Birthday Mary Ann! 10 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo 2:30 Snack & Hydrate 3:00 Nail Care with Carol 5:30 Netflix Adventure Movies
Popsicle Day 11 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Summertime Karaoke with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Netflix Series at the Living Room:	Milkman Day 12 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:30 Snack & Hydrate 10:30 Famous Quotes & Sayings 1:00 Steel Feathers Yoga with Gee 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:00 2024 Paris Olympics - Ch. 30 5:30 Board Games	Intl Left Handers Day 13 9:00 Zen Music Meditation 9:30 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Sing Along Songs 2:00 Pick-a-Card Game with Carol 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Classic Movie and Snacks	Hawaiian Cruise 14 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Test Your Problem Solving Skills 2:00 Conversation Cards with Monica 2:30 Snack & Hydrate 3:00 Happy Hour with Brenda Hebert 5:30 Classic Card Games	Best Friends Day 15 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Spot the Difference - YouTube 2:00 Afternoon Brain Boosters 2:30 Snack & Hydrate 3:00 Let's Make Pretzels with Carol 5:30 Large Group Jigsaw Puzzles	Taiwanese Cruise 16 9:00 Zen Music Meditation 9:00 The Daily Chronicle 9:30 Everfit Exercises 10:00 Music Appreciation - Flute Music 10:30 Brain Teasers and Trivia 2:00 Bible Verse Read Aloud 2:30 Snack and Hydrate 3:00 Basket Weaving with Carol 5:30 Expoza Travel Hour & Snacks	Chef Appreciation Day 17 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo 2:30 Snack & Hydrate 3:00 Namaste and Simple Spa Hour 5:30 Netflix Adventure Movies
Bad Poetry Day 18 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Summertime Karaoke with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Netflix Series at the Living Room:	Italian Cruise 19 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:30 Snack & Hydrate 10:30 Famous Quotes & Sayings 1:00 Steel Feathers Yoga with Gee 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:00 2024 Paris Olympics - Ch. 30 5:30 Board Games	National Radio Day 20 9:00 Zen Music Meditation 9:30 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Sing Along Songs 2:00 Pick-a-Card Game with Carol 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Classic Movie and Snacks	Japanese Cruise 21 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Test Your Problem Solving Skills 2:00 Choose Your Own Adventure 2:30 Snack & Hydrate 3:00 Happy Hour with Mike Jones 5:30 Classic Card Games	National Bao Day 22 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Spot the Difference - YouTube 2:00 Afternoon Brain Boosters 2:30 Snack & Hydrate 3:00 Let's Bake Cookies with Carol 5:30 Large Group Jigsaw Puzzles	USA Cruise 23 9:00 Zen Music Meditation 9:00 The Daily Chronicle 9:30 Everfit Exercises 10:00 Music Appreciation - Flute Music 10:30 Brain Teasers and Trivia 2:00 Bible Verse Read Aloud 2:30 Snack and Hydrate 3:00 Paper Flowers with Carol 5:30 Expoza Travel Hour & Snacks	National Waffle Iron Day 24 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo 2:30 Snack & Hydrate 3:00 Nail Care with Carol 5:30 Netflix Adventure Movies
Pony Express Day 25 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Summertime Karaoke with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Netflix Series at the Living Room:	Mexican Cruise 26 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:30 Snack & Hydrate 10:30 Famous Quotes & Sayings 1:00 Steel Feathers Yoga with Gee 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:00 2024 Paris Olympics - Ch. 30 5:30 Board Games	National Cinema Day 27 9:00 Zen Music Meditation 9:30 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Sing Along Songs 2:00 Pick-a-Card Game with Carol 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Classic Movie and Snacks	Philippine Cruise 28 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Test Your Problem Solving Skills 2:00 Choose Your Own Adventure 2:30 Snack & Hydrate 3:00 Summertime Karaoke w/ HS Staff 5:30 Classic Card Games	More Herbs, Less Salt Day 29 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Spot the Difference - YouTube 2:00 Afternoon Brain Boosters 2:30 Snack & Hydrate 3:00 Let's Make Pretzels with Carol 5:30 Large Group Jigsaw Puzzles	National Beach Day 30 9:00 Zen Music Meditation 9:00 The Daily Chronicle 9:30 Everfit Exercises 10:00 Music Appreciation - Flute Music 10:30 Brain Teasers and Trivia 2:00 Bible Verse Read Aloud 2:30 Snack and Hydrate 3:00 Basket Weaving with Carol 5:30 Expoza Travel Hour & Snacks	Trail Mix Day 31 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo 2:30 Snack & Hydrate 3:00 Namaste and Simple Spa Hour 5:30 Netflix Adventure Movies

Heritage Springs Memory Care Events All activities are subject to change by the Life Enrichment Director