



*The Village at Heritage Point*  
*Calendar of Activities*  
*May 2023*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Calendar Subject to change</b>	<b>1</b> 9:00 Here's to Your Health w/ Sandy Balance Program GR  9:00 Simple seated stretch 2L  11:00 Madison Boyles Nursing Student at FSU - Program Title Tips on therapeutic communication with your healthcare providers GR  1:30-2:30 Bible Study 2L	<b>2</b> 8:00-5:00 The Spring Village Sale FL, GR, GC  9:00 Simple Seated Stretch 2L  <b>9:30 AM Transportation to Old Kroger's</b>  10:00 Tai chi with Joe & Linda 2L	<b>3</b> 9:00 Here's to Your Health w/Sandy Balance Program GR  9:00 Simple Seated Stretch 2L  <b>9:30 AM Tour of WVU Health Sciences and Pharmacy Museums</b>  9:45-10:15 Wellness Check WO  10:00 Donuts & Coffee FL  2:00 - 3:00 Marketing Meeting GR 3:00-4:00 Outreach Meeting GR  6:00 Cornhole GR	<b>4</b> 9:00 Simple Seated Stretch 2L  10:00 Tai chi with Joe & Linda GR  12:30-3:30 Village Bridge GC  1-2 Trivia Hour with Jacob Shiflett from Interim Healthcare GR  3:00 Join us for an afternoon of Guitar and Ukulele Playing by Elisabeth Schiffbauer GR  6:00 Bingo GR	<b>5</b> 9:00 Here's to Your Health w/ Sandy Balance Program GR  9:00 Simple Seated Stretch 2L 10:00 Catholic Communion (St. Francis De Sales Parish) with Cindy/ Michelle 2L  11:00 Episcopalian Lutheran Service GC 2:00 Bingo 2L  3:30-4:30 Wine Buds GR  6:00 Movie Night GR/2L	<b>6</b>  <b>10:00 Chair Dancing with Barbara GR</b>  2:00 Singing for Souls with Michael Adams 2L  <b>6:00 Movie Night GR/2L</b>
	<b>7</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>8</b> 9:00 Here's to Your Health w/Sandy Balance Program GR  11:00 Activity Committee Meeting GR  <b>12:30 PM Trip to Rising Creek 2 Tutto Gelato for Lunch</b>  1:30-2:30 Bible Study GR  3:00 Line Dancing GR  6:00 Special Movie Night GR/2L	<b>9</b> 9:00 Simple Seated Stretch 2L  <b>9:30 AM Transportation to Suncrest Kroger's</b>  10:00 Tai chi with Joe & Linda GR  11:00 Card Making with Carla GC  2:00 Styrofoam and Recycling Subcommittee GC  3:00 Bingo 2L  6:00 May Flowers Bring Wine Tasting with Ron Porter GR	<b>10</b> 9:00 Here's to Your Health w/Sandy Balance Program GR  9:00 Simple Seated Stretch 2L  9:45-10:15 Wellness Check WO  10:00 Donuts & Coffee FL  10:00 Craft Time with Diana GC  11:00 Lounge Talk 2L  2:00 Bingo 2L  6:00 Movie Night GR/2L	<b>11</b> 9:00 Simple Seated Stretch 2L  10:00 Tai chi with Joe & Linda 2L  11:30 Mother's Day Tea Party GR  2:00 Mon Doc 101 - Dr. Blatt - Program - Post Forms GR  7:00 Harp Concert GR	<b>12</b> 9:00 Here's to Your Health w/ Sandy Balance Program GR 9:00 Simple Seated Stretch 2L  10:00 Episcopalian Lutheran Service GC  10:00 Catholic Communion 2L  2:00 Bingo 2L  3:30-4:30 Wine Buds GR  6:00 Movie Night GR/2L
<b>14</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>15</b> 9:00 Here's to Your Health w/Sandy Balance Program GR  9:00 Simple Seated Stretch 2L  1:30-2:30 Bible Study GR  3:00 National Chocolate Chip Day! Come Celebrate with us! GR  6:00 Pond Life by Dan Miller GR	<b>16</b> 9:00 Simple Seated Stretch 2L  <b>9:30 AM Transportation to Walmart</b>  10:00 Tai chi with Joe & Linda GR  1:00 Food Committee Meeting GC  2:00 Piano Performance by Anna Brusoe GR  6:00 Great Decisions-Politics in Latin America GR	<b>17</b> 9:00 Here's to Your Health w/Sandy Balance Program GR  9:00 Simple Seated Stretch 2L  9:45-10:15 Wellness Check WO  10:00 Donuts & Coffee FL  11:00 Lounge Talk 2L  2:00 Bingo GR  3:00 Resident Council GC  6:00 Movie Night GR/2L	<b>18</b>  <b>9:00 AM Strawberry Festival in Buckhannon, WV</b>  10:00 Tai chi with Joe & Linda GR  12:30-4:00 Village Bridge GC  3:30 Hearing Health by Yost Hearing GR  6:00 Movie GR/2L	<b>19</b> 9:00 Here's to Your Health w/Sandy Balance Program GR  9:00 Simple Seated Stretch 2L  10:00 St. John University Parish with Father Szabo GC  2:00 Book Club GC  3:30-4:30 Wine Buds GR  6:00 Movie Night GR/2L	<b>20</b>  <b>10:00 Chair Dancing with Barbara GR</b>  6:00 Movie Night GR/2L  

**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  
 WO-Wellness Office    VG-Village Gazebo    SG-Suites Gazebo



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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>21</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>22</b> 9:00 Here's to Your Health w/Sandy Balance Program GR 10:30 AM WVU Greenhouse 1:30-2:30 Bible Study GR 3:00 Line Dancing GR 6:00 Movie GR/2L	<b>23</b> 9:00 Simple Seated Stretch 2L 10:00 AM Transportation to the Dollar Tree 10:00 Tai chi with Joe & Linda GR 2:00 Bingo 2L 6:00 Memorial Celebration with Pam and Barry FL	<b>24</b> 9:00 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 Donuts & Coffee FL 2:00 Brain Crunches GR 3:00 Bingo GR 6:00 WVU Bird Talk GR	<b>25</b> 10:00 Tai chi with Joe & Linda GR 2:00 Amanda Udell with Visions GR 3:00 Bingo 2L 6:00 Movie GR/2L	<b>26</b> 9:00 Here's to Your Health w/Sandy Balance Program GR 10:00 Episcopalian Lutheran Service GC 10:00 Catholic Communion (St. Francis De Sales Parish) with Cindy/ Michelle 2L 11:00 Ikebana Flower Arranging Class GR 3:30-4:30 Wine Buds GR 6:00 Movie Night GR/2L	<b>27</b> 10:00 Chair Dancing with Barbara GR 2:00 Memorial Weekend Music with Michael Adams 2L 6:00 Movie Night GR/2L 	
<b>28</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>29</b>  12-2 Memorial Day Cookout 6:00 Memorial Day Movie GR/2L	<b>30</b> 9:00 Simple Seated Stretch 2L 10:00 Tai chi with Joe & Linda GR 11:00 AM Ruby & Ketchy's Restaurant 2:00 Bingo GR 6:00 Sing Along GR	<b>31</b> 9:00 Here's to Your Health w/Sandy Balance Program GR 9:00 AM WVU Botanical Garden 9:45-10:15 Wellness Check WO 10:00 Donuts & Coffee FL 2:00 Resident's Monthly Birthday Party GR 6:00 Cornhole GR	<div style="background-color: #4a7ebb; color: white; padding: 20px; text-align: center;"> <p><b>All Activities are a Maximum of a Hour long unless otherwise notified</b></p> </div>			

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 GC-Game & Card Rm. L-Library SP-Suites Patio SL-Suites Lobby  
 SA-Suites Activity 2L-Suites 2nd Floor Lounge VP- Village Patio  
 EL-Elevator Lobby FR-Fitness Room WO-Wellness Office  
 VG-Village Gazebo SG-Suites Gazebo RTR-Room to Room

**For more information contact:**  
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