

If you would like to see an activity/service not reflected on the calendar, please see the RSC/Administrator.

Wellness checks with Nursing are conducted the 1st through the 10th of each month.

Activities are subject to change.

VALENTINE'S DAY

FEBRUARY 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



01
 09:00 | Chair Exercise-on your own RA
 01:00 | Bingo in halls Apt.200-218 Hall
 02:00 | Bingo in halls Apt 219-237 Hall

02
 09:30 | Prog. Bingo All Apt. Hall
 09:30 | Tuesday Trivia Delivery Apt
 01:00 | Snack Cart Apt100-115 Hall
 01:45 | Snack Cart Apt200-218 Hall
 02:30 | Snack Cart Apt219-237 Hall
 03:15 | Snack Cart Apt116-129 Hall

03
 09:30 | Mobile Snack Cart Hall
 01:00 | Music on Demand Apt.100-115 Hall
 01:45 | Music on Demand Apt.116-129 Hall
 02:30 | Music on Demand Apt.200-218 Hall
 03:15 | Music on Demand Apt. 219-237 Hall

04
 09:30 | Puzzle Packet delivery Apt
 11:30 | C.Store delivery RA
 01:00 | Fitness Apt. 100-115 RA
 01:45 | Fitness Apt.116-129 RA
 02:30 | Fitness Apt.200-218 RA
 03:15 | Fitness Apt.219-237 RA

05
 09:00 | Resident Council Questionnaire Delivery RA
 09:30 | Mobile Activity Cart Hall
 01:00 | Bingo in hall Apts 116-129 Hall
 02:00 | Bingo in halls Apt 100-115 Hall

06
 08:30 | All Day Country Music on channel 1733 Apt
 09:30 | Progressive Bingo All Apts Hall
 01:30 | Puzzle Pages Packet/Snack Cart Hall
 02:30 | For the Love of Pancakes Day Trivia Apt

07
 07:30 | Church Services on TV RA
 08:30 | All Day Country Music on channel 1733 Apt
 09:30 | Super Bowl Sunday in a Bag with Trivia Apt
 01:30 | Daily Chronicles/Snack Cart Hall
 05:30 | Super Bowl LV Watch on CBS or ESPN Apt

08
 09:00 | Chair Exercise-on your own RA
 01:00 | Bingo in halls Apt.200-218 Hall
 02:00 | Bingo in halls Apt 219-237 Hall

09
 09:30 | Tuesday Chocolate Trivia Delivery Apt
 09:30 | Progressive Bingo All Apts Hall
 01:00 | Chocolate Kiss Day, Quotes and Trivia Hall

10
 09:30 | Mobile Snack Cart Hall
 01:00 | Music on Demand Apt.100-115 Hall
 01:45 | Music on Demand Apt.116-129 Hall
 02:30 | Music on Demand Apt.200-218 Hall
 03:15 | Music on Demand Apt. 219-237 Hall

11
 09:30 | Puzzle Packet delivery Apt
 11:30 | C.Store delivery RA
 01:00 | Fitness Apt. 100-115 RA
 01:45 | Fitness Apt.116-129 RA
 02:30 | Fitness Apt.200-218 RA
 03:15 | Fitness Apt.219-237 RA

12
 All Day | Abe Lincoln's Birthday
 09:30 | Mobile Activity Cart Hall
 01:00 | Bingo in hall Apts 116-129 Hall
 02:00 | Bingo in halls Apt 100-115 Hall

13
 All Day | Madly In Love With Me Day
 08:30 | All Day Country Music on channel 1733 Apt
 09:30 | Progressive Bingo All Apts Hall
 01:30 | Puzzle Pages Packet/Snack Cart Hall

Valentine's Day 14
 All Day | Valentine's Day!
 07:30 | Church Services on TV RA
 08:30 | All Day Country Music on channel 1733 Apt
 09:30 | Love Is In The Air Trivia Hall
 01:30 | Daily Chronicles/Snack Cart Hall

Washington's Birthday 15
 09:00 | Chair Exercise-on your own RA
 01:00 | Bingo in halls Apt.200-218 Hall
 02:00 | Bingo in halls Apt 219-237 Hall

16
 09:30 | Prog.Bingo All Apts Hall
 09:30 | Tuesday Trivia Delivery Apt
 01:00 | Mardi Gras Ap.100-115 Hall
 01:45 | Mardi Gras Ap.200-218 Hall
 02:30 | Mardi GrasAp.219-237 Hall
 03:15 | Mardi GrasAp.116-129 Hall

17
 09:30 | Mobile Snack Cart Hall
 01:00 | Music on Demand Apt.100-115 Hall
 01:45 | Music on Demand Apt.116-129 Hall
 02:30 | Music on Demand Apt.200-218 Hall
 03:15 | Music on Demand Apt. 219-237 Hall

18
 09:30 | Puzzle Packet delivery Apt
 11:30 | C.Store delivery RA
 01:00 | Fitness Apt. 100-115 RA
 01:45 | Fitness Apt.116-129 RA
 02:30 | Fitness Apt.200-218 RA
 03:15 | Fitness Apt.219-237 RA

19
 All Day | Chocolate Mint Day
 09:30 | Mobile Activity Cart Hall
 01:00 | Bingo in hall Apts 116-129 Hall
 02:00 | Bingo in halls Apt 100-115 Hall

20
 All Day | Cherry Pie Day
 08:30 | All Day Country Music on channel 1733 Apt
 09:30 | Progressive Bingo All Apts Hall
 01:30 | Puzzle Pages Packet/Snack Cart Hall

21
 07:30 | Church Services on TV RA
 08:30 | All Day Country Music on channel 1733 Apt
 01:30 | Daily Chronicles/Snack Cart Hall

22
 09:00 | Chair Exercise-Indep. RA
 01:00 | Margarita Happy Hour Apt.200-218 Hall
 01:45 | Margarita Happy Hour Apt 219-237 Hall
 02:30 | Margarita Happy Hour Apt.100-115 Apt
 03:15 | Margarita Happy Hour Apt 116-129 Apt

23
 09:30 | Prog.Bingo All Apts Hall
 09:30 | Tuesday Trivia Delivery Apt
 01:00 | Snack Cart Apt100-115 Hall
 01:45 | Snack Cart Apt200-218 Hall
 02:30 | Snack Cart Apt219-237 Hall
 03:15 | Snack Cart Apt116-129 Hall

24
 09:30 | Mobile Snack Cart Hall
 01:00 | Music on Demand Apt.100-115 Hall
 01:45 | Music on Demand Apt.116-129 Hall
 02:30 | Music on Demand Apt.200-218 Hall
 03:15 | Music on Demand Apt. 219-237 Hall

25
 09:30 | Puzzle Packet delivery Apt
 11:30 | C.Store delivery RA
 01:00 | Fitness Apt. 100-115 RA
 01:45 | Fitness Apt.116-129 RA
 02:30 | Fitness Apt.200-218 RA
 03:15 | Fitness Apt.219-237 RA

26
 All Day | Old West Day
 09:30 | Mobile Activity Cart Hall
 01:00 | Bingo in hall Apts 116-129 Hall
 02:00 | Bingo in halls Apt 100-115 Hall

27
 08:30 | All Day Country Music on channel 1733 Apt
 09:30 | Progressive Bingo All Apts Hall
 01:30 | Puzzle Pages Packet/Snack Cart Hall

28
 07:30 | Church Services on TV RA
 08:30 | All Day Country Music on channel 1733 Apt
 01:30 | Daily Chronicles/Snack Cart Hall



Meal Service Deliveries:
Breakfast: 7am-8:30 am
Lunch: 11am-1pm
Supper: 4pm-5:30pm

Birthdays:
 Dan S. 2/2
 Lois R. 2/4
 Steven P. 2/10
 Wanda D. 2/16

Birthdays Continued:
 Diana C. 2/23
 John R. 2/24
 Burleigh H. 2/25
 Employee:
 Sklapp D. 2/25



Kansas City Chiefs VS Tampa Bay Buccaneers
 Kick Off is 5:30pm
 Sunday Feb 7th on TV Channel CBS

Heritage Woods of Charleston
 An Affordable Assisted Lifestyle Community

Dimensions of Wellness

- Physical
- Spiritual
- Social
- Intellectual
- Nutritional
- Purposeful

Meeting Places

- Hall Hallway
- Apt Apartment
- Hall Hall
- RA Resident Apartment
- Apt Apt
- Apt Apt

Mondays: Country
 Store orders must be delivered to the front desk by 3pm.

If you would like to schedule a virtual family visit, please contact Joyce RSC or Miriam in Marketing.

Please remember when outside of your apartment to practice social distancing and wear your mask.