

-if you would like a service/activity that is not reflected on calendar, please see RSC
-Monthly Wellness Checks with Nursing are conducted the 1st thru the 10th of each month (please see Nursing for your monthly vital checks)
-Activities are subject to change

HAPPY Easter

MARCH 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

- Physical
- Emotional
- Spiritual
- Environmental
- Vocational
- Social
- Intellectual



Meeting Places

- AR Activity Room
- FL Front Lobby
- DR Dining Room
- IL DR IL Dining Room
- PDR Private Dining Room
- CS Country Store
- OUT Outside

An activity with * means you will earn smart bucks for participating.



Beauty Shop opens at 1 p.m. bi-weekly on Thursdays

Open To Public-

Senior Yoga-every Wednesday 10 a.m.

Easter Themed Bingo 3/11 1:30 p.m.

DenMark Music Group 3/14 2 p.m.

<div>Easter</div> <div>Mar 31</div> <div>8:00 Word Search*-Available In AR AR</div> <div>10:30 Catholic Communion PDR</div> <div>12:30 The Great Tours IL DR</div> <div></div>	<div></div> <div>Heritage Woods of Centralia</div> <div>An Affordable Assisted Lifestyle Community for the Older Adult</div>	<div>National Days of the Month</div> <div>3/14-Pie Day</div> <div>3/25-Pecan Day</div>		<div>Employee Appreciation Day 01</div> <div>10:00 Chair Exercise * AR</div> <div>2:30 Pass The Pig Game AR</div> <div>3:00 Wii Bowling * AR</div> <div>3:30 Computer Games * AR IL DR</div> <div>6:30 *Movie Night</div>	<div>02</div> <div>1:30 Bingo DR</div> <div>3:00 Wii Bowling * AR</div> <div>3:30 Computer Games * AR</div> <div>6:30 Game Club* AR</div>	
<div>03</div> <div>8:00 Word Search*-Available In AR AR</div> <div>10:30 Catholic Communion PDR</div> <div>1:30 Church Sermon with New Testament Baptist DR</div> <div>2:30 The Great Tours IL DR</div>	<div>04</div> <div>10:00 Chair Exercise * AR</div> <div>10:30 Activity Meeting with Ami FL</div> <div>1:30 Bingo with "Adam" DR</div> <div>3:00 Craft Day-St Patrick's craft AR</div> <div>3:30 Computer Games * AR</div>	<div>05</div> <div>9:30 Dr. Appt Shuttle Day FL</div> <div>10:00 Chair Exercise * AR</div> <div>1:30 Game Club* AR</div> <div>3:00 Wii Bowling * AR</div> <div>3:00 Country Store CS</div> <div>3:30 Computer Games * AR</div>	<div>06</div> <div>9:00 Coffee Talk and Chronicle AR</div> <div>10:00 Senior Yoga *-Open to the Public IL DR</div> <div>1:30 Bingo with "Adam" DR</div> <div>3:00 Wii Bowling * AR</div>	<div>07</div> <div>10:00 Outing - Sign up at Front Desk-Dollar Tree FL</div> <div>10:00 Chair Exercise * AR</div> <div>1:30 Men's Club AR</div> <div>3:00 Country Store CS</div> <div>3:30 Computer Games * AR</div>	<div>08</div> <div>10:00 Chair Exercise * AR</div> <div>2:00 Happy Hour-Chocolate Martini's & Cooking with Genny-Peanut Cluster Day AR</div> <div>3:00 Wii Bowling * AR</div> <div>3:30 Computer Games * AR IL DR</div> <div>6:30 *Movie Night</div>	<div>09</div> <div>1:30 Bingo DR</div> <div>3:00 Wii Bowling * AR</div> <div>3:30 Computer Games * AR</div> <div>6:30 Game Club* AR</div>
<div>Day light Savings Time 10</div> <div>8:00 Word Search*-Available In AR AR</div> <div>10:30 Catholic Communion PDR</div> <div>1:30 Church Sermon with Cornerstone UMC DR</div> <div>2:30 The Great Tours IL DR</div>	<div>11</div> <div>10:00 Chair Exercise * AR</div> <div>1:30 Community BINGO-Easter Themed AR</div> <div>3:30 Computer Games * AR</div>	<div>12</div> <div>9:30 Dr. Appt Shuttle Day FL</div> <div>10:00 Chair Exercise * AR</div> <div>1:30 Game Club* AR</div> <div>1:30 Johnnie Bob George-singing FL</div> <div>3:00 Wii Bowling * AR</div> <div>3:00 Country Store CS</div> <div>3:30 Computer Games * AR</div>	<div>13</div> <div>9:00 Coffee Talk and Chronicle AR</div> <div>10:00 Senior Yoga *-Open to the Public IL DR</div> <div>1:30 Bingo with "Adam" DR</div> <div>2:30 Pretty Nails AR</div> <div>3:00 Wii Bowling * AR</div> <div>3:30 Hall Representative Meeting AR</div>	<div>14</div> <div>10:00 Resident Council * DR</div> <div>10:00 Chair Exercise * AR</div> <div>11:00 Outing - Sign up at Front Desk-Cracker Barrel FL</div> <div>11:00 National Pie Day DR</div> <div>2:00 DenMark ft. Mark Vogel-open to the public FL</div> <div>3:00 Country Store CS</div> <div>3:30 Computer Games * AR</div>	<div>15</div> <div>10:00 Chair Exercise * AR</div> <div>11:00 St Patrick's Day Themed Lunch DR</div> <div>1:00 St Patrick's Day Party FL</div> <div>3:00 Wii Bowling * AR</div> <div>3:30 Computer Games * AR IL DR</div> <div>6:30 *Movie Night</div>	<div>16</div> <div>1:30 Bingo DR</div> <div>3:00 Wii Bowling * AR</div> <div>3:30 Computer Games * AR</div> <div>6:30 Game Club* AR</div>
<div>St. Patrick's Day 17</div> <div>8:00 Word Search*-Available In AR AR</div> <div>10:30 Catholic Communion PDR</div> <div>1:30 Church Sermon with First UMC DR</div> <div>2:30 The Great Tours IL DR</div>	<div>18</div> <div>10:00 Chair Exercise * AR</div> <div>1:30 Bingo with "Adam" DR</div> <div>3:30 Computer Games * AR</div>	<div>Earth Day 19</div> <div>9:30 Dr. Appt Shuttle Day-SCT see Receptionist to schedule FL</div> <div>10:00 Chair Exercise * AR</div> <div>1:30 Game Club* AR</div> <div>2:00 New Beginnings Ministry-Gospel Singing FL</div> <div>3:00 Wii Bowling * AR</div> <div>3:00 Country Store CS</div> <div>3:30 Computer Games * AR</div>	<div>First Day of Spring 20</div> <div>9:00 Coffee Talk and Earth Day AR</div> <div>10:00 Senior Yoga *-Open to the Public IL DR</div> <div>1:30 Bingo with "Adam" DR</div> <div>2:30 Wellness Wednesday Chat DR</div> <div>3:00 Wii Bowling * AR</div>	<div>21</div> <div>10:00 Outing - Sign up at Front Desk-Walmart FL</div> <div>10:00 Chair Exercise * AR</div> <div>2:30 Jim Herzing Band-Open To The Public FL</div> <div>3:00 Country Store CS</div> <div>3:30 Computer Games * AR</div>	<div>22</div> <div>10:00 Chair Exercise * AR</div> <div>2:00 Happy Hour-Pink Lemonade w/vodka and Easter Bunny Chow Mix AR</div> <div>3:00 Wii Bowling * AR</div> <div>3:30 Computer Games * AR IL DR</div> <div>6:30 *Movie Night</div>	<div>23</div> <div>1:30 Bingo DR</div> <div>3:00 Wii Bowling * AR</div> <div>3:30 Computer Games * AR</div> <div>6:30 Game Club* AR</div>
<div>24</div> <div>8:00 Word Search*-Available In AR AR</div> <div>10:30 Catholic Communion PDR</div> <div>1:30 Church Sermon with New Testament Baptist DR</div> <div>2:30 The Great Tours IL DR</div>	<div>25</div> <div>10:00 Chair Exercise * AR</div> <div>10:30 Meeting with Mandy AR</div> <div>11:00 National Pecan Day DR</div> <div>1:30 Bingo with "Adam" DR</div> <div>3:00 Craft Day-Easter AR</div> <div>3:30 Computer Games * AR</div>	<div>26</div> <div>9:30 Dr. Appt Shuttle Day FL</div> <div>10:00 Chair Exercise * AR</div> <div>1:30 Egg Stuffing for Easter Egg Hunt Friday AR</div> <div>3:00 Wii Bowling * AR</div> <div>3:00 Country Store CS</div> <div>3:30 Computer Games * AR</div>	<div>27</div> <div>9:00 Coffee Talk and Chronicle AR</div> <div>10:00 Senior Yoga *-Open to the Public IL DR</div> <div>1:30 Bingo with "Adam" DR</div> <div>2:30 Pretty Nails AR</div> <div>3:00 Wii Bowling * AR</div> <div>5:00 Heritage Woods 16th Anniversary Party FL</div>	<div>28</div> <div>10:00 Outing - Sign up at Front Desk-Doller General FL</div> <div>10:00 Chair Exercise * AR</div> <div>1:30 Easter Cookie decorating AR</div> <div>2:30 Monthly Birthday Celebration! with a Sundae Bar AR</div> <div>3:00 Country Store CS</div> <div>3:30 Computer Games * AR</div>	<div>Good Friday 29</div> <div>10:00 Chair Exercise * AR</div> <div>11:00 Easter lunch DR</div> <div>1:30 Easter Egg Hunt-Open To The Public OUT</div> <div>3:00 Wii Bowling * AR</div> <div>3:30 Computer Games * AR IL DR</div> <div>6:30 *Movie Night</div>	<div>30</div> <div>1:30 Bingo DR</div> <div>3:00 Wii Bowling * AR</div> <div>3:30 Computer Games * AR</div> <div>6:30 Game Club* AR</div>