

HERITAGE WOODS OF BENTON

JANUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January Birthday			1	2	3	4
Anna D. 1/19 Jean S. 1/27 Peggy C. 1/30 Joyce S. 1/30	Winter Skin Care Avon Skin Expert January 15 1:30 Refreshments, prizes and free samples	Free Chicken & Dumpling Lunch Thursday January 23 11:00am-1:00 pm	10:00 Pick a Tune 2:00 Cards, Games & Puzzle 6:00 Word Search 	10:00 Church 11:00 Whittington Lunch 2:00 Cards & Puzzles 6:00 Bible Study	10:00 Exercise 2:00 Cards & Puzzles 6:00 Movie 	10:00 Play Cards 2:00 Word Search 6:00 Bible Study
5	6	7	8	9	10	11
10:00 Rest, Relax & Hymns 2:00 Church 6:00 Game Shows	10:00 Exercise 2:00 Reminiscing 3:30 Country Store 6:00 Adult Coloring	9:30 Open Transport 10:00 Southern Gospel 2:00 Bingo 6:00 Crafts 	9:00 Pick a Tune 9:30 Open Transport 1:00 Exercise 1:30 North Benton Baptist Sing Along 3:30 Country Store 6:00 Bible Study	10:00 Church 1:00 Cards & Puzzles 2:00 Craft 6:00 Bible Study	10:00 Exercise 2:00 Home Health (continence) 6:00 Movie	10:00 Play Cards 2:00 Word Search 6:00 Bible Study
12	13	14	15	16	17	18
10:00 Rest, Relax & Hymns 2:00pm Church 6:00 Game Shows	10:00 Exercise 2:00 Ladies Club 3:30 Country Store 6:00 Adult Coloring	9:30 Open Transport 2:00Bingo 6:00 Crafts	9:00 Pick a Tune 9:30 Open Transport 1:00 Exercise 1:30 Winter Skin Care 3:30 Country Store 6:00 Bible Study	10:00 Church 1:00 Cards & Puzzles 2:00 Craft 6:00 Bible Study	10:00 Exercise 2:00 Bean Bag 6:00 Movie	10:00 Play Cards 2:00 Word Search 6:00 Bible Study
19	20	21	22	23	24	25
10:00 Rest, Relax & Hymns 2:00 Church 6:00 Game Shows 	10:00 Exercise 1:00 Acoustic Crossroads 6:00 Adult Coloring 	9:30 Open Transport 2:00 Bingo 6:00 Crafts	9:00 Pick a Tune 9:30 Open Transport 1:00 Exercise 2:00 Eat Smart Food Act. 3:30 Country Store 6:00 Bible Study	10:00 Church 11:00 Chicken & Dumpling 1:00 Menu Planning 2:00 Craft 6:00 Bible Study	10:00 Exercise 2:00 Bean Bag 6:00 Movie 	10:00 Play Cards 2:00 Word Search 6:00 Bible Study
26	27	28	29	30	31	
10:00 Rest & Relax & Hymns 2:00 Church 6:00 Game Shows	10:00 Exercise 11:00 January Birthday Lunch 2:00 Cards & Puzzles 6:00 Adult Coloring	9:30 Open Transport 2:00 Bingo 6:00 Crafts 	9:00 Pick a Tune 9:30 Open Transport 1:00 Exercise 2:00 Cards, Games & Puzzles 3:30 Country Store 6:00 Bible Study	10:00 Church 1:00 Cards & Puzzles 2:00 Craft 6:00 Bible Study	10:00 Exercise 2:00 Bean Bag 6:00 Movie	MONTHLY WELLNESS CHECK 1st-10th

IF YOU WOULD LIKE TO REQUEST AN ACTIVITY/SERVICE NOT REFLECTED ON THE CALENDAR, PLEASE NOTIFY THE RSC OR ADMINISTRATOR.