

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>All Activities are a Maximum of a Hour long unless otherwise notified</b></p> 				<p>1 All Activities are Cancelled Today due to Covid</p>	<p>2 9:00 Here's to Your Health w/ Sandy Balance Program GR 9:00-9:30 Simple seated stretch 2L 10:00 Catholic Communion 2L 10:30-11:30 Lounge Talk 2L 3:30-4:30 Wine Buds GR 6:00 Movie night GR/2L</p>	<p>3 10:00 Chair Dancing with Barbara GR 3:00 Meet and Greet with Tracey's Dog Gunner the Golden GR 6:00 PM Movie Night with Popcorn GR</p>
<p>4 8:30 Trans. to Suncrest Methodist 9:00 Inspirational Church Services Channel 5 2:00 Movie Time GR/2L</p> 	<p>5 9:00 Here's to Your Health w/ Sandy Balance Program GR 9:00-9:30 Simple seated stretch 2L 11:00-12:00 Pet Day with Wilma and her dog Frank GR 1:30-2:30 Bible Study GR 2:00 Bingo 2L 3:00 Line Dancing GR 6:00 Movie Night GR/2L</p>	<p>6 9:00-9:30 Simple seated stretch 2L 9:30 AM Old Kroger's 10:00 Tai chi with Joe &amp; Linda GR 2:00 Bingo GR 6:00 Movie Night GR/2L</p>	<p>7 9:00 Here's to Your Health w/Sandy Balance Program GR 9:00-9:30 Simple seated stretch 2L 9:45-10:15 Wellness Check WO 10:00 Donuts &amp; Coffee FL 10:30 Movie Meeting GR 1:00-2:00 National Chocolate Ice Cream Day VP 2:00-3:00 Marketing Meeting GR 3:00-4:00 Outreach Meeting GR 3:00-4:00 Bingo 2L 6:00 A trip to Zambia presentation by Dan Miller GR</p>	<p>8 9:00-9:30 Simple seated stretch 2L 10:00 Tai chi with Joe &amp; Linda GR 11:00 AM Trip to the Farmers Market at Mon Health Medical Center 2:00 Mon Doc 101-Chris Hedio –Heart Health Coach—Program– Staying Healthy GR 6:00 Movie GR/2L</p>	<p>9 9:00 Here's to Your Health w/ Sandy Balance Program GR 9:00-9:30 Simple seated stretch 2L 10:00 Catholic Communion (St. Francis De Sales Parish) with Cindy/ Michelle 2L 1:00 Episcopalian Lutheran Service GC 2:00 Bingo 2L 3:30-4:30 Wine Buds GR 6:00 Movie GR/2L</p>	<p>10 10:00 Chair Dancing with Barbara GR 3:00-4:00 National Ice Tea Day! Come try some tea! VP 6:00 PM Movies Among the Mountains at Mylan Park featuring the movie "Elvis"</p>
<p>11 8:30 Trans. to Suncrest Methodist 9:00 Inspirational Church Services Channel 5 2:00 Movie Time GR/2L 6:00 Faith Based/ Inspirational Movie GR/2L</p>	<p>12 9:00 Here's to Your Health w/Sandy Balance Program GR 9:00-9:30 Simple seated stretch 2L 11:00 Activity Committee Meeting GR 1:00-2:00 Come Celebrate National Peanut Butter Cookie Day VP 1:30-2:30 Bible Study GR 3:00 Line Dancing GR 6:00 The Coming AI Revolution: A Modern Renaissance program by Garrett Wallace GR</p>	<p>13 9:00-9:30 Simple seated stretch 2L 9:30 AM Suncrest Kroger's 10:00 Tai chi with Joe &amp; Linda GR 2:00 Bingo 2L 6:00 Cornhole GR</p>	<p>14 9:00-9:30 Simple seated stretch 2L 9:00 Here's to Your Health w/Sandy Balance Program GR 9:45-10:15 Wellness Check WO 10:00 AM WVU Greenhouse 10:00 Donuts &amp; Coffee FL 2:00 Bingo 2L 6:00 Fraud and Scams Program by Pete Tennant from Monongalia Sheriffs Department GR</p>	<p>15 9:00-9:30 Simple seated stretch 2L 10:00 Tai chi with Joe &amp; Linda GR 11:00 Father's Day Luncheon-Pizza and Beer GR 12:30-3:30 Village Bridge GC 2:00-3:00 Emergency Awareness Fair GR, FL, and C 6:00 Movie Night GR/2L</p>	<p>16 9:00 Here's to Your Health w/Sandy Balance Program GR 9:00-9:30 Simple seated stretch 2L 10:00 Catholic Communion (St. Francis De Sales Parish) with Cindy/ Michelle 2L 11:00 50's Trivia GR 1:00 Episcopalian Lutheran Service GC 2:00 Book Club GC 2:00 Bingo 2L 3:30-4:30 Wine Buds GR 6:00 Movie Night GR/2L</p>	<p>17 10:00 Chair Dancing with Barbara GR 6:00 Board Games/Cards Games with Friends -Bring your favorite game to share! GC/GR</p>

# The Village at Heritage Point Calendar of Activities June 2023 continued

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>18</b>  8:30 Trans. to Suncrest Methodist  9:00 Inspirational Church Services Channel 5  2:00 Movie Time GR/2L  	<b>19</b> 9:00 Here's to Your Health w/Sandy Balance Program GR  9:00-9:30 Simple seated stretch 2L <b>10:30 AM Dollar Tree FL</b>  1:30-2:30 Bible Study GR  2:30 Bingo 2L  3:00 Line Dancing GR  6:00 Performance of Fibber Magee and Molly by the Readers Theatre GR	<b>20</b> 9:00-9:30 Simple seated stretch 2L  10:00 Tai chi with Joe & Linda GR  11:00-12:00 Card Making with Carla GC  1:00 Food Committee Meeting GC  <b>1:00 PM West Virginia Day at the WVU Library</b>	<b>21</b> 9:00 Here's to Your Health w/Sandy Balance Program GR  9:00-9:30 Simple seated stretch 2L  9:45-10:15 Wellness Check WO  10:00 Donuts & Coffee FL  <b>10:30 AM Summer Time Kickoff! Mason Dixon Park for a boxed lunch Picnic</b>  3:00 Resident Council GC  6:00 Kickoff to Summer with Pam and Barry GR	<b>22</b>  9:00-9:30 Simple seated stretch 2L  10:00 Tai Chi with Joe & Linda GR  <b>11:00 AM Lunch at the Lakehouse</b>  2:30 Water Balloon Toss SP  6:00 Movie Night GR/2L	<b>23</b> 9:00 Here's to Your Health w/Sandy Balance Program GR  9:00-9:30 Simple seated stretch 2L  10:00 Catholic Communion 2L  11:00 Ikebana Flower Arranging Class GC  1:00 Episcopalian Lutheran Service GC  2:00 Bingo 2L  3:30-4:30 Wine Buds GR  6:00 Movie Night GR/2L	<b>24</b>  10:00 Chair Dancing with Barbara GR  2:00 Summer Tunes with Michael Adams 2L  6:00 Movie GR/2L
<b>25</b>  8:30 Trans. to Suncrest Methodist  9:00 Inspirational Church Services Channel 5  2:00 Movie Time GR/2L  6:00 Faith Based/ Inspirational Movie GR/2L	<b>26</b> 9:00 Here's to Your Health w/Sandy Balance Program GR  9:00-9:30 Simple seated stretch 2L  10:30 Summer Craft Activity with Sydney GR  1:30-2:30 Bible Study GR  <b>2:30 PM Mountaineer Country Ice Cream Trip</b>  3:00 Line Dancing GR  6:00 Cornhole VP	<b>27</b> 9:00-9:30 Simple seated stretch 2L  <b>9:30 AM Walmart FL</b>  10:00 Tai chi with Joe & Linda GR  2:00 Resident Monthly Birthday Party GR  3:00 Bingo 2L  <b>5:00 PM Black Bears Baseball Game in Morgantown</b>	<b>28</b> 9:00 Here's to Your Health w/Sandy Balance Program GR  9:30AM -12:00 PM WVU OT Students Interventions to Support Aging and Wellness 2L  9:45-10:15 Wellness Check WO  10:00 Donuts & Coffee FL  1:00 PM-3:30 PM WVU OT Students Interventions to Support Aging and Wellness 2L  3:00 Bingo GR  6:00 Movie Night GR/2L  	<b>29</b> 9:30AM -12:00 PM WVU OT Students Interventions to Support Aging and Wellness 2L  10:00 Tai chi with Joe & Linda GR  11:00-12:00 Card Making with Carla GC  1:00 PM-3:30 PM WVU OT Students Interventions to Support Aging and Wellness 2L  2:00 Visions Adaptive Aids with Amanda Udell GR  6:00 Movie GR/2L	<b>30</b> 9:00 Here's to Your Health w/Sandy Balance Program GR  9:00-9:30 Simple seated stretch 2L  10:00 Catholic Communion 2L  11:00 Lounge Talk 2L  1:00 Episcopalian Lutheran Service GC  2:00-3:00 Bingo 2L  3:30-4:30 Wine Buds GR  6:00 Movie Night GR/2L	<b>Calendar Subject to Change!</b>



### Location Key

FL-Front Lobby GR-Great Room AC-Arts & Crafts Room C-Café  
 GC-Game & Card Rm. L-Library SP-Suites Patio SL-Suites Lobby  
 SA-Suites Activity 2L-Suites 2nd Floor Lounge  
 EL-Elevator Lobby FR-Fitness Room WO-Wellness Office

### For more information contact:

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